

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

SEPTEMBER 2019

Refurbishment

September 7th through 11th

The Club will be closed for our annual refurbishing beginning Saturday, September 7th through Wednesday, September 11th. During this time it will give us an opportunity to resurface the courts, hydro jet the drains, complete painting projects, tile work & deep clean the Club.

Saturday In the Park Boot Camp

Saturday, September 28; 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! Register for a reminder call/e-mail in the binder at the CAC front Desk. See you in the Park!!

The Capital Athletic Club HB/RB reservations

Monday & Wednesday evening Courts 1 & 2 are reserved for handball challenge from 4-7pm we also offer free Handball lessons 5-7pm at this time. The second Friday of every month is free Handball guest day from 4-7pm, guests must be accompanied by the members. The second and fourth Sunday of

every month the 9am-1 pm all of the courts will be reserved for handball (Animal Hour). Tuesday & Thursday evenings Courts 1 & 2 are reserved for Racquetball challenge from 4-7pm we also offer free Racquetball lessons & loaner equip. at this time. The 3rd Sunday of every month is free Racquetball guest day from 9am-1pm.

Small Group Training (SGT) FREE Demo Weeks Return!!

September 23-October 5

New Classes, New Times for a New You!! — After a busy summer of fun, getting back on track with your fitness plan can be aided with the use of CAC Small Group Training. CAC's Studio X will be hopping with new offerings as the Fall Series 2019 Demo Classes (September 23-October 5) unfold. Whether you're seeking a new boost in your workouts or just playing catch-up after some summer indulgences, CAC Small Group Training meets the needs of many of our members. These upcoming FREE demo classes, taught by your favorite CAC trainers, allow you to sample the upcoming class series 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. The new Fall Class Series begins the week of October 7th. Look for demo class registration binders on the SGT Demo Week table in the CAC front lobby. Come try us out!! You'll not be disappointed!

Basketball Notes

Congrats to Summer 2019 League Champions

This year's combined Summer League proved successful on many fronts and the league champion was crowned during our final on August 19.

Lil' Penny (captained by Kory Parsi) capitalized on its depth (five players in double figure scoring) and power front court tandem (newcomer Spencer Dayton and CAC veteran Denzel Pruitt) to secure a 74-59 championship win over the Hot Rod Lincolns (led by Rich Lincoln). Congratulations to all the players who made this inaugural blended Summer League a success. Further congratulations go out to the players of Lil' Penny: Kory Parsi (capt.), Spencer Dayton, Felipe Olvera, Denzel Pruitt, Filmon Sebhatu and Brian Sytsma.

Fall League Registration underway

Registration for the CAC Fall 2019 Basketball League is already underway. Registration will run through Sunday, September 22nd. League drafts will be held on Monday, September 23 ("A") and Wednesday, September 25 ("B"). Play should begin the week of September 30 and be completed prior to the Christmas holidays. Looking forward to seeing you all back on the court for the Fall Leagues at full strength. Volleyball News

CAC Volleyball

CAC Volleyball is almost ready to start our Fall season on October 2nd and 4th! We have an upcoming Co-Ed league on Tuesday and Thursday nights! If you are interested in playing with our Volleyball community, please contact our League Coordinators

by email for more information and registration! Space is limited! CACVolleyball@Capitalac.com

Pilates News

Pilates and Older Adults: A Gentler, Effective Way to Stay Fit

by Ken Endelman, founder and CEO of Balanced Body, Inc.

The Capital Athletic Club has a long history with Balanced Body and Ken. For the older population keeping fit is essential. But so many forms of exercise can be hard on the bodies of older adults. Many have turned to Pilates sessions at their local clubs as a way to stay in shape while reducing the risk of injury that weight-bearing exercises may cause. With its focus on controlled breathing and quality of movement—not quantity of repetitions—many experts agree that Pilates is one of the best ways for older adults to stay healthy.

"Pilates is perfect for older adults because it does not have the impact on the body that other forms of exercise do, and is not nearly as severe on the joints as most workouts are," says Ellie Herman, owner of several Pilates studios, and a renowned Pilates instructor and author.

Pilates focuses on building a strong "core"—the deep abdominal muscles along with the muscles closest to the spine. Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight-bearing. It also can positively affect postural positions.

"Pilates for older adults, particularly on a Reformer (resistance-based equipment with springs and ropes connected to a sliding padded carriage) is wonderful

because it is a relatively light resistance as opposed to some gym equipment, where even the lightest weight on the rack might be too much for them,” says Beth Williams, a physical therapist at Dynamic Movement in Reno, Nevada.

Increased Stability and Balance

Pilates centers on movements at the midrange of the body instead of the extremities (arms and legs), where, again, the potential for injury is greater. In contrast with other forms of exercise, Pilates develops the midrange and gradually works toward the endrange, while maintaining complete control around the joints. To the benefit of older adults, Pilates teaches control and stability in a small range of motion, graduating to a larger range of motion as they gain control and confidence.

