



MONTHLY

Sacramento's Premier Full Service Athletic Club

OCTOBER 2019

Small Group Training (SGT) FREE Demo Weeks Return!!

September 23-October 5

New Classes, New Times for a New You!! — After a busy summer of fun, getting back on track with your fitness plan can be aided with the use of CAC Small Group Training. CAC's Studio X will be hopping with new offerings as the Fall Series 2019 Demo Classes (September 23-October 5) unfold. Whether you're seeking a new boost in your workouts or just playing catch-up after some summer indulgences, CAC Small Group Training meets the needs of many of our members. These upcoming FREE demo classes, taught by your favorite CAC trainers, allow you to sample the upcoming class series before you register. Offerings range from classes to enhance mobility and injury recovery to intense, compressed workouts based on the most recent evidence-based research. The new Fall Class Series begins the

week of October 7th. Look for demo class registration binders on the SGT Demo Week table in the CAC front lobby. Come try us out!! You won't be disappointed!

Racquetball/Handball News

The Capital Athletic Club Handball/Racquetball Reservations

Mon./ Wed. evenings: Courts 1 & 2 are reserved for Handball challenges 4p-7p and FREE lessons 5p-7p

The 2nd Fri. of every month is "FREE Handball Guest Day" 4p-7p *Guests MUST be accompanied by the member

The 2nd and 4th Sun. of every month ALL Courts are reserved for Handball "Animal Hour" from 9a-1p

Tues./ Thurs. evenings: Courts 1 & 2 are reserved for Racquetball challenges and FREE lessons 4p-7p

*Loaner equipment included

The 3rd Sunday of every month

ALL Courts are reserved for "FREE Racquetball Guest Day" 9a-1p

The 2019 CAC fall doubles racquetball league starts October 3rd. The first day will be sign up day and open doubles play, matches start October 10th. This league is open to non-members too. The fee is \$20 for members and \$60 for non-members. The matches will be every Thursday from 5:30 PM to 8:30 PM. We will have an A and a B division. If you are interested please see the front desk for a sign up sheet or contact me at rajivedsouza@gmail.com or 916-479-6648. If you do not have a partner please let me know and I will try to find you one. There will be prizes and a pot-luck at the end of the league.

CAC Volleyball

Congratulations to our Summer League Champs! It's time to kick-off our Fall Volleyball League here at CAC! Leagues start October 8th and 10th! Ev-

ery year, our Volleyball program plans a special Holiday party to call a successful end to our Fall League season! We are looking forward to great play during both of our Co-ed Volleyball league nights! For more information, please contact our League Coordinators for more league information! CACVolleyball@capitalac.com

Pilates News

Happy Hour Pilates on Thursdays and Fridays

Sacramento is known for its lively happy hour scene on Thursday and Friday evenings, and as we move into the fall, CAC Pilates is offering its own Pilates happy hours!

Join Mari on Thursday evenings at 4:30pm in Reformer 1 class, and you won't miss the great deals in the nearby downtown and midtown restaurants and pubs. Enjoy a later evening with friends? Come to the 5:30pm Mixed Level instead and feel

Sponsor Your Guest and Receive \$100 When They Join!



Double Your Referral Deal

One Week Guest Pass

*7-Day Consecutive Guest Pass

Guest Name: _____

Sponsor Member: _____

Must Be 18 years or older. One Certificate per person.
Other Restrictions May Apply

No cash value.

Must redeem by: October 31, 2019

energized and refreshed for your night out.

If you're like me, and stay home on school nights, you can hit Stefanie's Friday Mixed Level Pilates Happy Hour at 4:30pm now! This class was added in September and gets you Pilates pumped for your weekends! Stefanie still offers the 5:30pm Mixed Level class on Fridays for those who enjoy later dinners or events.

If you are interested in trying out the Reformer, please join us on Saturday, October 12th at 11:00am in the Pilates Studio for our complimentary Reformer Demo! This class is a great way to see what the Reformer can do for you. Sign up in the Reformer binder at the front desk beginning October 1st. (Guests of CAC members and Groupon members are eligible to attend the Reformer Demo classes each month.)

Contact Sabin Morris at smorris@capitalac.com for more Pilates program information.

Pro Shop

Welcome Fall with open arms! The holidays are right around the corner which means extra food and effort in the gym. Come by the Pro-Shop for some new winter CAC clothing. We will continue to have current items on sale in order to make room for new arrivals. Keep an eye out! If you have any ideas for some Fall Pro-Shop items, please let us know!!

Health News

Why Are My Joints So Stiff? What Can I Do?

You're Getting Older

As you age, your cartilage -- the spongy material that protects the ends of your bones -- begins to dry out and stiffen. Your body also makes less synovial fluid, the stuff that acts like oil to keep your joints moving smoothly. The result: Your joints may not move as freely as they used to. It sounds a little crazy, but the best thing you can do is keep on trucking.

