

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

JANUARY 2019

Toy Drive A Huge Success



A big thanks to everyone who donated to the Boy Scout Troop 1 CAC toy drive for the Shriners Hospital for Children. The gifts are given out not only during Christmas, but all year long. Your generous donations will help keep the Shriners "store" stocked for the year. Our members are so wonderful and giving, we appreciate you and all you contribute during the year for our special fundraising events. A Happy New Year to all from the CAC Staff.

Modest Dues Increase January 1st, 2019

Like many budgets, The CAC operations budget has been subject to increases in virtually every expense category in recent years. Since CAC has maintained its dues rates at the same level for the last three years, it has become necessary to introduce a dues increase beginning January 1, 2019. Dues for all membership types will increase by \$3 (less than a three percent on average). Locker Fees for the Executive Locker Rooms will also increase by \$2. These changes will enable us to continue to provide the level of service to which you are accustomed. We appreciate your patronage and your understanding of the necessity of these changes. We look forward to continuing to service all your fitness needs into the future.

J's Holiday bake sale: 4RFriends



Thank you to all of our members who donated to our holiday bake sale for homeless animals. Because of your generosity, we were able to raise over \$1100 for 4RFriends, a local Sacramento rescue group that serves the homeless community. Thank you for all your help!!

One Million Trees Project

Dear Capital Athletic Club Members, thank you for donating your running shoes to the MORE Foundation Group - a U.S. non-profit organization that funds global reforestation efforts. MORE Foundation is 100% funded with recycled athletic shoes. Instead of 100 years decomposing in landfills, your donated shoes are sold to participating vendors in developing countries. This creates retail jobs while stimulating free enterprise. With every pair of gently used athletic shoe, MORE can plant one ton of carbon grounding trees and teach sustainable agro-forestry. Currently, MORE is distributing one million small trees to schoolyards in Accra, the capital of Ghana. These million trees over the next few years will generate billions of tree seeds to help reforest all of Ghana in a few decades. Your donations not only fund planting trees that sequester countless tons of carbon, the trees provide produce for the less fortunate of the world.

Healing the planet takes soles!

With gratitude,
James Riordan
Director
MORE Foundation Group

Small Group Training (SGT) Program Notes

Winter Series Demo Classes (January 2-12)—CAC's Studio X will be hopping with new offerings as the calendar flips to the New Year. Whether you're seeking a new boost in your workouts, support to make your New Year's resolution last more than a few weeks or specific prep for a new adventure, CAC Small Group Training meets your needs. These upcoming FREE demo classes (taught by some of 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 Winter 2019 Class series begins the week of January 14th. Look for demo class registration binders on the SGT Demo Week table in the CAC front lobby. Come try us out!! You'll not be disappointed!

Basketball Notes

Winter Basketball League Registration-

The Winter League begins in late January and runs through late April/early May. League is offered at two levels and plays on Monday ("A" Level) and Wednesday ("B" Level). The Winter League is typically 8-10 games plus playoffs. Fees are

typically \$65-85 (dependent on registration and schedule) and covers officials, awards and other league costs.

Congrats to Fall 2018 League Champions

The CAC Fall League held its two championship games last month.

In the "A" League final, #1 seeded Ford's Pistons faced off against #2 Nguyen's Nuggets. The Nuggets trimmed an 11-point gap before succumbing to the Pistons 78-74. Pistons—Lynel Ford (c), Andy Amara, Todd Leon, Kory Parsi, James Spurgeon and Hanspeter Walter.

The "B" League final featured the #1 seed Irrational Dads squaring off against #6 seed "D" Side. Denzel Pruitt dropped 33 points in guiding "D" Side to a 71-52 upset. "D" Side—Bret Bair (c), Art Ballard, Marte Castanos, Ira Clary, Jonathan Lederer and Denzel Pruitt.