Increased control and stability is crucial for older adults as it can help them improve much of their functional movement, including balance and posture. “As people get older, they can lose some of their balance and coordination. Pilates increases strength and flexibility in both the core and the legs, which positively affects balance. This, along with basic fitness benefits, can help them reduce the risk of falls,” says Herman. “And Pilates is also a good way for older adults to rehab from surgical procedures like a hip replacement or knee surgery.”

An Antidote for Many Ailments

Pilates also helps with a variety of age-related ailments. Arthritis sufferers benefit because the gentle mid-range movements decrease the chance of joints compressing while maintaining the range of motion around them. For sufferers of osteoporosis or stenosis, Pilates can also help. For osteoporosis the simple and standing Pilates leg exercises may increase bone density in both the spine and the hip. For lumbar stenosis there are exercises that can stretch out tight back muscles and strengthen the extensor muscles of the spine to counteract

the forces of gravity that can pull people into a hunched position. Be careful, however. Any type of flexion exercise, for example, is not good for someone with osteoporosis. Conversely, any type of extension may cause injury to someone with stenosis. If you have either of these conditions it is important that you make sure your Pilates instructor knows how to modify the exercises so that you do not hurt yourself.

“The sooner people with brain damage or a stroke can start balance exercises with Pilates and get their bodies moving symmetrically, the better they will fare in their overall permanent outcome,” says Herman.

Most clubs now offer some type of Pilates program. If you are an older adult and are interested in Pilates, talk to the program director about what kind of Pilates class will best benefit you.

Reformer Demo Class: Saturday, September 21st 11:00am. Sign up at the front desk!

Pilates Studio class changes: Mondays, 10:00am Reformer 2 has been temporarily removed from the schedule and will return soon!

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

Pro Shop

September is finally here! I'm sure we're all looking forward to that Fall weather to kick in. We will be having some items on sale in order to get some new items. If you have any ideas for Fall items that you might like to see, we would like to hear your suggestions.

Health News

16 Ways You May Be Hurting Your Joints

Carry Extra Weight Your joints, which link your bones together, are sensitive to heavy loads. Every pound on your frame puts 4 pounds of stress on your knees. It also strains your back, hips, and feet. That causes wear and tear

that can lead to damage, aches, and pains.

Text Too Much ‘Texting thumb’ is a real thing. Your tendons can get irritated and lock your thumb in a curled position.

Steep Price of High Heels They might look fab, but the higher they rise, the more your weight tips forward. Your thigh muscles have to work harder to keep your knee straight, which can cause pain.

Crack Your Knuckles That satisfying pop comes from tiny bubbles bursting in the fluid around your joints. Or from ligaments snapping against bone.

Lug a Big Bag Whether it's a purse, backpack, or messenger bag, packing too much can cause neck and shoulder pain. Heavy weight on one shoulder throws off your balance and your walk.

Use Wrong Muscles for the Job When you put too much load on little muscles, your joints pay the price. When you lift something off the floor, bend at your knees and push up with your strong leg muscles.

Sleep on Your Stomach It might help with snoring, but not so much

with the rest of your body. Lying on your tummy pushes your head back, which compresses your spine.

Skip Stretching You don't need to be a yogi, but regular stretching can help strengthen your muscles and tendons. It also can make them more flexible.

Skimp on Strength Training Once you turn 40, your bones start to get a little thinner and more likely to break. If you build muscle with strength training, it slows bone loss and triggers new growth.

Smoke and Chew Tobacco Here's another reason to quit: Your joints will thank you. Nicotine from cigarettes and chewing tobacco cuts down on blood flow to your bones and to the cushioning discs in your back.

Don't Get Quality ZZZs You may wonder how poor sleep can affect your joints. One study found that people with arthritis felt more pain after restless nights.

Slouch and Slump Your body's at its best when you work with it, not against it. That's why posture matters. When you slump in your chair, it puts more stress on your muscles and joints and tires them out. ...continued next month

Brian, Andrew, and Rico Massage Department

When you feel your mind is frazzled and stressed, and your emotions are taking over your thoughts, it's time to step back, take a deep breath, and relax. Of course focusing on your physical health is crucial, but your mind and spirit deserve some attention too. Your happiness goes a long way in protecting your overall well-being. Your emotional health is just a term for how you feel — your overall happiness and well-being. Are you stressed? Unhappy? Dissatisfied? Worried and anxious? If so, your emotional health needs some attention. We often neglect our emotions, but if your emotional health is suffering, your physical health will too. A place to start is by making a decision to do something nice for yourself every day and stick to it. It can be a simple ritual. Some ideas include: getting up a few minutes early to drink your morning coffee, or tea, in peace, taking a walk every day, having regularly scheduled events with close friends or family, finding time to be alone with a significant other, or getting a monthly massage. Incorporating recovery time for yourself can lead to a happier and healthier version of you. Massage is a great way to recover and relax. To schedule your own massage, contact the front desk. You will be glad you did.

