

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

AUGUST 2019

Wide Open Walls Mural at CAC!

The CAC is excited to participate in the 2019 Wide Open Walls Festival with a mural that will soon grace the "P Street" side of our building. Well known artist Stephanie Taylor will create a large mural honoring and celebrating Ron Cunningham and Carinne Binda as the Artistic Directors Emeritus of the Sacramento Ballet and their 30 year contribution to building art through dance in Sacramento.

Depiction of Stephanie Taylor's Rough Sketch



Ron Cunningham & Carinne Binda rehearsing dancers

Sponsored by Nancy Fisher
The CAC has been fortunate to partner with Ron and Carinne throughout their 30 years as artistic directors of the Sacramento Ballet. Their dancers cross trained with us demonstrating precision and inspiring strength. Their prowess and beauty in performance during our annual Ballet Socials was extraordinary. The dancers exploded in dynamic movement to packed crowds and standing ovations in our gym creating a wonderful highlight of CAC membership.

Mark your calendars! The CAC will be hosting a viewing of the mural and a celebration on Thursday, August 15, 2019 from 6:30pm to 7:30pm with a dance segment to begin at 6:45pm lasting about 15 minutes.

The celebration will feature a duet from Ron Cunningham's Carmina Burana, a fun theatrical dance segment from two of our former leading dancers from the Sacramento Ballet masquerading as Fred Astaire and Judy Garland, a dynamic Hip-Hop presentation from young dancers from Step 1 Dance, and a beautiful ensemble performance from the IMBA Mexican Folklorico Dance Company. The event is free and the CAC will provide free libations and snacks at the event. We expect a large crowd and strong media presence. Join us in Celebration

Saturday In the Park Boot Camp

Saturday, August 24; 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 the park. Hence, Saturday In the Park (a CAC Boot Camp Series) is set for 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! Register for a reminder call/e-mail in the binder at the CAC Front Desk. See you in the Park!!

Bike Route To Davis

Want to learn the bike route to Davis? Join us on Sunday, Sept 8 for a morning ride to the Davis Farmer's Market. We'll graze at

the food trucks at the Farmer's Market and the ride leader will bring a trailer to haul back anything you would like to buy. Very easy pace, the goal is to get some exercise while we are having fun. 15 miles each way, about 1 hour and 15-30 minutes each way. All levels of riders and all kinds of bikes (road bikes, mountain bikes, hybrids, etc.) are welcome. Meet at CAC at 8:45am. Helmets are required! Let me know if you would like me to bring anything else.

Warmly, Estelle

Volleyball News

Our Summer 2019 Volleyball League has officially started! If you are interested in CAC's Volleyball program and joining us for our Open Gym nights and Fall league later this year please contact our coordinators! Registration will open soon! CACVolleyball@Capitalac.com

Pilates News

Farewell, Bernadette and Linsey

It is with bittersweet feelings that we wish Linsey and Bernadette farewell this month. I would like to take this opportunity to thank them both for their amazing classes, enthusiasm and exceptional service to our members.

Linsey is going out on maternity leave as of August 1st. The Capital Athletic Club family offers heartfelt congratulations to Linsey and her family on this joyous occasion! Linsey has been teaching in the CAC Pilates studio for a little over 2 years and we will all miss her very much.

We are also saying farewell to Bernadette. Congratulations on her upcoming wedding! Unfortunately for us, Bernadette will not be returning to CAC after her wedding, but we wish her the best in the next chapter of her adventures. Bernadette has been teaching in the Pilates studio for almost 2 years. Everyone will miss not only her awesome classes, but her bright smile and willingness to always help out her teammates. We will miss them both!!! Jonna will be taking over Bernadette's Tuesday, 10:00am Mixed Level Reformer class on August 6th. Linsey's Monday, 10:00am Reformer 2 class and her Thursday 10:00am Reformer 1 class will be covered by the Pilates staff in the month of August. One other class change will occur in August. Mari will be taking over the Thursday 5:30pm Mixed Level class for Sabin.

Our Reformer Demo class will be held on Saturday, August 10th at 11:00am. The demo is a great way to try out the Reformer if you've never used one before.

Contact Sabin Morris at smorris@capitalac.com for all of your Pilates needs at CAC.

Pro Shop

Over the heat yet? Luckily for you it's August already, which means September is right around the corner. I'm sure we're all looking forward to the Fall weather so if you have any suggestions on some new Fall items? Please let us know... In addition, we are going to be having a few clothing items on sale coming up soon so keep a look out.

