

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

FEBRUARY 2019

President's Day Holiday Monday Feb. 18th

The Club will be operating on a holiday schedule Monday February 18th 8am – 6pm. When the club is on a holiday schedule your children 12-21 years of age are welcomed free of charge but must be accompanied by the member.

There will not be shuttle service on this day, street meter parking is free. There will be a modified group exercise schedule on this day.

Volleyball News

Our Winter 2019 Volleyball League has officially started! If you are interested in CAC's Volleyball program and joining our Spring league in April, 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

Pilates News

How Does Pilates Work? The Movement Principles: Breathing, Lower Core Activation

The Pilates Method of exercise teaches "key movement and alignment principles used in everyday and athletic activities... Pilates is a progressive system of functional skill and development. As we learn the Pilates exercises, we will see these principles advance from their most basic form to their most advanced expression" (N. St. John, Reformer 1, 2007).

The Pilates Movement Principles are: Breathing, Lower Core Activation, Neutral Spine – Optimum starting position, Abdominal Strengthening, Lumbopelvic Stability, Strengthening and

Mobilizing the Spine, Shoulder Stability and Mobility, Correcting Alignment, Release Work and Stretching. We'll explore the first 2 principles this month, with exercises for each, and continue to discover the following principles throughout the spring and summer. Understanding the Pilates Movement Principles will deepen our connection to our practice and allow us to progress not only physically, but mentally as well. Breathing: Like Yoga and other Mind-Body disciplines, Breathing is the first principle because it's the first thing we do. It is the foundation of our existence and creates the fundamental rhythm of life. Proper breathing techniques decrease stress, lower or raise blood pressure, improve aerobic capacity and calm the mind and spirit.

Lateral Breathing Exercise: Hold your hands on your ribs and end your breath into the back and sides of the ribs without expanding or pushing out on the belly as you inhale. Pull your ribs off of your hands as you exhale. This breathing exercise loosens up the ribs, releases the middle of the back and can create increased lung capacity. It is a stimulating breath that can increase energy and stimulate the mind.

Lower Core Activation: The lower core or the powerhouse is the foundation of every Pilates exercise. The powerhouse is the dynamic center that is the key to efficient, graceful and balanced movement. Muscles in the powerhouse work together to stabilize the pelvis, lumbar spine and rib cage when stress is placed on them in lifting, bending, sitting, twisting, walking, running and jumping. Basically, while moving! A strong lower core prevents in-

juries, chronic pain and improves sports performance. What is the lower core? The deepest layers of muscle and tissue that surround and support the lower spine.

All Fours Abdominals: Come to all fours on a mat. Inhale, allowing the abdominals to expand, dropping the belly to floor. Exhale, pull the abdominals or belly button up and in toward the spinal column without moving the pelvis or spine. Focus on feeling the abdominals engage or work while exhaling.

These 2 very important movement principles are the foundation of the entire Pilates repertoire. Practicing the 2 exercises provided will deepen your mind-body connection, and begin to strengthen the deepest layer of the abdominal wall.

Next month, we'll discover Neutral Spine – Optimum starting position and Abdominal Strengthening! Come to our Pilates Mat classes or a Reformer Demo in February to practice these principles.

Free Reformer Demo – Saturday, February 15th 11:00am. Sign up at the Front Desk

Morgan with MM Beauty

February Special

24 K Gold Facial - \$90 (a \$15 savings)

Engulf your skin with 24k Gold and pack in the minerals!

Benefits of Gold for Skin Care

- Wrinkles, Fine Lines, Spots can be reduced
- Stimulates The Skin With microcirculation to leave it glowing
- Lightens The Complexion: ...
- Collagen Depletion Is Slowed Down

- Sun Damage Can Be Treated
- Inflammation Can Be Treated
- Elasticity Of The Skin Can Be Increased

Call/Text 916-520-9310 to schedule or book online at www.vagaro.com/mm_beauty

Training News

7 Benefits of Hiring a Personal Trainer

There are personal trainers to suit every personality and fitness type, be that aggressive "tough love" motivation or gentler, nurturing support.

Goal Achievement. A personal trainer helps you define individual fitness goals (large and small), and creates a roadmap to get there taking into consideration your current fitness level.

Personalized Workout. Personal trainers create a specific workout plan just for YOU based on the goals you want to achieve.

Instruction. A professional trainer teaches the proper technique in your routine and coaches you through it. Adjustments are made instantly.

Motivation. Motivation is often difficult to maintain when you exercise on your own. Regular sessions with a personal trainer create accountability, which is a real motivator to not let down yourself or them.

Accountability. If you lack commitment, self-motivation, or just the ability to kick your own self in the pants, a personal trainer could be key to getting your new fitness routine off the ground.