Cheerio~ Brian, Rico and Andrew

DEPARTMENT NEWS

Rick Leonard General Manager



- The Club will be closed for our annual refurbishing beginning Saturday, September 7th through Wednesday, September 11th. During this time it will give us an opportunity to resurface the courts, hydro jet the drains, complete painting projects, tile work & deep clean the Club.
- We will be excepting Pilates reformer reservations on Weds. Sept 11th at 8am for classes scheduled for Thurs. 8/12
- Thank you to all that participated in the festivities as part of the Wide Open Walls ceremony and the unveiling of the mural honoring Ron Cunningham and Carinne Binda. We are thankful to Ron and Carinne for bringing the Sacramento Ballet to the Club 28 years ago. It is still the premier Social event of the year.
- Just a reminder about a few amenities the Club has to offer. We have a meeting room at no additional charges that can facilitate up to 12 persons, Free shoe shine service, Free racquetball & handball lessons and quarterly re evaluation of your fitness programs.

Jonna Edwinson Group Fitness Director



- We've had a fun filled summer with our water classes! Sept 30th will be the final class of the season with Doug. Thank you for supporting this program!
- New Sunday gentle yoga class from 2-3pm inside studio 3 with Magda begins Sept 1st. This class offers a slower pace Yoga practice with modifications for injuries limitations and beginner students.
- Cardio Dance on Sundays at 10:45am with Magda is a hit! Join us for a fun filled cardio based dance class. No previous experience needed!
- Tuesday Slow stretch with Robert has moved back time slots: 10:00am to 10:45am.
- Wednesday evening HIIT and Step will be swapping time slots. Step will be 5:30-6:15pm and HIIT will be 6:15-7:00pm starting Sept 4th. New HIIT cycle class on Wednesday's starts Sept 4th 5:30-6:00pm. This 30 minute interval training class done on the bike is a great way to burn optimal calories in a short period of time. Jonna will be teaching this class every week.

Brooke McManus Membership



- Summer is officially OVER! We hope everyone enjoyed their 3 months of vacation and rest! It's time to get back on that GRIND! Experience all the amenities that CAC has to offer! Group classes like Cycle, HIIT, Yoga, Mat Pilates, Power Pump, and so much more are inclusive in your membership! Our Outdoor swimming pool welcomes you to open lap-swim all operating hours of the Club! Sports leagues are even starting their Fall Sessions coming up in September/October! Once you prioritize your health and make the gym a

part of your daily routine, you WILL start seeing results.

- Thank you to all our members and staff that voted for The Capital Athletic Club in SN&R's "Best of Sacramento" contest! We greatly appreciate all our actively supportive members and look forward to hopefully being named Best Athletic Club in Sacramento two years in a row! Announcements of Best of Sac Voting will be released latter September!
- Refer your friends and family to the Club! Anytime your referral joins CAC, we reward you with a \$50 referral credit on your account! Please ask Tom or Brooke in our Membership Department for more information and guest passes for your friends!
- 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

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- 'Each new day is a new opportunity to improve yourself, Take it and make the most of it!'
- Fee based personal training is available if you want to reach your goals faster and more effectively.

Morgan Merrill Beauty Esthetician



- Botox and Bubbly Party with Pretty Please Aesthetics Monday, September 16th 4:30pm - 7:30pm Sign Ups at the Front Desk! Come and learn more about botox and other injectables at MM Beauty's Botox and Bubbly party! I am hosting an event with Pretty Please Aesthetics and Image Skincare. There will be apps, bubbly, raffles, discounts and special savings on injectables! Don't miss out! \$35 deposit for injectables, but goes towards injectable services that evening! For more information or to sign up you can call/text 916-520-9310 or email at morganmerrillbeauty@gmail.com. Sign up binder at front desk of the club as well.
- Makeup and Merlot Friday, October 4th, 6pm - 9pm Capital Athletic Club - conference room \$40 per person. Come learn how best apply your makeup all while sipping on wine! Think of a paint night, but for your face! Makeup and brushes provided, but encouraged to bring your own as well! To sign up please email morganmerrillbeauty@gmail.com or call/text 916-520-9310. Also full description is located on Eventbrite under MM Beauty. 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.
- It's 5 o'clock Somewhere! Is your hair thirsty for some moisture with a twist? Or how about a shot of protein on the rocks? Its Happy Hour ALL month at Capital Cutters and we are serving up hair repair cocktails that will have your strands begging for another round. Come in and see which hair cocktail is for you!

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	*Mari
12:00pm-1:00pm	III	Power Yoga	Paige
12:10pm-1:00pm	I	Cardio Dance	Magda
5:00pm-5:30pm	III	Ab Blast	*Kristen M
5:15pm-6:00pm	Pool	Water Fit	Doug
5:30pm-6:15pm	I	*H.I.I.T.	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
*10:00am-10:45am	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-6:00pm	II	*HIIT-Cycle	*Jonna
5:30pm-6:15pm	I	*Step	*Bonnie
6:15pm-7:15pm	I	*HIIT	*Jonna
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	*Jonna
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 9/21 Doug 9/14,28
10:30am-11:30am	I	Ballet Pilates	Bonnie 9/21 Jonna 9/14,28
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
*2:00pm-3:00pm	II	*Gentle Yoga	*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