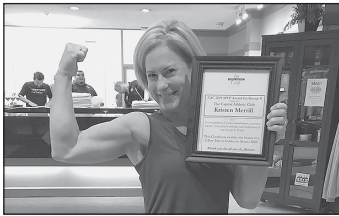


THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

NOVEMBER 2019

Group X News



Let's put our hands together for 2019 MVP Instructor of the year Kristen Merrill! Kristen has been with CAC since 2005 and has been one of our top leading instructors for cycle and power pump. This 'lean mean fighting machine' is a mom of two and has stayed highly active in her fitness career with Tough Mudders, tap dancing classes, Cross Fit and more! Kristen has very creative and functional based fitness classes that are fun, challenging and unique. We appreciate all the years she has dedicated to our group exercise department. She's a beautiful team player and we celebrate her this year as MVP. CAC will be sending her to a Bay Area fitness conference in March of 2020.

Thanks, Kristen!

Thanksgiving 11/28

The Club will be closed on Thursday, November 28th in honor of the Thanksgiving Holiday. Friday, November 29th we will operate on a modified 8:00am-6:00pm schedule. There will be a modified group exercise schedule Wednesday, November 27th and Friday, November 29th. We would like to extend warm wishes to you at this special time of the year. We are grateful that you are a part of the CAC family.

Best of Sacramento Announcement!

It's Official! The Capital Athletic Club was voted top three Best Athletic Clubs in Sacramento with an overall ranking of #2! With the support of our members, staff, friends, and family, The Club has received recognition. Sacramento News & Review opens an annual voting poll for all local businesses to compete for "Best of" with their social reputation, customer service, and services provided. Each year, CAC has placed in the top three with a close taste to the sweet number one spot. We would like to thank all our members for their support. Without the amazing people that make up our CAC family, we would not receive the recognition that we do! Cheers to top three, but more importantly, cheers to all of you!

Racquetball/Handball News

The 2019 Fall racquetball league is underway. We have 5 teams in the A division and 10 in the B division. League days are Thursdays, and will end the second week of January. Starting November we will be adding first Sunday open racquetball in addition to the popular third Sunday racquetball. First Sunday will be a paid racquetball guest day, third Sunday will remain a free racquetball guest day. Please spread the word to friends that are interested in playing racquetball. Racquetball lessons are free at CAC every Tuesday. Signup at the front desk or send me a text at 916-479-6648.

Handball/Racquetball Reservations

Monday/ Wednesday evenings: Courts 1 & 2 are reserved for Handball challenges 4:00pm-7:00pm and FREE lessons 5:00pm-7:00pm.

The 2nd Friday of every month is "FREE Handball Guest Day" 4:00pm-7:00pm *Guests MUST be accompanied by the member
The 2nd and 4th Sunday of every month ALL Courts are reserved for Handball "Animal Hour" from 9:00am-1:00pm.

Tuesday/ Thursday evenings: Courts 1 & 2 are reserved for Racquetball challenges and FREE lessons 4:00pm-7:00pm.

*Loaner equipment included

The 1st and 3rd Sunday of every month ALL courts reserved for racquetball fun day.

The 3rd Sunday is "FREE Racquetball Guest Day" 9:00am-1:00pm.

CAC Volleyball

Fall League has gotten off to a great start! We will be hosting open gym nights in latter December! If you are interested in joining our Winter League in January, please contact our coordinators! Registration will open soon!

For more information, please contact our League Coordinators for more league information! CACVolleyball@capitalac.com

Pilates News

New Monday Class begins November 4th!

Join Jeannette Dolgovin, one of our awesome personal trainers, group exercise instructors and

Pilates teachers on Mondays 11:00am-11:45am for a new Mixed Level Reformer Class. Jeanette has been with the Capital Athletic Club for over 10 years and we welcome her back into the Pilates Studio. This class begins Monday, November 4th.

You can sign up for this new class as early as Friday, October 31st, because Pilates students may register for Saturday, Sunday and Monday classes on Fridays! Which reminds me to announce;

Holiday Classes in November:

Thanksgiving Day, November 28th we are closed. Due to the holiday, we have cancelled the Wednesday, November 27th 6:30pm Mixed Level Class with Stefanie. You may register for the Friday, November 29th Holiday classes, 9:00am Reformer 1 and 10:00am Mixed Level on Wednesday, November 27th.

Reformer Class Demo:

If you are interested in trying out the Reformer, please join us on Saturday, November 16th 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 in early November. (Guests of CAC members and Groupon members are eligible to attend the Reformer Demo classes each month.)