Synovial fluid requires movement to keep your joints loose.

It's Morning

When you're asleep and still for several hours, the fluid that helps your joints move easily can't do its job. That's why you wake up with knees or hands that are stiff and swollen. To make it better, try to move around more during the day.

Osteoarthritis (OA)

A joint is the place where two bones meet. The end of each bone is covered in a layer of rubbery stuff called cartilage. This keeps them from rubbing together. But cartilage can wear away over time or after an injury. When it's gone, the bones hit one another, and sometimes, tiny pieces break off. The result is a stiff, swollen, painful joint.

Rheumatoid Arthritis (RA)

Your immune system is supposed to protect you from outside germs. Sometimes, it attacks the lining of your joints instead (your doctor will call this the synovium). RA is most likely to affect your wrist or finger joints, but it can show up anywhere in your body. It often causes constant pain and stiffness. Sometimes, it stays in the background and only flares up now and then.

Another Type of Arthritis

OA and RA are the most well known, but other types also affect your immune system and result in stiff joints:

Ankylosing spondylitis: This type mostly affects your spine, but it can make your hips, hands, or feet feel stiff. **Gout:** The first sign of this build-up of uric acid in your body is often a searing pain in your big toe. **Infectious arthritis:** It often starts with an infection somewhere else in your body that travels to one big joint, like your hip. Your doctor might call it septic arthritis.

Psoriatic arthritis: People with psoriasis or family members who have it are most likely to get this type. Signs include swollen

fingers and pitted nails.

A Change in the Weather

Did your grandma say she knew when a storm was coming because her joints ached? She was right. Doctors aren't sure why, but joint pain seems to get worse when the weather changes. It's most common when the air pressure (the weather forecaster will call it barometric pressure) falls. That typically happens just before a storm.

Fibromyalgia

This chronic condition causes joint and muscle pain, along with sleep, mood, and memory problems. Scientists think your brain takes normal pain signals and makes them worse. They aren't sure what causes it, but it often follows an illness, surgery, or intense stress. It doesn't damage your joints the way arthritis does, though.

Joint Injury

The two most common types are both forms of inflammation. They usually result from overuse or misuse of a joint over time:

Bursitis involves the bursae, fluid-filled sacs that act as cushions between your bones and other moving parts.

Tendinitis affects the tendons that attach your muscles to your bones.

Exercise

The more you move your joints, the less likely they are to get stiff. A little afternoon gardening or a walk around the block can help. You'll strengthen the muscles that support your joints, keep your bones strong, improve your balance, and burn calories. Start slow, so you don't get hurt. Talk to your doctor first if even gentle exercise makes the stiffness worse.

Heat Therapy

If your joints are extra stiff in the morning, try a hot shower or bath. It'll get blood flowing to the area, which loosens things up. You can also buy moist heat pads from the drugstore or make

your own. Toss a washcloth into a freezer bag and microwave it for 1 minute. Wrap it in a towel and leave it on the area for 15-20 minutes.

Cold Therapy

Ice down an achy joint. It narrows blood vessels, which slows blood flow to the area and eases swelling. You can use a store-bought cold pack, or try a bag of frozen veggies instead. Put it on the area, but use a towel to protect your skin. Don't do it for more than 20 minutes at a time. If you really want to chill a problem joint, try an ice bath.

See the Doctor Right Away If ...

You're in extreme pain. You've been injured. The joint looks deformed. You can't use it. It swells suddenly.

Make a Doctor's Appointment If ...

Your joints are tender or hard to move. The skin is red or warm to the touch. Joint symptoms last more than 3 days or happen several times a month.

Advocare

Spark - Source of Energy with vitamins

20 Vitamins and minerals, a healthy and balanced source of energy (two sizes) with 3-5 hours of mental focused energy - A replacement for coffee or sodas and even your multi-vitamin.

Rehydrate - Electrolyte Replacement drink with vitamins

Helps replace minerals and electrolytes lost through sweat and activity, delay the onset of fatigue, maintain proper metabolism, and supports recovery after a workout. Using a blend of 16 vitamins, minerals and important electrolytes, Rehydrate helps prevent cramping during and after exercise.

Slam - A high powered portable and quick source of energy

A high powered portable and quick source of energy that helps sharpen mental focus, is sugar free and is perfect for the person on the go.