Variety. If your workouts have previously felt complacent, an experienced trainer ensures you won't be bored anytime soon.

They teach a variety of exercise methods, and with some trainers, no two sessions will look the same.

Efficiency. An experienced personal trainer will make the most of your workout time, which increases the efficiency of your exercise program. This is especially beneficial when you have a limited amount of time to exercise. -ACE; What Can I Expect When Working With a Personal Trainer?; J. Matthews; 8/09

Consistency Is Key

Consistency is one of the hardest elements to master when trying to change or create a habit, especially as it relates to fitness: When goals are too ambitious or too vague, you quickly lose momentum. Here are six ways to duke it out with your former self, retrain your brain and build a lasting habit of consistency.

1. Size Matters. Setting a large goal is great, but the best way to reach that goal is by formulating several smaller goals that give you little wins along the way.

2. Cue Your Day. According to a study published in Health Psychology, the most consistent exercisers were those who were triggered by a specific cue, such as hearing a morning alarm or meeting a friend at the gym.

3. Accept Imperfection. We are human and mistakes will happen. If you can't get to the gym because of work or you blew your diet at lunch, then find a way to exercise at home for 30 minutes after work or have a healthy dinner later — and give yourself credit for that. Rise above that feeling of defeat and remember your purpose, and you'll be more likely to get back on track the next day.

4. Trust the Process. We as a society tend to lean toward behaviors that reward us instantly, but you have to be patient. It took you years to become de-conditioned or to gain 25 pounds, and you won't bounce back immediately. It will happen for you — maybe

not tomorrow, but it will happen if you are consistent.

5. Make it Fun. Research published in the Journal of Behavioral Medicine found that exercise that was enjoyable made people come back more often to exercise than activities that were considered a drag. Everyone is different and will be inspired by different types of movement, so try everything and don't settle until you find something you love.

6. Feel, and remember the Feels. Exercise is associated with positive physical and mental feelings, and even a few days of skipped activity can interfere with motivation and stress levels. Remember those feel-good sensations and sense of accomplishment on days when you're not motivated to exercise — then just do it.

Health News

Worst Things to Eat or Drink Before a Workout...continued from December

High-Fat Food. Not all fats are bad for you. But foods that have a lot of any fat can be a bad idea if you're about to be active. Things like red meat make your body work hard to change their fat to energy. That can make you tired before you even get started.

Yogurt. As with protein bars, you'll need to read the label carefully. Certain brands can be surprisingly high in sugar and fat, neither of which is good for your workout. If you don't digest dairy easily, a stop at the gym can make things worse.

Smoothies. These sound great in theory as a way to hydrate and get nutrients at the same time. But in practice, they can be less than ideal. Some are packed with sugar and will give you only a short burst of energy before the dreaded "crash." Some can also have as many as 800 calories.

Flaxseed. This seed has all sorts of potential health benefits -- some people use it to try to ease constipation or lower their cholesterol level. But it's high in fiber and

fatty acids, which aren't what you want before a workout.

Fast Food. It might be tempting, but skip the drive-through on the way to the gym. Chances are, you'll feel uncomfortably full, and the fat and sugar in most fast food items will keep you from getting the most out of your workout.

Energy Drinks. Like smoothies, these might seem like a natural pre-workout boost, but they have lots of things that can make you jittery and raise your heart rate and blood pressure. It's better to steer clear of energy drinks until after your workout.

Soda. This can give you the "daily double" of sugar and caffeine. You'll get a quickly disappearing rush of energy and lots of calories, along with all the issues

caffeine can cause. It doesn't give you any nutritional value and isn't a good choice for hydration.

Don't Go Hungry. While plenty of things aren't great for pre-workout snacks, not eating might be just as bad, even if you're trying to lose weight. Your body needs fuel to keep you going strong, but it needs the right fuel at the right time

What to Eat. Experts say the best way to go is a snack that's a combination of carbs (to give you fuel) and protein (to get your body ready to build and repair muscles). Some ideas include a banana and some peanut butter with crackers, a handful of nuts and raisins, or a hardboiled egg.

Brian, Janis, Andrew, and Rico Massage Department

Massage and Money - We continue our series about the reasons why people don't receive massage by considering the cost-factor. Many things demand our attention and our money. It's enough to make you shout "ENOUGH ALREADY!" We get it...And Massage, like most everything, has a pricetag. But, Massage has benefits, benefits that you will literally feel and that last, unlike most of the junk being hawked. Here a short list of Massage benefits:

- Boost immunity
- Better sleep
- Pain reduction
- Relieve chronic pain including arthritic conditions
- Increase range of motion
- Better circulation
- Improved physical and mental performance
- Headache and migraine relief
- Reduction of depression symptoms
- Physical and psychological relief from anxiety and other psychological issues including stress.