To sum up, here are the class changes in November:

Mondays 11:00am - 11:45am Mixed Level with Jeannette begins November 4th
Wednesday, November 27th

6:30pm – 7:15pm Mixed Level with Stefanie is cancelled due to the Thanksgiving holiday.

Thursday, November 28th – Closed, Happy Thanksgiving!

Friday, November 29th Holiday Schedule 9:00am – 9:45am Reformer 1 10:00am – 10:45am Mixed Level classes. Sign up for Fridays classes on Wednesday, November 27th.

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

Morgan Merrill

Be prepare for the holiday season! The Nano Elite facial includes a nano facial, micro-current and LED treatment all for \$200!

This is the ultimate experience for you and your skin! The Nano Facial is a facial treatment that can refresh, restore, and renew your skin using Nanotechnology to temporarily create micro-channels in the skin's surface, allowing products and nutrients to be deeply penetrated to the dermal layer where collagen stimulation happens. This is followed with a micro-current treatment that stimulates your facial muscles for a natural, temporary lift. The treatment is then finished with an LED treatment that helps to stimulate collagen, lightens pigmentation and calms the skin. This treatment is best done in a series, but results are seen after just one treatment! Book during the month of November and save \$25!

Book online at www.vagaro.com/mm_beauty or by call/text 916-520-9310 or emailing morgan-merrillbeauty@gmail.com

Pro Shop

Fall is finally here! 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

What Protein Does for Your Body

What Is Protein?

Protein is one of a complex group of molecules that do all kinds of jobs in your body. They make up your hair, nails, bones, and muscles. Protein gives tissues and organs their shape and also helps them work the way they should. In short, protein is one of the building blocks that make you into who you are.

Emergency Energy

Protein isn't your body's first -- or even second -- choice for getting energy. That role is reserved for carbohydrates and fats. But when you're running low on calories, or if you're a serious athlete, thank protein for keeping you going past the point of normal energy stores.

Muscle Builder

You need protein to keep up the size and shape of your muscles. As you lose weight, protein prevents you from losing muscle at the same time. If you lift weights for strength, protein is the key to building more muscle.

Bone Strengtheners

Studies show that getting the right amount of protein in your diet improves your bone health. It lowers your chance of osteoporosis (bone loss) by helping you hold on to your bone density, and it helps prevent breaks as you age, too.

Boosts Your Immune System

Proteins are made of amino acids. These compounds help turn key players in your immune system

-- T cells, B cells, and antibodies -- into germ fighters that spot and kill harmful cells that enter your body before they can start an infection.

Cuts Cravings

Cravings are different than a true need for food. They come from your brain, not your stomach. Research shows that getting more protein can help curb these cravings, even late-night fridge raids.

Burns Fat

A high enough level of protein in your diet boosts your metabolism (the rate at which your body uses calories). This means you burn more calories a day -- even at rest -- than you would on a lower-protein diet.

Heart Helper

Studies on protein, specifically protein from plants, show that it can help lower blood pressure. It can also decrease your LDL or bad cholesterol levels, which lowers your risk of heart disease.

Heals Injuries

There's a reason protein is called the building block of your body's tissues and organs. It powers faster wound repair by reducing inflammation and creating new tissue at the site of the injury.

Moves Nutrients

If you think of your blood stream as a canal, proteins are the cargo ships that carry vitamins, minerals, sugars, cholesterol, and oxygen through it and into cells and tissues that need them to work. Some proteins even store certain nutrients, like iron, so you have a backup supply when you need it.

Can You Get Too Much Protein?

A high-protein diet has clear benefits, but can too much harm your health? Yes, and the cost

could be a higher risk of cancer, higher cholesterol, kidney stones, weight gain, and constipation. But many of these potential effects depend on the type of protein you're getting and your overall diet. Ask your doctor or nutritionist what's best for you.

What Are the Best Ways to Get It?

Protein comes in lots of different forms. Reach for healthy, low-fat sources. Steer clear of saturated fats and highly processed options. Try to eat it throughout the day instead of cramming it into one meal. Keep up your fruit and veggie portions to get plenty of vitamins, minerals, and fiber.

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

- Thanksgiving - The Club would like to wish you and all of your loved ones a blessed Thanksgiving holiday. Thank you for being a part of the CAC family.
- Veterans Day November 11th - We would like to thank all of our Veterans that have served and that are currently serving now, giving us the freedom that we have today.
- Bench Space – Please be considerate of those around you. Whether you are working out or taking a shower, please place your belongings in a day use locker or on top of the locker. As you may have experienced, there is limited bench space.