DEPARTMENT NEWS

Rick Leonard General Manager



- The Toughest Thing is getting started. Have you ever noticed once you make your bed in the morning that everything starts moving after that? If you need help with your exercise program we are here to help you on your way. If you are already frequenting the Club Great! Keep up the good work.
- Please keep your Club information updated. If your email address, telephone number, emergency contact have changed please contact the administration office so we can update your account.
- Club parking – the parking facilities are only available to you when you are actively using the Club

Jonna Edwison Group Fitness Director



- Water Fit has officially ended! We love this water program and look forward to its return next May. Your faithful dedication and enthusiasm makes this season so much fun for us. Thank you!
- Please give a warm welcome to returning group exercise instructor Andre Banks! Andre taught cardio kickboxing for us back in 2012 and has found his way back to the CAC Fit Family! We are thrilled to have him back, and plan to have him teach other formats such as HIIT and power pump. Stay tuned for his schedule!
- Please arrive early to your group exercise classes so that we can better assist you. Arriving late serves as a distraction to those around you as well as the instructor. Students coming into class after 10 min may not be allowed to take class due to safety purposes as well as class flow.
- Do you love our Sunday pop up cycle classes? Well, we plan on bringing you more this Fall with a variety of fun formats and instructors! More pop up classes, please!
- NEW Cardio Pump class!! We've added a whole new format to the schedule. Cardio Pump! It's the sister format of our highly attended power pump class. Cardio pump is a hybrid class incorporating low impact cardio drills on and off the step and a variety of total body strength exercises. Monday's 9-10am with Jonna
- Sunday Funday! We are now offering 10:45-11:45am Cardio Dance AND 2-3pm Gentle Yoga. Both classes are taught by the lovely Magda. Join us on Sundays for a workout.
- Like us on Facebook: Capital Athletic Group X for updates on classes, pictures, and more!

Brooke McManus Membership



- Double Your Referral Deal in October! Sponsor a new member with a Complimentary One-Week Guest Pass that can be found in the October newsletter and receive a \$100 referral credit when they join! Don't Wait! Please see Brooke or Tom in Membership or stop by the front desk to pick up your one week passes for your referrals! This offer won't last! Expires:

10/31/2019

- Follow CAC on all of our Social Media Platforms!
- Twitter: @capitalathletic
- Instagram: @capitalac
- Facebook: @capitalathleticclub

John O'Sullivan Athletic Director, Newsletter Editor josullivan@capitalac.com



- 'Commitment means staying loyal to what you said you were going to do long after the mood you said it in has left you'
- We would like welcome a few trainers to the CAC Training staff; Sabin Morris, Jeanette Dolgovin, and Scott Archibald. Stop by and say hi.
- Fee based personal training is available if you want to reach your goals faster and more effectively.

Morgan Merrill Beauty Esthetician



- Fall is in the air and that can only mean one thing....Pumpkin! This spicy mask will nourish the skin with antioxidants as it's packed with Vitamins A and C. This 15% Pumpkin-Orange enzyme will exfoliate and reduce oil while you enjoy the wonderful smell of pumpkin and orange.
- Pumpkin Spice Facial \$80! Special ends October 31, 2019
- To book call/text 916-520-9310 or email morganmerrillbeauty@gmail.com! Gift certificates available!



Capital Cutters

- Contact: Michelle (916-812-2352), Linda (916-479-3709), Veronica (916-256-6738), or Jennifer (916-430-9484) today to set up an appointment.
- Coffee anyone? 2019 fall tend is coffee inspired hair color. Come into Capital Cutters and have one of our color specialists make your hair color coffeelicious!! #coffeebalayage

Brian, Andrew, and Rico Massage Department

Be a discoverer like Christopher Columbus and get a massage. Massage can help you discover "stuff" going on in your body that you might not be aware of; it's one of the many benefits that massage offers. When you consider the pace we live our lives and the amount of information that comes at us daily, it's no wonder we spend too much time concerning ourselves with things that are outside of us. This kind of living pattern is quite common and opens the door for "stuff" (tightness) to develop, of which we are completely unaware. If left undetected, these tight areas can sometimes grow to become bigger problems than they need to be. Massage can help you discover and, in many cases, eliminate these little pains before they become big ones. Why wait? Make like our explorer friend, Christopher Columbus, and discover the unknown tightness present in your body. Contact the front desk to schedule yourself a massage appointment, you'll be glad you did.