Health News

Working Out When You're Over 50

You Need Exercise Now More Than Ever -Let's face it: A 50- or 60-year-old body isn't the same as a 20-year-old one. You won't be able to do the same things -- nor should you. But exercise is key to your independence and a good quality of life as you age. So what do you need to think about to be healthy without hurting yourself?

What Exercise Does - You lose muscle mass as you get older, and exercise can help you rebuild it. Muscles also burn more calories than fat, even at rest, which will offset your slowing metabolism. Exercise helps stop, delay, and sometimes improve serious illnesses like heart disease, high blood pressure, diabetes, stroke, Alzheimer's disease, arthritis, and osteoporosis. It can help your brain stay sharp and keep you from falling into a funk.

Types of Exercise - Young or old, everyone needs different kinds. Cardio or aerobic exercise gets your heart rate up and makes you breathe harder, which builds your endurance and burns calories. Strength or weight training keeps your muscles ready for action. Flexibility exercises help you stay limber so you can have a full range of movement and avoid injury. Balance training becomes important after age 50, so you can prevent falls and stay active.

Choose the Right Activities - Lower-impact exercise, with less jumping and pounding, is kinder to your joints. Some activities provide more than one type of exercise, so you'll get more bang from your workout buck. Definitely pick things that you enjoy doing! Your doctor or physical therapist can suggest ways to adapt sports and exercises, or better alternatives, based on the limitations of any medical conditions you have.

Walking - Simple and effective! It builds your stamina, strengthens lower body muscles, and helps fight against bone diseases like osteoporosis. It's easy to work

into your day. You can go solo or make it social. At a moderate pace, you'll get exercise and still be able to chat with a friend or group.

Jogging - If you like to sweat a bit more when you exercise, try jogging to get your heart rate up. As long as you take it slow and steady, wear the right shoes, and take walking breaks, your joints should be fine. Soft surfaces, like a track or grass, may also help. Pay attention to your calves and hips, with extra stretching and strengthening to lessen your chance of injuries.

Dancing - It doesn't really matter what kind: ballroom, line, square, even dance-based aerobics classes like Zumba and Jazzercise. Dancing helps your endurance, strengthens your muscles, and improves your balance. It burns a lot of calories because it gets you moving in all directions. Research shows learning new moves is really good for your brain, too. Plus, you could be having so much fun, you might not notice you're doing exercise.

Golfing - Much of the benefit of this sport comes from the walking: an average round is more than 10,000 steps, or about 5 miles! In addition, your swing uses your whole body, and it requires good balance -- and calm focus. If you carry or pull your clubs, that's even more of a workout. But even using a cart is worth it. You're still working your muscles and getting in steps along with fresh air and stress relief.

Cycling - It's especially good when you have stiff or sore joints, because your legs don't have to support your weight. The action gets your blood moving and builds muscles on both the front and back of your legs and hips. You use your abs for balance and your arms and shoulders to steer. Because there's resistance, you're strengthening your bones, too. Specially designed bike frames and saddles can make riding safer and easier for various health

issues.

Racquet Sports - Racquet sports, including tennis, racquetball, handball, squash, and badminton, may be particularly good at keeping you alive longer and for lowering your chance of dying from heart disease. Playing these sports 2 or 3 times a week is linked to better stamina and reaction times, lower body fat, and higher "good" HDL cholesterol. And it builds bones, especially in your arm, low back, and neck. Play doubles for a less intense, more social workout.

Strength Training - Muscle loss is one of the main reasons people feel less energetic as they get older. When you lift weights, work out on machines, use resistance bands, or do exercises with your own body weight (like push-ups and sit-ups), you build strength, muscle mass, and flexibility. It'll make things like carrying groceries and climbing stairs easier. You can join a gym, but you don't have to. Digging and shoveling in the garden counts, too!

Swimming - You can exercise for longer in the water than on land. There's no weight putting stress on your joints (and making them hurt), and the water offers resistance to build muscles and bones. Swimming laps burns calories and works your heart like jogging and cycling, yet you're not likely to overheat. The moisture helps people with asthma breathe.

Water-based exercise improves the mind-set of people with fibromyalgia.

Yoga - Actively holding a series of poses will stretch and strengthen your muscles, as well as the tendons and ligaments that hold your bones together. Mindful breathing makes it a kind of meditation, too. Yoga can help lower your heart rate and blood pressure and relieve anxiety and depression. Check out different styles and classes to match your level of fitness and what appeals to you.

