

# **MONTHLY**

Sacramento's Premier Full Service Athletic Club

DECEMBER 2018

**Happy Holidays**  
*Wishing you health & happiness in  
the New Year!*

 <b>10 DAY Guest Pass</b> <hr/> GUEST NAME <hr/> SPONSOR NAME <hr/> <small>Limit One Per Person. Guest MUST be 18 years or older. Offer Expires: 2/28/2019</small>	 <b>10 DAY Guest Pass</b> <hr/> GUEST NAME <hr/> SPONSOR NAME <hr/> <small>Limit One Per Person. Guest MUST be 18 years or older. Offer Expires: 2/28/2019</small>	 <b>\$40 Off</b> <b>Personal Training Package of 4</b> <hr/> <small>Limit One Per Person. Cannot be combined with other offer. Valid only for current members. Offer Expires: 2/28/2019</small>	 <b>\$20 Off</b> <b>ONE Small Group Training Package</b> <hr/> <small>Limit One Per Person. Cannot be combined with other offer. Valid only for current members. Offer Expires: 2/28/2019</small>
 <b>\$70</b> <b>Holiday Indulgence Package with Morgan Merrill</b> <hr/> <small>Limit One Per Person. Cannot be combined with other offer. Valid only for current members. Offer Expires: 2/28/2019</small>	 <b>\$5 Off</b> <b>Capital Cutter's Salon Services</b> <hr/> <small>Limit One Per Person. Cannot be combined with other offer. Valid only for current members. Offer Expires: 2/28/2019</small>	 <b>\$10 Off</b> <b>One Hour Massage</b> <hr/> <small>Limit One Per Person. Cannot be combined with other offer. Valid only for current members. Offer Expires: 2/28/2019</small>	 <p>Thank you for being part of the CAC Family!</p> <p><i>Happy Holidays!</i></p> 

Must see Brooke or Tom in Membership to receive your December Newsletter

## DECEMBER HOLIDAY SCHEDULE

December 24th 5:30am - 3pm

December 25th - Closed

December 31st - 5:30am - 6pm

January 1, 2019 - 8am-6pm

## Shriners Holiday Gift Drive

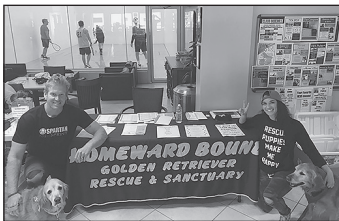
...through December 15th

'Tis the Season to Donate to the Holiday Gift Drive

The Capital Athletic Club, in conjunction with Sacramento's Boy Scout Troop 1 are once again sponsoring a holiday gift drive to benefit the Sacramento Shriners Hospital for Children. The Shriners Hospitals treat children from infancy to age 18 free of charge. In addition to medical treatments, the hospital provides a school so kids who will be hospitalized for a long time will not fall behind in their studies. The hospital also provides counseling and support for the patients and their families. Please drop off NEW, UNWRAPPED gifts suitable for any child from an infant to a teen, in the box in the lobby or place under the tree. The gift drive will run through Monday, December 15th.

\*Please note: due to safety and allergy concerns please NO: plush, stuffed toys, glass or latex items or live plants.

## Boot Camp with a Purpose:



On Saturday, November 17th we hosted a variety of fitness classes to honor the Senior Dogs of Homeward Bound golden retriever sanctuary. We offered 7 different classes and had 4 senior dogs running around with us. It was an absolute blast! We raised over \$1200 and we are so pleased, as this was our first ever

Boot Camp with a Purpose. We are so pleased with the support, participation and enthusiasm we received from our members. Thank you for making this such a great and meaningful event!

Hugs- Jonna Edwinston Group X Director

## CAC Holiday Fitness Challenge

Healthy for the Holidays

Workout for 15 or more days in the month of December and get rewarded for it! Only one outside workout a week counts toward the program. Top male and female finishers win an extra gift. Sign up and get your workout card at the front desk in the binder Get them signed off daily after your workout and turn them in at the Front desk no later than the 31st of December.

## J's Holiday Bake Sale: for



## homeless animals

Jonna will be hosting her annual Holiday Bake Sale for the local animal rescue group: 4Rfriends, also known as the street vets of Sacramento. Come support this bake sale on Tuesday, December 11th and Wednesday, December 12th. We'll be selling human baked goods, J's cupcakes, and doggy treats for your furry friends.