Cheerio~ Brian, Rico and Andrew

GROUP FITNESS/SPECIALTY CLASSES

MONDAY		Studio	
6:00am-7:00am	I	Breakfast Club	Jonna
9:00am-10:00am	I	*Cardio Pump	Jonna
11:00am-11:45am	III	Mat Pilates	Mari
12:00pm-1:00pm	III	Power Yoga	Paige
12:10pm-1:00pm	I	Cardio Dance	Magda
5:00pm-5:30pm	III	Ab Blast	Kristen M
5:30pm-6:15pm	I	H.I.I.T.	Jonna
5:30pm-6:15pm	II	Cycle	Kristen M
6:15pm-7:15pm	I	Ballet Pilates	Bonnie
6:00pm-7:30pm	III	Hatha Vinyasa Yoga	Robert
TUESDAY		Studio	
6:00am-6:45am	II	Cycle	Matt
10:00am-10:45am	III	Slow Stretch	Robert
11:00am-11:45am	III	Mat Pilates	Jonna
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	Jonna
12:10pm-1:00pm	I	Power Pump	Karina
5:30pm-6:30pm	I	Power Pump	Kristen M
6:00pm-7:00pm	III	Vinyasa Flow Yoga	Heather
6:00pm-7:00pm	II	Cycle	Richard
WEDNESDAY		Studio	
6:00am-7:00am	I	Breakfast Club	Kristen M
11:00am-11:45am	III	Mat Pilates	Sam
12:00pm-1:00pm	III	Yoga	Sam
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
5:00pm-5:30pm	III	Abs Blast	Jonna
5:30pm-6:00pm	II	HIIT-Cycle	Jonna
5:30pm-6:15pm	I	Step	Bonnie
6:15pm-7:15pm	I	HIIT	Jonna
THURSDAY		Studio	
6:00am-6:45am	II	Cycle	Matt
11:00am-11:45am	III	Pilates on the Ball	Sabin
12:00pm-1:00pm	Court I	Kenpo Karate	Bob Y.
11:30-12:00pm	II	HIIT Cycle	Bonnie
12:10pm-1:00pm	I	Power Pump	Bonnie
12:00pm-1:00pm	III	Power Yoga	Paige
5:30pm-6:30pm	I	Power Pump	Jonna
6:00pm-7:00pm	III	Gentle Yoga	Heather
FRIDAY		Studio	
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	Sam
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
12:10pm-1:00pm	II	Cycle	Richard
SATURDAY		Studio	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 10/5,19 Doug 10/12,26
10:30am-11:30am	I	Ballet Pilates	Bonnie 10/5,19 Jonna 10/12,26
SUNDAY		Studio	
9:30am-10:30am	I	Power Pump	Kristen F
10:45am-11:45am	I	Cardio Dance	Magda
2:00pm-3:00pm	III	Gentle Yoga	Magda

* Identifies a new class or a change to a current.

Bold - Denotes Temporary class on the schedule

ACTIVITIES SCHEDULE

MONDAY	
4:00pm-7:00pm	Handball Challenge & Lessons
*4:00pm-5:45pm	40+ Basketball
6:00pm-7:00pm	Masters Swim
6:00pm - Close	A-League Basketball
TUESDAY	
4:00pm-7:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League
WEDNESDAY	
4:00pm-7:00pm	Handball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball
THURSDAY	
4:00pm-6:00pm	40+ Basketball
4:00pm-6:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
6:30pm-Close	Volleyball League
until 6:30pm	Open Basketball
FRIDAY	
until 6:30pm	Open Basketball
SATURDAY	
8:00am-12:00pm	Child Care 2 hour maximum
8:00am-12:00pm	Power Basketball (winner retains ct. to 3 games)
2:00pm-Close	Open Basketball (CAC Two-and-Off Rotation)
SUNDAY	
9:00am-4pm	Open Basketball
9:00am-1:00pm	Child Care 2 hour maximum

PILATES STUDIO SCHEDULE

Pilates Reservation Numbers: (916) 442-3927

MONDAY		
12:00pm-12:45pm	Reformer I	Mari
4:00pm-4:45pm	Reformer I	Sabin
5:30pm-6:15pm	Reformer II	Vicki
6:30pm-7:15pm	Mixed Level Reformer	Vicki
TUESDAY		
10:00am-10:45am	Mixed Level	Jonna
11:00am-11:45pm	Mixed Level Reformer	Sabin
12:00pm-12:45pm	Reformer II	Sabin
4:30pm-5:15pm	Yoga/Pilates Reformer II	Sam
5:30pm-6:15pm	Yoga/Pilates	Sam
WEDNESDAY		
10:00am-10:45am	Reformer I	Sam
4:00pm-5:00pm	Tower Combo Reformer	Sabin
5:20pm-6:20pm	Tower Circuit	Stefanie
6:30pm-7:15pm	Mixed Level Reformer	Stefanie
THURSDAY		
10:00am-10:45am	Reformer I	*Sabin
12:00pm-12:45pm	-Reformer II	Sabin
4:30pm-5:15pm	Reformer I	Mari
5:30pm-6:15pm	Mixed Level	Mari
FRIDAY		
10:00am-10:45am	Mixed Level Reformer	Sabin
11:00am-11:45am	Principles	Mari
12:00-12:45pm	Reformer I	Mari
*4:30pm-5:15pm	*Mixed Level	*Stefanie
5:30pm-6:15pm	Mixed Level Reformer	Stefanie
SATURDAY		
9:00am-9:45am	Reformer I	Liz
10:00am-10:45am	Mixed Level Reformer	Liz
SUNDAY		
10:00am-11:00am	Tower Circuit Reformer	Vicki