How Much? -If you're in good health, you should get at least 150 minutes of moderate cardio activity a week. It's better when you spread it out over 3 days or more, for a minimum of 10 minutes at a time. Also spend time at least twice a week specifically working the muscles in your legs, hips, back, abs, chest, shoulders, and arms.

Generally speaking, the more you exercise, the more benefit you get. And anything is better than nothing.

Start Slow - This is especially important if you haven't been exercising for a while or when you're starting some new activity that your body isn't used to. Begin with 10 minutes and gradually ramp up how long, how often, or

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Brian, Andrew, and Rico Massage Department

The massage room at the CAC is located in the downstairs hallway where there is a great deal of foot traffic. Lots of people like to stop and talk at the convergence of the men's locker room, stairs and entrance to the pool. We massage therapists absolutely love, and encourage, the social atmosphere at the CAC. BUT when a massage is taking place it can be very distracting to the client. Part of the massage experience is the atmosphere in the room, which is generally quiet and calm. So, if you are talking and see the "massage in session" sign up, please think about lowering volume or moving the conversation to another location so that our clients can experience the full benefit of their massages. Who knows, one day when you are receiving a massage you will appreciate those outside who are being supportive of your massage experience, thank you.

Cheerio~ Brian, Rico and Andrew

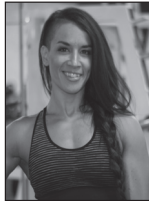
DEPARTMENT NEWS

Rick Leonard General Manager



- Wide open walls - we are proud to be a part of the tribute to Ron Cunningham and Carinne Binda artist Stephanie Taylor is creating. A mural that will be displayed on the P street side of the Club. The mural is sponsored by Nancy Fisher. Mark your calendar for the celebration Thursday, August 15th. Please view the article on the main page of the newsletter for more information.
- The Club will operate on a holiday schedule Monday, September 2nd in honor of the Labor Day Holiday.

Jonna Edwinson Group Fitness Director



- We would like to wish Bernadette a farewell, we will be losing an extraordinary instructor, but we wish her the best of luck.
- Tuesday 6:30pm Zumba has changed to cardio dance and is moving to Sundays at 10:45am with Magda this month.
- We anticipate new changes to the schedule due to instructor changes this month. Stay tuned, as we will have the final schedule set next month.
- We are very excited to announce that Aviv has returned from Hawaii! He will be back on our schedule teaching mat Pilates, stretch, and yoga.
- Sunday gentle yoga class will be returning next month, please stay tuned!

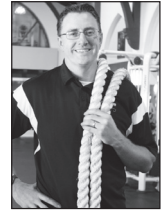
Brooke McManus Membership



- It's that time of year again to vote in Sacramento News & Review's, "Best of Sac" voting ballots! Capital Athletic Club has been nominated for the Sports and Recreation's category, "Best Athletic Club, Health Club, or Gym!" CAC is ready to take First Place for the second year in a row and we need YOUR HELP to do it! Please visit <https://bestofsac.com/> to cast your vote for CAC! We appreciate all of your loyalty and support! Voting ends August 11, 2019!
- Membership at CAC is still offering a chance to start a Student Summer Membership during summer break! Escape the heat by working out with the whole family! Students can sign up for a temporary membership through August with no contract required! Contact Brooke or Tom in our membership department for information! *Students must be 16 years of age or older. DON'T FORGET! Juniors ages 12-21 are welcome to use the Club with you on Saturdays and Sundays for FREE! Please bring a valid student ID or provide a birthdate on their guest waiver!
- Visit the CAC website to keep up with our monthly Fitness Blog that talks about staying on track, exploring different avenues of fitness, nutrition, and so much more! <http://capitalac.com/blog/>
- <http://capitalac.com/blog/>
- Follow CAC on our social media tags!

- Twitter: @capitalathletic
- Instagram: @capitalac
- Facebook: @capitalathleticclub

John O'Sullivan Athletic Director, Newsletter Editor josullivan@capitalac.com



- We would like to wish Bernadette good luck on her next endeavor. She will be leaving us after serving as an amazing trainer, manager, and instructor here at The Club. Good Luck Bern! 'Goodbyes are not forever, goodbyes are not the end. They simply mean we will miss you until we see you again.'
- 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



- Want lifted, curled, longer looking lashes without the up keep or feeling of extensions? Then a Lash Lift is just what you need! A Lash Lift uses your own natural lash, no extensions needed! Lash Lifts curl your lashes to give you a look of longer, lifted, curled lashes for up to 8 weeks! For August Lash Lifts will be \$65! A \$10 savings. Book online at www.vagaro.com/mm_beauty or call/text 916-520-9310.