CAC Indoor-a-thon

Train starting in January, Compete in early March

If part of your 2019 goals is to try something new, then we have just the perfect event for you—The CAC Indoor-a-thon. This new spin on the traditional triathlon is targeted to get you a new experience while challenging you to reach within yourself for more. Set up as a swim-bike-run event, we've streamlined the process in several ways and moved it completely within The Club. First, complete 20 minutes in the pool (swim/walk/run) for distance. Then after a brief transition, you complete 20 minutes of cycling in the CAC Spin Room before finishing 20 minutes of treadmill

work in Studio 1. At each stage, you can compete against yourself, maximizing the overall distance you complete. In the end, you can choose to be evaluated against the other competitors (or not). We just want to be there with support (clinics, weekly e-mails, training groups) so you can complete a new challenge.

Look for the Indoor-a-thon registration binder and information sheets on the CAC front desk and start your training today!!

Volleyball News

Congratulations to our Fall League Champs! It's time to kick-off our Winter Volleyball League here at CAC! Leagues start January 8th and 10th! We are looking forward to great play during both of our Co-ed Volleyball league nights! For more information, please contact our League Administrator, Brooke McManus, for more league information! bmcmamus@capitalac.com

Pilates News

Pilates and Your New Year's Resolutions

Happy New Year! Did you know that according to U.S. News, 80% of New Year's Resolutions are abandoned by mid-February? A depressing statistic indeed! Here are 3 ways that Pilates Studio classes at CAC can help you stay on track to succeed:

1. Banish Aches & Pains: Many of us have everyday aches and pains from tight muscles and connective tissues. Pilates on the Reformer offers many exercises that strengthen as well as stretch these tissues, which can alleviate and often times eliminate these annoying discomforts. Our Pilates Teachers incorporate tension releasing movements with the strengthening and toning exercises that improve posture, reduce muscular imbalances and develops a deeper mind-body connection. We'll be more likely to stick with our resolutions if we feel better physically and

mentally!

2. Builds Self Confidence: Pilates is beneficial physically, of course, but it can also improve self-image and emotional well-being. Reformer exercises are progressive, building on the fundamental exercises through the advanced. When we begin on the Reformer the exercises are challenging our coordination as well as our ability to concentrate. We can see and feel our progress in as little as 5 sessions! Joseph Pilates said, "In 10 sessions you'll feel the difference, in 20 you'll see the difference, and in 30 you'll have a whole new body". We offer members 2 classes per week at no extra cost after clearance into the program. You can set that goal of 30 sessions and you'll blow right through February's resolution "end date".

3. Variety is the Spice of Life: Pilates on the Reformer is an amazing compliment to your current routine, and every class is different in both the physical and mental challenges. Whatever you love to do at the club, Pilates can improve your performance! Between the Mat classes and the Studio classes you will be introduced to hundreds of exercises. Our Pilates teachers, with their individual personalities and styles will keep your workouts interesting and challenging! Boredom is banished because we provide an option for every BODY in class!

Try a Reformer Demo class on Saturday, January 12th or 26th at 11:00am in the Pilates Studio! Sign up in the binder at the front desk.

Pilates Studio class changes:

Welcome back Liz Yokoyama to the Thursdays 4:30pm and 5:30pm Reformer 1 and Saturdays, 9:00am Reformer 1 & 10:00am Mixed Level classes!

Fridays 10:00am will be Mixed Level beginning January, 4th.

Advocare available at the pro shop;

Spark -

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 -

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.

Post Workout Recovery Shake -

A blend of 30 vitamins, minerals, and other nutrients that aid

in muscle building and help minimize occasional soreness when taken during or after physical activity while also helping to replenish energy levels. A unique blend of high-quality protein and carbohydrates that give the body the energy and structural support for recovery Post-Workout Recovery also contains branched chain amino acids (BCAAs) to support muscle growth and endurance.

Slam -

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.

Morgan Merrill Beauty Esthetician

New Year, New Skin!

Did the holidays leave your skin dry? Dehydrated? Congested?

Peel away the holiday stress with a Signature Face Lift treatment. This treatment uses a layering of enzymes to get a deep exfoliation to reveal glowing, hydrated skin!