John O'Sullivan

Athletic Director, Newsletter Editor

josullivan@capitalac.com

- 'Don't look for motivation. Find your why, then no excuses will come between you and your goals!'
- We would like to 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.



Jonna Edwinson

Group Fitness Director

- This is a busy time of year so if you're crunched for time, try one of our 30 minute classes: HIIT Cycle, or Abs blast. You'll be sure to get a great workout in a short period of time.
- Interested in Yoga? Join Heather on Saturday, November 16th from 1:30-3:00pm for our intro to yoga class. You will learn basic positions, breath work, and instruction to prepare you for a regular class. The class will be inside Studio 3. Sign-ups will be located at the front desk.
- Calling all bakers and animal lovers! I will be hosting my annual Holiday Bake Sale for homeless animals December 18th and 19th. Contact me if you are interested in donating a baked goodie or working the table.
- We will have a modified schedule the day before Thanksgiving Wednesday, November 27th. Schedule TBA.
- Check out our new hybrid class: Cardio Pump! This combo class incorporates both cardio and strength allowing for a total body workout. Mondays at 9:00am with Jonna.
- We will be hosting a Hip Hop Aerobics Pop Up class this month. Stay tuned for details!



Morgan Merrill Beauty Esthetician

- Be prepared for the holiday season! The Nano Elite facial includes a nano facial, micro-current and LED treatment all for \$200!
- This is the ultimate experience for you and your skin! The Nano Facial is a facial treatment that can refresh, restore, and renew your skin using



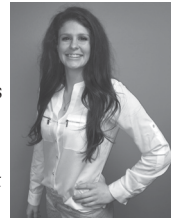
Nanotechnology to temporarily create micro-channels in the skin's surface, allowing products and nutrients to be deeply penetrated to the dermal layer where collagen stimulation happens. This is followed with a micro-current treatment that stimulates your facial muscles for a natural, temporary lift. The treatment is then finished with an LED treatment that helps to stimulate collagen, lightens pigmentation and calms the skin. This treatment is best done in a series, but results are seen after just one treatment! Book during the month of November and save \$25! Book online at www.vagaro.com/mm_beauty or by call/text 916-520-9310 or emailing morganmerrillbeauty@gmail.com

- To book call/text 916-520-9310 or email morganmerrillbeauty@gmail.com! Gift certificates available!

Brooke McManus

Membership

- Give the gift of good health! Refer your friends and family members to the Club! Nothing beats accountability from friends at the gym! For referring a new member to CAC, we will gift you with a referral credit of \$50! Please contact Brooke or Tom in Membership for current Club enrollment specials!
- Follow CAC on all of our Social Media Platforms!
- Twitter: @capitalathletic
- Instagram: @capitalac
- Facebook: @capitalathleticclub



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.
- FALL IN LOVE WITH YOUR HAIR AGAIN! Great hair doesn't happen by accident, it happens by appointment. Vamp up your color this fall with a single color, grey blending camo color, highlights, or balayage. With any color service, RECEIVE A FREE CONDITIONING TREATMENT!! Come into Capital Cutters to schedule your appointment today!



Brian, Andrew, and Rico

Massage Department

Can living a life of gratitude really make a difference in our lives? With Thanksgiving on the horizon, it's a worthwhile question. Sometimes, it can be hard to avoid feeling down, because, let's face it, we all have "stuff". But science has shown that choosing gratitude over feeling sorry for ourselves can have a profound impact on our life. Studies have proven that living a life of gratitude can open the door to more relationships, improve physical and emotional health, enhance empathy and reduce aggression, improve sleep and self-esteem and increase mental strength. We all have the ability and opportunity to sow the seeds of gratitude. A place to start is to spend a few moments on a daily basis focusing on a few things for which we are grateful. It can be simple things like access to good food, clean water, shelter, the significant people in our lives, and the list goes on. Perhaps it's time to start your own "gratitude farm" and be prepared to "reap your happy harvest". "Happy Thanksgiving" from Brian, Rico and Andrew, your CAC massage team, we are grateful for all of you.

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. | *Andre |
| 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 | *Andre |
| 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 Doug |
| 10:30am-11:30am | I | Ballet Pilates | Bonnie Jonna |
| 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 | | |
|------------------|--------------------------|-----------|
| *11:00am-11:45am | *Mixed Level | *Jeanette |
| 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 |