



# THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

MAY 2019

## Memorial Day

Monday 5/27th The Club will operate on a Holiday schedule 8am-6pm Monday May 27th. Please review the modified class schedule for this day. Your children ages 12-25 are welcome at no charge, they must be accompanied by you at the Club. The Bonderson garage will be closed, street parking is free, & the Q street garage will be open. There is no shuttle service on this day.

## Brighter White returns

Monday, June 4 and Tuesday, June 4

Brighter White teeth-whitening technicians return to CAC in early June to send you into summer with an even brighter smile. Registration slots will be available in mid-May. See the front desk for more information after May 7.

## Saturday In the Park Boot Camp

Saturday, May 18; 9:00 a.m. at Roosevelt Park

Few things are better than spending part of a Saturday in the park with friends...but one is spending a Saturday morning WORKING OUT with friends in a park. Hence, Saturday In the Park (a CAC Boot Camp Series) is set for the one Saturday of each month April through September. Led by CAC trainer Bruce Coolidge, we look forward to bringing out a workout to challenge a full range of fitness enthusiasts. This FREE Boot Camp class will bring out the very best in you! See you in the Park!!

## Aqua For Athletes

Tuesdays and Thursdays @ 6:15 p.m. beginning May 2nd

The water workouts in the Aqua for Athletes program are assured to challenge you in ways you didn't think possible. With completely scalable workloads, use our pool to rehab joint injuries or raise your workout intensity to a level that you've rarely felt before. If you're an athlete looking for a new, high-intensity, low-impact workout that sears your lungs, ravages your core and challenges your conventional wisdom, then join us for these challenging workouts. Register at the Member Activities Desk for a reminder call/e-mail that will change your workout expectations FOREVER!!

## CAC Basketball Summer League

Registration for the CAC Summer 2019 Basketball League begins in early May. Registration will run through Sunday, June 2. League drafts will be held on Monday, June 3 ("A") and Wednesday, June 5 ("B"). Play should begin the week of June 10 and run through the end of July/first of August. Looking forward to seeing you all back on the court for the Summer League.

## Pilates News

### Abdominal Strengthening

One of the most popular reasons members give for doing Pilates is "to strengthen my core". It's common knowledge that Pilates will strengthen the abdominal muscles. What is not so commonly known is that "abdominal

## Spring Your Friends & Family into Fitness at The Club!



### One Week Pass for CAC Friends & Family

\*Consecutive 7-day guest pass

Member Name: \_\_\_\_\_

Guest Name: \_\_\_\_\_

**\*Limit One Pass Per Guest. Guest Must be 18 years or older to redeem. Club access restrictions may apply.**

**Pass Expires: 5/31/2019**

**Join During Your One Week Pass and Receive Zero Initiation Fee!**

**Receive a \$50 Referral Credit when your referral joins!**

Please see Brooke or Tom in Membership for more information!

strength starts with the core but the core does not move the torso. In order to create movement, the remaining abdominals must be engaged” (Reformer 1, Pilates Instructor Training Manual, N. St John, 2007).

What are these remaining muscles? The internal and external obliques and the rectus abdominis. In February’s article, we explored the lower core unit, the deepest layer of muscle that surrounds and supports the lower spine. The obliques and rectus abdominis (the 6 pack muscle) are superficial and perform the movements of the torso such as twisting, side bending, flexing or “crunching”, although we never “crunch” in Pilates. Crunching sounds painful, and we never do anything painful in Pilates!

Abdominal strength is essential for generating power in activities such as golf, tennis, swimming and dancing.

### **Exercises to develop Abdominal Strength:**

Half Roll Up or Curls – lie on your back with knees bent and feet flat. Support the neck and head by placing thumbs where the head and neck meet, creating a basket with the fingers to support the back of the head. Lift elbows off of the floor if any shoulder discomfort is present. Pull navel into spine, inhale through nose, exhale as if blowing out a candle, draw ribs toward the hips and lift the head. Focus eyes on knees to maintain alignment in neck.

Oblique Curls – begin with the same position used in the half roll up. While lifting the head, rotate the torso by reaching for the left thigh with the right collar bone. Alternate rotating curls or do a set rotating to one side only, then repeat on the other side.