Start 2019 with fresh, glowing, smooth skin! On special for \$80! Regularly \$90. Save \$10!

Don't know what to get that hard to shop for person in your life? MM Beauty offers gift certificates! Contact Morgan at 916-520-9310 to purchase or by email at morganmerrillbeauty@gmail.com. Morgan is available by appointment and is now available with more hours for your convenience! Contact her today!



Brian, Janis, Andrew, and Rico

Massage Department

It's A New Year.....

Need to relax? Need to loosen tight muscles? Want to treat yourself? Hey, it's the New Year, there is no better time to take care of yourself. After your massage, you will be surprised at how good you feel. You'll say, "Wow, I didn't notice how tight my jaw was." or "Gee, my hamstrings were so tight, I had no idea." With the hustle and bustle of the holiday season, our bodies can take a beating. Instead of botox, get a massage to help relax between those brows. Massage can help release muscles that are tight and it can also help our brains relax. Now's the time, get a massage. Make your appointment today at the Front Desk. For those clients that we saw in 2018 we say "Thank You" for letting us help you make this transformation. Working with you all is a gift for us. If you haven't tried massage, we invite you to make 2019 the year you experience the difference that massage will make in your lives. "Happy, Healthy New Year" from Brian, Rico and Andrew, your Capital Athletic Club massage staff.

Cheerio~ Brian, Rico and Andrew

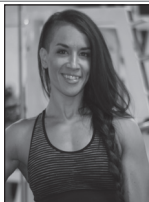
DEPARTMENT NEWS

Rick Leonard General Manager



- For those of you that frequent the Club often, GREAT!, We love it! Keep up the good work. You are and have experienced the positive effects of your well invested time & effort. For others they are envious of you. We are here at the Club to help everyone. If you need your program refreshed, we got it. Need a coach to keep you accountable; yoga, martial arts, Zumba, cycle, Pilates and a vast array of other classes available to keep you motivated?
- If you want or need a little more personal attention we have personal training options or small group classes available. The toughest thing is getting through the door of the Club. Just know that when you leave you will feel much better. If your joints are sore, move them! They will feel better. If you are tired, get moving! I guarantee you will get energized. If you feel down or stressed out get moving and get the endorphins flowing. Take time to relax at the Club as well. Your mental health is just as important as your physical health. And it will keep you in the habit of coming to the Club. Take time sit in the spa, use the dry sauna or steam room. Each of them also have many physical benefits.
- **BOTTOM LINE! WE WANT TO SEE YOU AT THE CLUB.**
- Thank you to all that participated in the toy Drive providing gifts for the children at Shriners Hospital. Also Kudos to Jonna and those of you that helped bake the goodies, ran the desert table donated money and purchased the product to support the street vets. It is great seeing the community that we have at the Club. You are all special.

Jonna Edwison Group Fitness Director



- Happy New Year students! We look forward to leading you through some great classes this year to get you to your goals. Whether it's weight loss, flexibility, conditioning, or just a fun experience, we have you covered!
- New Monday 6:00am breakfast club with Jonna. We are bringing back the Monday class for the early birds. This class will focus on legs, as Wednesday with Bernadette is arms and Friday is abs/glutes with Scott. This is a cardio based circuit class allowing you to organize your M/W/F workouts with a pre-planned body part to focus on, so that you don't overtrain in class.
- Tuesday 6:30pm Zumba with Magda is still going strong and we are excited to have another dance class available for you in the evening.
- Ballet Pilates is one of our featured classes on the schedule right now. This barefoot class is the perfect combination of tone, stretch, cardio and dance all in one. A barre class without the bar, easy to follow combos, and great music. Join Bonnie on Monday's at 6:15pm and Jonna on Saturday's at 10:30am.
- With the New Year we have lots of new bodies in class. We ask that you arrive early for set up, as space can be limited. We also ask that you speak to the instructor before class, if you have any questions or injuries we need to know about.

