



THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

MARCH 2019

Sacramento Ballet Social

Friday April 26th

Mark your calendars for Friday April 26th- We are excited to announce the Sacramento Ballet is back for another amazing performance at the Club. The CAC is their home away from home as many of these artistic athletes train at the Club throughout the year. The Ballet Social will come together beginning with a buffet dinner followed by an incredible evening of dazzling dance and musical entertainment. Tickets go on sale beginning at 9am on Monday March 18th. You must be present for the initial reserved ticket sales. Telephone sales will begin at 11am. Dinner & musical entertainment 7-8pm Ballet performance 8-9:30pm. Tickets \$23 members/\$28 guests, must be 16 or older guests are limited to 2 per member. Ticket purchase includes buffet dinner, beverages throughout the evening & entertainment.

Tickets are limited

Friday Night Recess

CAC trainer, Sabrina Riffle, is bringing back recess..... for adults! Starting Friday, March 2nd, Sabrina will be putting on Friday Night Recess for any and all CAC members. Every second and fourth Friday of the month, we will be playing organized dodgeball, kickball, obstacle relay races, and much much more!

Why is free play good, not only for children, but adults too? Catherine Tamis-LeMonda, Professor of Developmental Psychology at New York University, explains in an interview with NBC News that physical activity in sports and exercise slows the release of stress hormones and

assists the release of endorphins, which elevates mood and helps you relax after a stressful day or work week. Recess is a time for camaraderie and laughter, two factors that go hand and hand with free play at our Friday Night Recess. Not only does physical activity help everyone feel less stressed and more positive, playing also helps problem solving and work productivity, according to Dr. Sam Wang and Dr. Sandra Aamodt.

Come out and join us for Recess

Ballroom Dance

STEP, Sync, SWAY Could Ballroom dancing be the key to personal growth, contentment and overall sense of well being?

Date: March 17- May 12 Note: No Class on April 21- (Easter Sunday) Make-up class May 19

Experience, Enrich, Enhance your fitness program. Join Magda Mendez and discover the joy of ballroom dancing. During this series class - Students and members will learn a variety of dances from the graceful Waltz, the dramatic and passionate Tango to the more playful and fast Salsa and Swing dances. Be SOCIAL, have FUN, create new FRIENDSHIPS or rekindle the bond between a current RELATIONSHIP!

One of the best features of ballroom dancing is its ability to bring people together. Ballroom dance lessons offer you a great opportunity to grow your social connections with others but also can be an opportunity to break-out of a routine and rekindle a spark with a loved one. The key?

- Experiencing physical contact plays a vital role in our physical and psychological health.

- Feel invigorated, get out of your

comfort zone and reinvent new path ways.

- Be unique- "Dancing is the hidden language of the soul". Martha Graham.

- Dance provides an emotional outlet to express your feelings through body movements, with passion and flair. This Ballroom Series class will be offering:

- Timing and Rhythm.

- Leading & Following techniques.

- Tricks, Tips, Dips, Turns! What are you waiting for? You're invited to come and reap all the benefits dancing has to offer... Feel what it is like to be fully in your body and turbocharge your Dance IQ today!! Meet me at the Dance floor!

Fee: \$160 per member Sign-up with a Friend/Partner and SAVE! \$240 for 2 members.

Sign up at the front desk

Racquetball News

Are you interested in playing Racquetball? Join Rajive Desouza Every Tuesday in March for a Racquetball clinic at 6:00 PM. It's a great opportunity to meet new players. Topics we will cover are:

- Safety
- Rules of the game
- Basic strokes & drills

Please remember to bring safety glasses, this is the only requirement for the class. Raj will have racquets and balls. If you already have a racquet and a glove, please bring it along. The class is free and so are one on one lessons. If you would like a one on one lesson, please reserve a court on a Tuesday or Thursday evening after 5 PM and leave Raj a note

at the front desk. Racquetball is a great fun way to get your cardio in. You burn an average of 500 calories playing an hour of racquetball.

rajivedsouza@gmail.com

Pilates News

Neutral Spine and Pelvis – What are those?

Continuing our exploration of the Pilates Movement Principles, this month we look at Neutral Spine and Pelvis. Creating a neutral spine includes moving the pelvis into a neutral position, but what does this really mean?

According to Balanced Body University, one of the most respected international Pilates Teacher training programs, the core, or "inner unit" stabilizes the spine when the pelvis is in a neutral position. The pelvis is in neutral when the hip bones (below the rib cage and above the front of the thighs) and the pubic bone are perpendicular to the ground when standing or sitting and parallel to the ground when lying on one's back. Think of the navel as 12 o'clock, the pubic bone as 6 o'clock and the hip bones as 9 and 3 o'clock. These points are level when on one's back, standing or sitting. We can also think of these points as the rim of a bowl, and the bowl is level. When the pelvis is "level" or neutral, we can engage the core muscles more effectively to support the lower spine in all movements.