How many reps should I do? Only as many as we can without pain, discomfort or losing our form. If we begin with only 3 or 4, that’s fine, take a break and then try again. You can easily begin your Pilates practice with

these exercises and CAC’s Mat Pilates classes in Studio 3, 11am most week days.

### **Reformer Demo Class in May:**

Saturday, May 11th 11:00am in the Pilates Studio. Sign up in the Pilates binder at the front desk.

### **Racquetball News**

Are you interested in joining a Racquetball Doubles league? It starts May 2nd and we expect it to last 10 weeks. This league is for club members only. We are trying an exciting new format for this late spring league. Players of all levels are welcome. The only requirement is that you have played doubles for at least 6 months. This is for the safety of the other players. You do not have to have a partner to sign up. A selection committee of veteran CAC racquetball players will decide if you belong in the ‘A’ group or the ‘B’ group. A team will have one from group ‘A’ and one from group ‘B’. Every week you will have a different partner. The committee will schedule the games to make the matchups as fair as possible. You will keep the points that your team scores and the individual with the most points win. We will have prizes and a pot luck at the end of the league. If you have questions about the league or are interested in lessons or would like to participate in Tuesday and Thursday doubles challenge, please feel free to send me an email at rajivedsouza@gmail.com.

### **At the pro shop;**

Keep it fresh in the new season! New seasons bring new goals and Pro Shop items! So stop by the Front Desk to check out the new athletic shorts, reversible basketball jerseys, men’s and women’s long sleeves and enjoy the warmer weather. As well as, new light blue wicking long sleeves for the ladies. Any suggestions on some new items? Let us know! We hope you all enjoy the new product.

### **Health News**

7 Reasons Why Everyone Should Take

### **Nutritional Supplements**

In a perfect world, imagine you get plenty of sleep, stay hydrated, and eat all your fruits and vegetables. Why does my body need supplements? I have all the vitamins and nutrients I need, right? Wrong. These 7 powerful reasons show that you need to take dietary supplements, no matter how healthy your lifestyle may be.

#### **1) Filling That Nutritional Gap**

90% of people don’t get the recommended amount of important nutrients from food alone. Most of us fail to meet dietary recommendations due to strict dieting, poor appetite, or changing nutritional needs.

#### **2) Nutrient Absorption Declines With Age**

As you age, malabsorption becomes a problem because your body doesn’t have the same capability to break down and absorb

nutrients as it used to. You may also be taking more medications than you did when you were younger.

#### **3) Avoid Harmful Chemicals**

Warning! Pesticides and herbicides used to farm our food, chemicals found in our water supply, and external environmental issues like pollution drastically increase our need for extra vitamins and minerals.

#### **4) Exercise Increases Nutrient Needs**

Are you an athlete or do you exercise frequently? Athletes require a lot of energy and nutrients to stay in shape. As you exercise, your body uses up the energy and nutrients that have been stored in your body. Taking protein powder is a quick and easy way to get the required calories instead of having to eat a big bowl of pasta and chicken.

#### **5) Poor Eating Habits**

*Continued on the next page...*

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

In our lives we can experience physical and emotional pain and stress. Massage helps us deal with our pain and stress. I became a Massage Therapist because it is a part of my nature to care about and help people; this has been a theme throughout my life.

My name is Brian Dolgovin. I have been part of the CAC Massage staff since 1994. I know that no single approach is right for every individual, that’s why each of my sessions begins and ends with communication. I want to know what you are feeling and what your massage goals are. At the end, we discuss what worked, what didn’t and the general outcome. I customize the massage based on each client’s requirements and health history, integrating a variety of techniques into each session. These techniques can include: Swedish, deep tissue and sports massage, energy work, myofascial release, positional work, and more. I believe it is important to understand the massage process isn’t about the Massage Therapist, it is about the therapist learning about and honoring you, our client. When I’m not working I like to hang out with my wife (Jeanette, who also works at the CAC), our son and friends. I also enjoy playing music with friends (I play the guitar and sing). Every morning I take a walk and, of course, I follow the Sacramento Kings. Your CAC Massage Team looks forward to meeting you and answering any of your massage related questions. Contact the front desk to make an appointment with me, or any member of our massage staff. Next month you will have the opportunity to learn more about another member of our massage team, Andrew Hardardt. Also, this Mother’s Day why not treat Mom to a nice massage, she’ll be glad you did. Massage gift cards are available at the front desk.