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.
- Capital Cutters is introducing VERB's new Reset Clarifying line. Detox the scalp and revitalize damaged hair with this new treatment system. Formulated with nourishing ingredients such as aloe vera and green tea extract, this new system will leave your hair smooth, shiny, and easy to style. Who should Reset? Anyone who uses hair product, heat tools, color treats, swims in chlorine, spends time outside, or just has natural wear and tear... AKA everybody! It is good for all hair types and is color safe, so come on into Capital Cutters and "Reset" today!

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how intensely you exercise. Need motivation? Track your progress, either on your own or with an app or online tool like the National Institutes of Health's MyGo4Life.

When to Call Your Doctor - Chest pain, breathing problems, dizziness, balance problems, and nausea when you exercise could be warning signs. Let your doctor know sooner, rather than later.

Your body isn't going to recover as fast as it used to. If your

muscles or joints hurt the next day, you may have overdone it. Dial it back and see what happens. Check with your doctor if the pain continues.

Advocare

Spark - Source of Energy with vitamins

Rehydrate - Electrolyte Replacement drink with vitamins

Slam - A high powered portable and quick source of energy

GROUP FITNESS/SPECIALTY CLASSES

| MONDAY | | Studio | |
|------------------|---------|----------------------|--------------------------------|
| 6:00am-7:00am | I | Breakfast Club | Jonna |
| 9:00am-10:00am | I | Power Pump | Jonna |
| 11:00am-11:45am | III | Mat Pilates | *Staff |
| 12:00pm-1:00pm | III | Power Yoga | Paige |
| 12:10pm-1:00pm | I | Cardio Dance | *Magda |
| 5:00pm-5:30pm | III | Ab Blast | *Jonna |
| 5:15pm-6:00pm | Pool | Water Fit | Doug |
| 5:30pm-6:15pm | I | *H.I.I.T. Circuits | *Jonna |
| 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 | *Jonna |
| 12:00pm-1:00pm | III | Kenpo Karate | Bob Y. |
| 12:10pm-1:00pm | II | Cycle | *Jonna |
| 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 |
| WEDNESDAY | | Studio | |
| 6:00am-7:00am | I | Breakfast Club | *Kristen M |
| 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 | *Staff |
| 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 |
| 6:15pm-7:15pm | Pool | Water 4 Athletes | Bruce |
| FRIDAY | | Studio | |
| 11:00-11:45am | III | Mat Pilates w/ props | Paige |
| 12pm - 1pm | III | Yoga | Sam |
| 12:10pm-1:00pm | I | Cardio Conditioning | Matt |
| 12:10pm-1:00pm | II | Cycle | Richard |
| 5:15pm-6:00pm | Pool | Water Fit | Jonna |
| SATURDAY | | Studio | |
| 9:00am-10:00am | II | Cycle | Matt |
| 9:30am-10:30am | I | Step 'n' Strength | Bonnie 8/10,24 Doug 8/3,17,31 |
| 10:30am-11:30am | I | Ballet Pilates | Bonnie 8/10,24 Jonna 8/3,17,31 |
| 11:30am-12:15pm | Pool | Water Fit | Liz |
| SUNDAY | | Studio | |
| 9:30am-10:30am | I | Power Pump | Kristen F |
| *10:45am-11:45am | I | *Cardio Dance | *Magda |

* 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) 442-3927

| MONDAY | | |
|------------------|--------------------------|----------|
| 10:00am-10:45am | Reformer II | *Staff |
| 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 | *Mixed Level | *Jonna |
| 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 | Sam |
| 4:00pm-5:00pm | Tower Combo Reformer | Sabin |
| 5:20pm-6:20pm | Tower Circuit | Stefanie |
| 6:30pm-7:15pm | Mixed Level Reformer | Stefanie |
| THURSDAY | | |
| 10:00am-10:45am | Reformer I | *Staff |
| 12:00pm-12:45pm | Reformer II | Sabin |
| 4:30pm-5:15pm | Reformer I | Mari |
| 5:30pm-6:15pm | *Mixed Level | *Mari |
| 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 |