Brooke McManus Membership



- Happy New Year! We hope that 2019 will bring you good health and great fitness accomplishments here at the Club! Please don't forget to supply your friends and family with your free 10 day passes along with many other generous deals on services such as, Massage, Esthetician Services, Salon Services, Member's Café selection, Personal Training, and Small Group Training that you received in our Holiday discount card! Discounts expire February 28, 2019
*Limit One pass per person
- Refer a friend, family member, or co-worker to help them get started on their New Year's Resolution and receive a \$50 Referral Credit for referring a new member to the Club! It's a WIN-WIN! Please contact Tom and Brooke in our membership department for the current enrollment special!
- Tired of getting monthly bills? You can prepay your membership for the YEAR! As an annual prepaid member, you receive your 13th month for free! You are not locked into a 12 month commitment, so if you have to cancel your membership, we can refund your prepaid balance! If you're in it for the long-haul, then it just makes sense! Please stop by our administration office for annual prepaid membership inquiries!
- 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



- 'No rest is worth anything except the rest that is earned!'
- Fee based personal training is available if you want to reach your goals faster, more effectively or even add to the list of goals you have.
- Check out the training coupon in last month's newsletter! A discount on a 4 session package.

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.
- 7th at 7 - Help us start off the New Year right! Come mingle with the Capitol Cutters stylists, January 7th at 7:00pm. Enjoy yummy appetizers, bubbly, raffle, and a prize wheel as an appreciation gift from us to you. Exclusive offers on future salon services also available for all who attend. EVERYONE leaves a winner! We can't wait to answer any hair questions you may have and to get to know you all a little better. Here's to the New Year... See you there!



Happy New Year!

GROUP FITNESS/SPECIALTY CLASSES

MONDAY		Studio	
*6:00am-7:00am	I	*Breakfast Club	*Jonna
11:00am-11:45am	III	Mat Pilates	Sabin
12:00pm-1:00pm	III	Power Yoga	Paige
12:10pm-1:00pm	I	Zumba	Karina
5:00pm-5:30pm	III	Ab Blast	Bernadette
5:30pm-6:15pm	I	H.I.I.T	Bernadette
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	Bernadette
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	Bernadette
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
6:30pm-7:30pm	I	Zumba	Magda
WEDNESDAY		Studio	
6:00am-7:00am	I	Breakfast Club	Bernadette
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-6:15pm	II	Cycle	Bernadette
5:30pm-6:15pm	I	H.I.I.T.	Jonna
6:15pm-7:15pm	I	Step Jam	Bonnie
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	Miya
6:00pm-7:00pm	III	Gentle Yoga	Heather
FRIDAY		Studio	
6:00am-7:00am	I	Breakfast Club	Scott
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	Robert
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
12:10pm-1:00pm	II	Cycle	Richard
5:30pm-7:00pm	III	Yoga	Paige
SATURDAY		Studio	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 1/12,26 Doug 1/5,19
10:30am-11:30am	I	Ballet Pilates	Miya
SUNDAY		Studio	
9:30am-10:30am	I	Power Pump	Kristen F
10:45am-11:15am	II	HIIT Cycle	Kristen F

* 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) 442-3956 & 442-3957

MONDAY		
10:00am-10:45am	Reformer II	Linsey
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	Reformer I	Bernadette
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	Stefanie F
4:00pm-5:00pm	Tower Combo Reformer	Sabin
5:30pm-6:15pm	Reformer II	Sabin
6:30pm-7:15pm	Mixed Level Reformer	Bernadette
THURSDAY		
7:00am-7:45am	Mixed Level	Mari
10:00am-10:45am	Reformer I	Linsey
12:00pm-12:45pm	Reformer II	Sabin
4:30pm-5:15pm	Reformer I	*Liz
5:30pm-6:15pm	Reformer I	*Liz
FRIDAY		
10:00am-10:45am	*Mixed Level Reformer	Sabin
11:00am-11:45am	Principles	Mari
12:00-12:45pm	Reformer I	Mari
5:30pm-6:15pm	Mixed Level Reformer	Liz
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