Cheerio~ Brian, Rico and Andrew

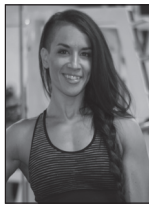
## DEPARTMENT NEWS

### Rick Leonard General Manager



- Memorial Day - The Club will be operating on a holiday schedule 8am – 6pm Monday May 27th
- Safe Deposit Boxes - For your convenience the Club offers these secured boxes while you are in the Club. The box must be cleared and the key returned at the end of your daily visit.
- Pool / Jacuzzi use - As summer approaches the pool use increases, we ask that you shower immediately before entering the pool or jacuzzi. I often hear I took a shower this morning (that is before you put on deodorant, makeup, colognes, etc.) Showering before will help keep contaminants out of the water and allow for a more enjoyable environment for everyone.
- Q street garage parking – Please use the Q street garage if you have mobility challenges and need the shuttle M-F 8am-6pm, intend to stay at the Club longer than 3 hours or if the Bonderson Garage is full. Otherwise we ask that you select the Bonderson garage as your first option. The parking is only allowed while you are present at the Club.

### Jonna Edwinson Group Fitness Director



- Saturday, May 11th: join Bernadette for a beginner HIIT Workshop from 12:00 to 1:00pm. High intensity interval training is one of the most popular and effective fitness trends. In this class, you'll learn the basic interval protocols, go through a 30 minute class, and get a breakdown of understanding rest ratios to workload. All levels welcome!
- Water fit season is here! Join Jonna, Bernadette, Doug, Liz, and Bruce for these fun filled cardio based water classes. Water fit is a traditional Aerobics class Done in the water with music, toys, and low and high impact exercises. Water for athletes, will be taught by Bruce on Tuesday and Thursday evenings. This class will be more sports specific, and focusing on explosive and dynamic exercises in the water. All levels welcome!! we look forward to seeing you in The water this summer!

### Brooke McManus Membership



- Spring Your Friends & Family Into Fitness At The Club! Enjoy One Week Passes for your Club referrals on the front page of our Newsletter! For every new member you refer to the Club that joins, we will place a \$50 credit on your account as a thank you! Please see our Membership representatives, Brooke or Tom, to pick up your pass! These passes will NOT last! Don't Wait! \*Passes Expire 5/31/2019. \*Limit One Pass Per Guest.
- Have you been working hard in the gym? Maybe you need some extra motivation to continue your workout program? Have you thought about upgrading your membership?! The Club provides Full Club and Executive membership options with locker services, laundry services, and additional benefits from Executive levels. Now is the time to enjoy extra membership services that will make your gym visits seamless and easy to commit to!

Please see Brooke or Tom in membership for info on our membership opportunities!

- Follow CAC on our social media tags!
- Twitter: @capitalathletic
- Instagram: @capitalac
- Facebook: @capitalathleticclub

### John O'Sullivan Athletic Director, Newsletter Editor

josullivan@capitalac.com



- 'If you haven't been exercising, your body will undoubtedly protest this change in its comfortable downhill direction. You won't like it at first. You may even hate it. But be proactive. Do it anyway. Even if it is raining on the morning you are scheduled to jog, do it anyway. 'Oh good, I get to develop my willpower as well as my body!' - Stephen Covey
- 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



- May is for Mother's! Treat your mom, or that special woman in your life with the gift of self care and relaxation! This month MM Beauty is offering a 75 Minute Customized Facial for \$85! This treatment includes a deep cleanse, customized exfoliation, extractions, a facial massage using a machine that has Microcurrent, Galvanic and LED, then finished with a customized mask and moisturizer! This will leave your skin looking and feeling smoother, brighter and rejuvenated! Book directly or purchase a gift certificate! Gift certificates are available and can be sent or left at the front desk with prior payment. Thank you and I hope to see you or your loved one soon!
- Also, don't forget our new services: Microneedling, Dermal-planning, Lash Lifts and more! Book by calling/texting: 916-520-9310. Online: [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty). Or email: [morganmerrillbeauty@gmail.com](mailto:morganmerrillbeauty@gmail.com). Cell: 916-520-9310 [www.morganmerrillbeauty.com](http://www.morganmerrillbeauty.com) Book Now @ [https://m.vagaro.com/mm\\_beauty](https://m.vagaro.com/mm_beauty). Facebook: /morganmerrillbeauty. Instagram: @mmartisty