When standing or sitting with a neutral pelvis, gravity will enhance a balanced engagement of the muscles in the front and back of the spine. This will lessen stress on the spine and helps prevent low back pain and injury. When lying on our backs, the

pelvis tends to tilt back towards the rib cage and moving into a true neutral position can cause tight lower back muscles. We want to get as close to neutral as possible, but ensure we engage the abdominals and lower back muscles in a balanced way.

We can find our own neutral pelvis by placing the heels of the hands on our hip bones and the finger tips on the pubic bone. If the finger tips are “lower” (when on our backs) or “behind” the heels of the hands, the pelvis is tilted “forward” (the bum is sticking out a bit), if the finger tips are “higher” or “in front” of the heels of the hands, the pelvis is tilted back (the bum is tucked under a bit). When standing or sitting, gently tilt the pelvis forward and back to find the place in between the two. When lying on the mat, the pelvis will naturally tilt back a bit because of the tailbone. This should feel comfortable and should not feel as if we’re pressing the lower back into the mat. There may be a very small space between the mat and the curve of the lower back.

Pelvic Clocking – how to find your neutral position:

Lie on your back with knees bent and feet on the floor. Imagine your tailbone as the face of a clock. Gently tilt the pelvis in the direction of the hours on the clock – Tilt to 12, then 6, then 9, then 3 and so on until you are balanced on the center of the tailbone and feel equal effort in the hips, abdominals and lower back muscles. For those with lower back injuries or issues, modifications are provided in class to keep your back healthy and strong!

Pilates Studio class changes in March:

Wednesdays, 5:30pm Reformer 2 with Stefanie is changing to 5:20pm – 6:20pm Tower Circuit beginning March 6th.

Reformer Demo class is Saturday, March 23rd at 11:00am in the Pilates Studio! Sign up at the front desk. Interested in the

Pilates Studio program? Contact Sabin Morris at smorris@capitalac.com.

Advocare available at the pro shop;

Spark - Source of Energy with vitamins

Rehydrate - Electrolyte Replacement drink with vitamins

Slam - A high powered portable and quick source of energy

Training News

Benefits only a personal trainer can provide

Improve Your Mental Health - It has long been known that physical exercise can help with mental health issues such as depression, and that it is a recommended part of treatment by many medical health professionals. Having a Personal Trainer to help with your exercise plan when you suffer from mental health problems can help with motivation, with choosing the right exercises to release the most endorphins, and also just to have another shoulder to lean on.

Which leads us to our next point...

They're An Unofficial Therapist - Let's be honest, most of the time when exercising with your Personal Trainer you will be telling them about your week, how work is going, and what's wrong with your life at the time. This is normal! A Personal Trainer is there to help with your fitness goals, yes, but they're also there to help improve your overall wellbeing. They care about how stressed you are, because that will impact how motivated you are in your sessions. They care if you're unhappy in a relationship, as this could result in eating unhealthily.

There are myriad ways in which having a Personal Trainer can be like having an unofficial therapist.

They Help You Form Good Habits - It can take weeks to form good habits, and even longer to break bad ones - and trying to do it on your own is hard work. Having a Personal Trainer is like having

a good angel on your shoulder encouraging you in the right direction. They can help to argue with the bad angel in your head, and keep you on track to achieve your fitness goals.

They Challenge You - Are you getting bored with your fitness routine? Have you progressed beyond the exercises you know and have plateaued in your fitness? A Personal Trainer is what you need to take you to the next level, and continuously challenge your abilities. Don't think you can lift that medicine ball? Positive you won't fit back into your favourite dress? Doubt you'll be able to compete in a charity run next year? A Personal Trainer is your life coach, nutrition guide and encourager all in one, and without them your fitness goals are that much harder to achieve. So what are you waiting for? Find a professional Personal Trainer today to help achieve your fitness goals.

3. They Can Help With Your Unique Requirements - Everybody is different, and that means everyone's abilities and requirements are different when it comes to exercise. This could be anything from having an old injury that requires special exercises to having a phobia that may impact on where or how you workout. For example, if you have an old knee injury that required surgery, but since then you haven't done anything

to rebuild the muscles or improve mobility, then you are going to need different exercises and goals than an athlete who is training to run a marathon. This is where a Personal Trainer's experience can make a huge difference to your training program.

It's Educational - One of the primary reasons that someone should have a Personal Trainer is that they are trained in teaching others how to exercise. And while exercise in itself is only a part of fitness, with nutrition and lifestyle playing an essential role in the overall picture if you don't get exercise right then you will never achieve your goals.

The importance of education when exercising is important for two primary reasons:

- 1) If you don't know which exercises are most effective for the goals you have, you are unlikely to achieve those goals.
- 2) Education when performing exercises is essential in reducing the risk of injury. Many people every year are seriously injured by performing exercises they have not received training for, and this can impact their health and fitness for a long time. Having someone trained in how to execute certain tasks will greatly reduce the level of risk and increase the effectiveness of your fitness routine.

Continued on the next page...

Brian, Janis, Andrew, and Rico Massage Department

Love is great... and so is a good massage!