The bottom-line is this: Spending some hard-earned cash on your health is well worth the expense, correct? Of course, and we all know it. Schedule your CAC Massage via the front desk today. You'll be glad you did. And don't forget to use your \$10 off coupons for a One Hour Massage! *Coupons expire 2/28/2019

PS: Valentine's Day is approaching. Treat that special someone in your life to a Massage to show them how you feel about them. Massage gift cards are available at the front desk.

Cheerio~ Brian, Rico and Andrew

DEPARTMENT NEWS

Rick Leonard General Manager



- We are pleased to announce that the Club will once again host another Sacramento Ballet Performance/Social. This special event is scheduled for Friday April 26th. Because of the popularity of this event each member will be limited to no more than 2 guests. Guests must be 16 years of age or older. Tickets will go on sale mid March.
- Just a reminder that the use of cellular phones are prohibited in both the spa & locker areas for privacy purposes. Photographing or talking on your cell phones are prohibited in the exercise areas.
- Member courtesy – Please remember to place your used towels in the proper receptacles, wipe down the exercise equipment & sinks when you are done utilizing them.
- Towel use –Even though we try to keep towels stocked throughout the Club at times this can be a challenge. Please keep the use of towels to a reasonable level for everyone's convenience. It would be impossible for the Club to keep towels stocked, if every member used 5+ towels per visit.

Jonna Edwison Group Fitness Director



- Pop-up Sunday cycle rides will start happening this month. Richard will be leading 1 hour cycle rides on specific Sundays during the winter. Dates and Times to be announced.
- Sunday cycle with Kristen has been cancelled due to low attendance. We hope that the pop up rides we offer on some Sundays will give you an opportunity to get your workout in.
- Saturday, February 23rd we will be hosting an Intro to Cycle workshop with Jonna from 11-12pm. This is a great beginner class for anyone interested in learning the ins and outs of a cycle class. Sign up at the front desk!
- Monday 9am Pilot Power Pump class will be available on the schedule all of February to collect interest for this time slot. Class begins: February 4th.
- We will be on a modified schedule for Presidents' Day on Monday, February 18th. Please check front desk and Group X board for schedule.
- Early morning risers, we offer M/W/F 6am total body conditioning classes. Monday is legs with Jonna, Wednesday is Arms with Bernadette, and Friday is glutes/core with Scott.
- Please check out our Capital Athletic Group X Face Book Page for updates on classes, schedule changes, instructors, and more.

Brooke McManus Membership



- Happy 2019 from the CAC Membership Department! We hope all of our members are practicing healthy habits in the New Year!
- This month you can refer your sweetie for a special enrollment offer that includes Zero Initia-

tion Fee and a \$50 referral credit! If you're thinking about adding your Spouse to your membership account, now is the time! Add-on Spouses receive a special family discount! Please see Brooke or Tom in Membership for more information! Brooke McManus: bmcmanus@capitalac.com Tom Petrul: tpetrul@capitalac.com

- Please don't forget to supply your friends and family with your free 10 day passes! Our December Newsletter provides you with many other generous deals on services such as, Massage, Esthetician Services, Salon Services, Personal Training, and Small Group Training that you received in our Holiday discount card! It's not too late to pick up a December Newsletter from our Membership team! Coupons & passes expire February 28, 2019 *One pass per person
- Follow CAC on all of our Social Media Platforms! Twitter: [@capitalathletic](https://twitter.com/capitalathletic) Instagram: [@capitalac](https://www.instagram.com/capitalac) Facebook: [@capitalathleticclub](https://www.facebook.com/capitalathleticclub)

John O'Sullivan Athletic Director, Newsletter Editor

josullivan@capitalac.com



- 'If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them' - Bruce Lee
- 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

24 K Gold Facial - \$90 (a \$15 savings)

Engulf your skin with 24k Gold and pack in the minerals!

Benefits of Gold for Skin Care

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- Inflammation Can Be Treated
- Elasticity Of The Skin Can Be Increased

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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!



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.
- Do you love your hair? At Capital Cutters we LOVE hair! Come in for a new haircut, color, or a total hair makeover and fall in love with your hair again!!



GROUP FITNESS/SPECIALTY CLASSES

MONDAY		Studio	
6:00am-7:00am	I	Breakfast Club	Jonna
*9:00am-10:00am	I	*Power Pump (Pilot)	*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	*Jonna
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 2/9,23 Doug 2/2,16
10:30am-11:30am	I	Ballet Pilates	*Bonnie 2/9,23 *Jonna 2/2,16
SUNDAY		Studio	
9:30am-10:30am	I	Power Pump	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