### 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.
- Show Mom Just how much you love her... Choose one of our 3 Deluxe Serenity Packages, designed to spoil and rejuvenate. Each package for just \$50 includes: Invigorating scalp massage, deep condition for her beautiful locks, and aromatherapy hand treatment to top it off.

*Continued from the last page*

Erratic eating habits, eating processed junk food, and stress contribute to poor digestion, making it difficult for our bod-

ies to extract all the nutrients it needs from food.

...continued in June

## GROUP FITNESS/SPECIALTY CLASSES

<b>MONDAY</b>		<b>Studio</b>	
6:00am-7:00am	I	Breakfast Club	Jonna
9:00am-10:00am	I	Power Pump	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
*5:15pm-6:00pm	*Pool	*Water Fit	*Jonna
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
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
*6:15pm-7:15pm	*Pool	*Water 4 Athletes	*Bruce
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	Sam
12:10pm-1:00pm	I	Cardio Conditioning	Jonna
5:00pm-5:30pm	III	Abs Blast	Jonna
*5:15pm-6:00pm	*Pool	*Water Fit	*Doug
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	Jonna
6:00pm-7:00pm	III	Gentle Yoga	Heather
*6:15pm-7:15pm	*Pool	*Water 4 Athletes	*Bruce
<b>FRIDAY</b>		<b>Studio</b>	
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
*5:15pm-6:00pm	*Pool	*Water Fit	*Jonna and Bernadette
<b>SATURDAY</b>		<b>Studio</b>	
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 5/4,18 Doug 5/11,25
10:30am-11:30am	I	Ballet Pilates	Bonnie 5/4,18 Jonna 5/11,25
*11:30am-12:15pm	*Pool	*Water Fit	*Liz
<b>SUNDAY</b>		<b>Studio</b>	
9:30am-10:30am	I	Power Pump	Kristen M

\* Identifies a new class or a change to a current.

**Bold - Denotes Temporary class on the schedule**

## ACTIVITIES SCHEDULE

<b>MONDAY</b>	
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
<b>TUESDAY</b>	
4:00pm-7:00pm	Racquetball Challenge & Lessons
5:00pm-6:00pm	Masters Swim
until 6:30pm	Open Basketball
6:30pm-Close	Volleyball League
<b>WEDNESDAY</b>	
4:00pm-7:00pm	Handball Challenge & Lessons
6:00pm-7:00pm	Masters Swim
6:00pm-Close	B-League Basketball
<b>THURSDAY</b>	
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
<b>FRIDAY</b>	
until 6:30pm	Open Basketball
<b>SATURDAY</b>	
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)
<b>SUNDAY</b>	
9:00am-4pm	Open Basketball
9:00am-1:00pm	Child Care 2 hour maximum

### PILATES STUDIO SCHEDULE

Pilates Reservation Numbers: (916) 442-3927

<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
5:20pm-6:20pm	Tower Circuit	Stefanie
6:30pm-7:15pm	Mixed Level Reformer	Bernadette
<b>THURSDAY</b>		
*9:00am-9:45am	Mixed Level	*Linsey
10:00am-10:45am	Reformer I	Linsey
12:00pm-12:45pm	Reformer II	Sabin
4:30pm-5:15pm	Reformer I	*Mari
5:30pm-6:15pm	*Mixed Level	*Sabin
<b>FRIDAY</b>		
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
<b>SATURDAY</b>		
9:00am-9:45am	Reformer I	Liz
10:00am-10:45am	Mixed Level Reformer	Liz
<b>SUNDAY</b>		
10:00am-11:00am	Tower Circuit Reformer	Vicki