## Modest Dues Increase for 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 modest dues increase beginning January 1, 2019. Dues for all member-

ship 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.

## 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. These demo classes allow you to sample the upcoming classes 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. Class series begins the week of January 14. Look for demo class registration binders on the SGT Demo Week table in the CAC front lobby.

## Winter Basketball League Registration-

Beginning mid-December

The CAC Winter Basketball Leagues begin in late January and run through late April/early May. League is offered at two levels and plays on Monday ("A" Level) and Wednesday ("B" Level). The Fall League is typically 8-10 games plus playoffs. Fees are typically \$70-85 (dependent on registration and schedule) and covers officials, awards and other league costs. Look for the registration binder in the CAC Gym and be sure to register early as spaces are limited.

## Volleyball News

Fall League is coming to an end this month! We will be hosting open gym nights on December 18th, 20th, and 27th! If you are interested in joining our Winter

league in January, please contact our coordinators! Registration will open soon! For more information about our Volleyball League and open gym nights, please contact our League Administrator, Brooke McManus! [bmcmanus@capitalac.com](mailto:bmcmanus@capitalac.com)

## Pilates News

The Amazing Pilates Reformer!

I came across this great article by Marguerite Ogle. She explains what the Reformer is and does in an amazing way! See the full article at <https://www.verywellfit.com/the-amazing-pilates-reformer-2704339>. There is probably no piece of Pilates equipment more famous than the Pilates reformer—and for good reasons.

## What Is a Pilates Reformer?

The reformer was invented by Pilates founder Joseph Pilates. It is a bed-like frame with a flat platform on it, called the carriage, which rolls back and forth on wheels within the frame. The carriage is attached to one end of the reformer by a set of springs. The springs provide choices of differing levels of resistance as the carriage is pushed or pulled along the frame. The carriage has shoulder blocks on it that keep practitioners from sliding off the end of the reformer as they push or pull the carriage. Body weight and resistance of the springs are what make the carriage more or less difficult to move. Reformers parts are adjustable for differing body sizes and different levels of skill.

...continued in January

## Health News

Worst Things to Eat or Drink Before a Workout

Granola or Protein Bars

These might seem like a good idea before you hit the gym, but there's no clear definition of what they really are. Check the labels -- both kinds can have lots of sugar. If they do, your body will burn through that fast, and you



## DEPARTMENT NEWS

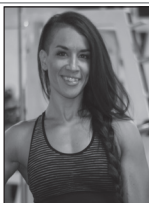
### Rick Leonard General Manager

- Thank you for being a part of the Capital Athletic Club family. We would like to wish you the best in health & happiness this holiday season & throughout the New Year.
- Holiday schedule December 24 5:30 am - 3pm, December 25 Closed, December 31 5:30 am - 6pm, & January 1 8am - 6pm. There will also be an adjusted class schedule on the modified days of operation.



### Jonna Edwison Group Fitness Director

- Happy Holidays fit fam! With the holidays upon us, stay on track this season with a variety of our group exercise classes. Cross training is key to keeping your program interesting, fun, and motivating. From 6:00am circuit training classes, to gentle yoga, to zumba... we've got you covered!
- Tuesday 6:30pm Zumba with Magda is happening! We look forward to seeing you in class.
- Miya will be officially taking over the Saturday Ballet Pilates class every week.
- Saturday, December 8th we will be hosting a Holiday Yoga Workshop from 12:00-1:00pm with Magda and Sam inside Studio 1. This workshop is free for members. Sign up at the front desk.
- Thank you for everyone who donated and supported our Boot Camp with a Purpose! We were able to raise over \$1200 for Homeward Bound Golden Retriever Sanctuary. Your love and support made this event incredibly special, thank you!!