In their iconic song from 1967, the Beatles proclaimed “All you need is love”. We think we can all agree on that.

Love is great and so is a good massage! Over the last several months we've considered the reasons why people aren't including massage as part of their healthy lifestyles and fitness programs. In each instance, we contrasted the reasons with the many benefits massage therapy offers including, but not limited to: Massage can help you feel better, perform better, rehab quicker, feel calmer and help reconnect your mind with your body. All good stuff, yes? Of course.

The bottom line is simple and clear: massage is good for you. So roll the dice, contact the front desk to schedule your appointment and, to paraphrase the late, great John Lennon, “give massage a chance”, you'll be glad you did.

Cheerio~ Brian, Rico and Andrew

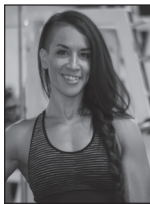
DEPARTMENT NEWS

Rick Leonard General Manager



- We are pleased to announce that the Sacramento Ballet will be performing at the Club on Friday, April 26th. You must be present at the Club to purchase your reserved seating which begins at 9am March 18. Telephone sales begin March 18 at 11am. Tickets will include buffet dinner, musical entertainment and an outstanding performance by the Sacramento Ballet. Tickets are limited and I am sure will sell out.
- When using the swimming pool or Jacuzzi please thoroughly dry off before accessing the vinyl stairways to help prevent slip hazards.
- Just a reminder that we have a meeting room available for your use, "Free of charge". You are allowed one standing reservation at a time and guests must use street parking.
- Your success is our success. To help you succeed. We offer free personal training appointments to help get you back on track or refresh your fitness program. We have a wide variety of programs/ activities and equipment to help get you or to keep you motivated. Contact a fitness trainer for more information.

Jonna Edwison Group Fitness Director



- Sunday Pop-Up Cycle classes with Rich were a HUGE success last month. Be on the look out for more of these classes this month.
- Friday 5:30pm Yoga has been cancelled due to low attendance. We are currently seeking a different day/time for this format.
- Tuesday 10am Slow stretch with Robert has changed times to: 9-10am. We look forward to seeing you at this earlier time slot.
- The Monday 9am Pilot Power Pump class will be held all through March. Join us, if interested in seeing this new time on the schedule.
- Tuesday evening Zumba with Magda is a fun way to get your cardio in, class is offered from 6:30-7:30pm. Magda is also a professional ballroom dancer and will be offering private and small group ballroom lessons starting this month through our personal training department.
- NO gum in class please. For the safety of our students, we ask that you please refrain from chewing gum in any of our classes.
- Join Heather on Saturday, March 23rd for a beginner Yoga workshop for those interested in learning the basic fundamentals of a yoga classes. Class will be held upstairs in studio 1 from 12-1:30pm Please sign up at the front desk.

Brooke McManus Membership



- Love The Club? Motivate your co-workers to practice healthy habits! CAC Membership invites you to open a Corporate Account for your business office! New Corporate Business accounts provide a Zero Enrollment Special + a Corporate Dues Discount for employees that

join the Club! Contact Brooke McManus in our Marketing and Membership Department to pick up some complimentary passes for your office! *Already part of a CAC Corp account? Now is the time to refer your co-workers who receive the same discount and you will receive a Referral Credit!

- Refer a friend, family member, or co-worker to help keep them on track for 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!

John O'Sullivan Athletic Director, Newsletter Editor

josullivan@capitalac.com



- 'Convince yourself everyday that you are worthy of a good life. Let go of stress, breathe. Stay positive, all is well.' - Germany Kent
- 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

It's my birthday month and for my birthday I am offering brand new services!

Collagen Induction Therapy (aka Microneedling) AND Dermalplanning!



Collagen Induction Therapy is a minimally invasive skin-rejuvenation procedure. The mechanical action of the needle puncture the skin and create a controlled wound at a specific depth. Each puncture creates a channel that triggers the bodies natural healing process to fill these micro wounds by producing new collagen and elastin in the papillary dermis. Improve wrinkles, minimize pore size and induce skin tightening.

- Stimulate collagen production which promotes rejuvenation.
- Improve surgical, traumatic, burn and acne scars.
- Hyperpigmentation (brown spots and melasma).
- It may also improve stretch marks.

Dermalplanning is a physical method of exfoliation that removes dead skin and peach fuzz. The skin is left, smooth and exfoliated with no downtime! Great for anyone who is contraindicated for chemical exfoliation. This is also a great hair removal process with no redness or irritation!

This month I am combining both of my favorite services together!!! This is the ultimate in skin care rejuvenation!

Receive both services for only \$200!! That is a \$105 savings!

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.



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
*9:00am-10:00am	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
SATURDAY		Studio	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 3/9,23 Doug 3/2,16,30
10:30am-11:30am	I	Ballet Pilates	*Bonnie 3/16,23,30 *Jonna 3/2,9
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
*5:20pm-6:20pm	*Tower Circuit	*Stefanie
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	*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