### Brooke McManus Membership

- Happy Holidays from your CAC Family! To celebrate with holiday cheer, we have inserted our annual holiday passes and discounts for Club services on the front page of our Newsletter! Please pick up your physical copy from Brooke or Tom in our Membership department! We look forward to seeing your friends and family in the Club using their 10 day passes! \*Limit One Pass Per Person \*Passes and discounts expire February 28, 2019
- Give the gift of good health! Refer your friends and family members to the Club! Nothing beats the gift of health and wellness! 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!
- CAC Membership is seeking out our membership for anyone that has experienced a personal fitness transformation while being a member here at The Club! If you are interested in sharing your story, please contact Brooke McManus! [bmcmanus@capitalac.com](mailto:bmcmanus@capitalac.com)
- 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](mailto:josullivan@capitalac.com)

- 'Work through this holiday season so that your new year will start off with more than a bang!'
- 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.



### Morgan Merrill Beauty Esthetician New Service Announcement!

Holiday Indulgence Facial - \$85

Holiday memories come to life through spicy scents of the holidays. The Pear and Frankincense Facial is designed to relax, yet hydrate the skin, stimulate collagen and reduce photo-damage. It also calms skin hypersensitivity and reduces skin redness. Paired with an LED treatment for the ultimate facial experience to get your skin holiday ready! Free gift with purchase!

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](mailto:morganmerrillbeauty@gmail.com)

Call/text 916-520-9310 or book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty)! Morgan is available by appointment and is now available with more hours for your convenience! Contact her today!



### 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.
- The cold weather is officially here, friends. This time of year, the weather zaps the moisture out of our hair and scalp. Come in to the Capital Cutters Hair Studio through December and treat yourself to a wonderful Winter hair treatment. **December Salon Specials- Color Gloss Special- \$20** Top off your new color service with our hair gloss treatment. Last 4-6 weeks. **Dry Scalp/Hot Oil Treatment- \$40** Relieve your dry itchy scalp with this Ultra Hydrating hot oil hair and scalp treatment. **Intense Dry Scalp Treatment-\$50** Tackle unwanted flakes with this ultra-cleansing and moisturizing treatment.

### Brian, Janis, Andrew, and Rico Massage Department

Looking for a gift for a special friend, relative, or significant other? Massage gift cards make great holiday presents. They are available at the front desk and don't worry, your secret is safe with us! "Happy Holidays and Wishes for a Happy, Healthy New Year" to you and all those you hold dear, from Brian, Rico and Andrew, your CAC massage team. Cheerio~ Brian, Rico and Andrew

*Continued from the last page*  
may not get much else.

#### High-Fiber Vegetables

Your body needs fiber, but not before a workout. Vegetables like broccoli, Brussels sprouts, or cauliflower can be hard to

digest and could make exercising uncomfortable. Stick with veggies that are easier on your system, like well-cooked asparagus or potatoes

...continued in January

## GROUP FITNESS/SPECIALTY CLASSES

<b>MONDAY</b>	<b>Studio</b>		
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
<b>TUESDAY</b>	<b>Studio</b>		
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
<b>WEDNESDAY</b>	<b>Studio</b>		
6:00am-7:00am	I	Breakfast Club	Bernadette
11:00am-11:45am	III	Mat Pilates	Sam
12:00pm-1:00pm	III	Yoga	<u>Sam</u>
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
<b>THURSDAY</b>	<b>Studio</b>		
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
<b>FRIDAY</b>	<b>Studio</b>		
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
<b>SATURDAY</b>	<b>Studio</b>		
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 12/1,15,29 Doug 12/8,22
10:30am-11:30am	I	Ballet Pilates	*Miya
<b>SUNDAY</b>	<b>Studio</b>		
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

<b>MONDAY</b>		
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
<b>TUESDAY</b>		
*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
<b>WEDNESDAY</b>		
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
<b>THURSDAY</b>		
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	*Bernadette (Nov only)
5:30pm-6:15pm	Reformer I	*Stefanie (Nov only)
<b>FRIDAY</b>		
10:00am-10:45am	Reformer I	Sabin
11:00am-11:45am	Principles	Mari
12:00-12:45pm	Reformer I	Mari
5:30pm-6:15pm	Mixed Level Reformer	Liz
<b>SATURDAY</b>		
9:00am-9:45am	Reformer I	*Bernadette (Nov only)
10:00am-10:45am	Mixed Level Reformer	*Bernadette (Nov only)
<b>SUNDAY</b>		
10:00am-11:00am	Tower Circuit Reformer	Vicki