

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

DECEMBER 2019

Holiday Bake Sale for Homeless Animals:



Our annual Holiday fundraiser will be held on Dec 18th and 19th all day.

Jonna will be coordinating this event in the main lobby. Please contact her directly if you would like to donate baked goods or work the table. All baked dona-

tions must go through Jonna and be confirmed before the event date. She can be reached at jed-winson@capitalac.com

Dec. Club schedule

The Club will be operating on a modified schedule

Tues. Dec. 24th 5:30am – 3pm The Bonderson garage will be open for parking no shuttle service

Weds. Dec 25th The Club is Closed

Tues. Dec. 31st 5:30am – 6pm The Bonderson garage will be open for parking no shuttle service

Weds. Jan. 1st 8am – 6pm The Bond-

erson garage will be closed no shuttle service street meter parking is free

We would like to wish you the best in health & happiness this holiday season & throughout the new year. Thank you for being a part of the Capital Athletic Club Family

Days of December Fitness Challenge

December 1st through 31st

Let the CAC motivate you to stay in shape this holiday season! During the entire month of December, every day you use the club, you get credit to earn

raffle tickets that are entered for a chance to win great prizes! Your \$20 fee allots you a long sleeve CAC tee. Sign up at the front desk and get started!

Are You an Artist?

The CAC wants YOU! We are re-instating, by popular demand, our bi-monthly art shows beginning the Second Friday in March. Painting, sculpture, photography, mixed-media . . . For more information please see the binder at the Front Desk or contact Jeannette at jdolgovin@capitalac.com

Continued on the next page

Happy Holidays from your CAC Family

THE CAPITAL ATHLETIC CLUB
10 DAYS FREE

GUEST NAME _____

SPONSOR NAME _____

Limit One Per Guest. Guest MUST be 18 years or older. Offer Expires: 2/29/2020

THE CAPITAL ATHLETIC CLUB
10 DAYS FREE

GUEST NAME _____

SPONSOR NAME _____

Limit One Per Guest. Guest MUST be 18 years or older. Offer Expires: 2/29/2020

THE CAPITAL ATHLETIC CLUB

\$40 Off
Personal Training Package of 4

Limit One Per Person. Valid only for current members. Offer Expires: 2/29/2020

THE CAPITAL ATHLETIC CLUB

\$20 Off
ONE Small Group Training Package

Limit One Per Person. Valid only for current members. Offer Expires: 2/29/2020

THE CAPITAL ATHLETIC CLUB

\$90
Holiday Indulgence Package with MM Beauty

Limit One Per Person. Valid only for current members. Offer Expires: 2/29/2020

THE CAPITAL ATHLETIC CLUB

\$10 Off
Salon Services for New Clients

Limit One Per Person. Valid only for current members. Offer Expires: 2/29/2020

THE CAPITAL ATHLETIC CLUB

\$10 Off
One Hour Massage

Limit One Per Person. Valid only for current members. Offer Expires: 2/29/2020

THE CAPITAL ATHLETIC CLUB

Thank you for being part of the CAC Family!
Happy Holidays!

CAC Volleyball

Fall League is coming to an end this month! We will be hosting open gym nights on December 17th, 19th, and 26th! If you are interested in joining our Winter league in January, please contact our coordinators! Registration will open soon! For more information about our Volleyball League and open gym nights, please contact us at CACVolleyball@capitalac.com

Shriners Holiday Gift Drive

...through December 16th

'Tis the Season to Donate to the Holiday Gift Drive

The Capital Athletic Club, in conjunction with Sacramento's Boy Scout Troop 1 are once again sponsoring a holiday gift drive to benefit the Sacramento Shriners Hospital for Children. The Shriners Hospitals treat children from infancy to age 18 free of charge. In addition to medical treatments, the hospital provides a school so kids who will be hospitalized for a long period of time will not fall behind in their studies. The hospital also provides counseling and support for the patients and their families. Please drop off NEW, UNWRAPPED gifts suitable for any child from an infant to a teen, in the box in the lobby or place under the tree. The gift drive will run from Monday, November 18th through Monday, December 16th. *Please note: due to safety and allergy concerns please NO: plush, stuffed toys, glass or latex items or live plants.

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

December 30-January 11

New Classes, New Times for a New You!!

After a busy holiday season with fine food, family and friends, what better way of getting back on track with your fitness plan using the small group camaraderie of CAC Small Group Train-

ing. Capitalize on the focused guidance of CAC's outstanding training staff and the energy of a group setting to boost the start of your New Year. CAC's Studio X will be hopping with new offerings as the Winter Series 2020 Demo Classes (December 30-January 11) unfold. Whether you're seeking a new boost in your workouts or just playing catch-up after some holiday 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 Winter Class Series begins the week of January 13th. 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!

CAC Basketball League Registration beginning soon

Registration for the CAC Winter 2020 Basketball League is coming soon. Registration will begin the week of December 16th and run through Sunday, January 19th after which league drafts will be held. Season play is expected to start either the last week of January or first week of February and run through late April. Two levels of league will be held ("A" on Mondays & "B" on Wednesdays). You'll have plenty of time to shake off the rust of the holidays and get ready for game action. Looking forward to seeing you all back on the court for the Winter Leagues.

We LOVE hearing from you—now it can benefit you!!

CAC loves hearing from our members!! It gives us a chance to bring you an even better product! And now we want to encourage

you to do it even more!! CAC has put in place a new system for giving kudos to the staff, comment on classes and programs or highlight an excellent instructor who's added to your journey. We have developed a Member Review and Testimonial form for you to tell us your story. The forms allow you to give feedback on what we do well (blue comment cards will still be used for helping us improve where we haven't performed well). Tell the world about your favorite class! Thank an instructor for helping you reach a goal!! The testimonials and reviews will be added to our social media and website along with our internal marketing screens (don't worry, nothing will be posted without your permission and your identity will remain confidential). For your time and effort, your submission will earn you a ticket to a monthly drawing for some CAC prizes. Look for the CAC Member Review and Testimonial station at the Member Activity Desk and let us know how you feel!!

Pilates News

CARDIO PILATES - NEW CLASS FORMAT!

Cardio Pilates is making its debut on Friday, December 6th at 7:00-7:50am. Using the Jump board for 90-120 second cardio intervals with the classical Pilates Reformer exercises, this class will get your blood moving and muscles singing on chilly winter mornings! Join Sabin for this class each Friday from 7:00-7:50am in the Pilates Studio. (This class is for all fitness levels and those cleared into the Pilates program).

Tower Circuit - Wednesdays 5:20-6:20pm with Stefanie - This class will be moving to 5:30pm - 6:20pm beginning December 4th.

Tower Combo - Wednesdays 4:00 - 5:00pm - Tower Combo has been removed from our schedule due to lack of participation.

Reformer 1 - Mondays, 4:00-4:45pm - Jeanette Dolgovin

will be taking over this class on Monday, December 2nd. Join Jeanette for our fundamental to intermediate Reformer 1 class every Monday! Contact Sabin Morris at smorris@capitalac.com for more Pilates program information.

Morgan Merrill

Holiday Indulgence Package!

This 'wintery' facial contains an arctic cranberry enzyme which is an exceptional combination for extreme lightening and anti-aging. Chill out and relax with the cooling sensation of peppermint in our Wintermint Hydrating Mask. End with an LED treatment for collagen stimulation. Receive a free gift all for \$90!

Valid until December 31st, 2019
Gift Certificates are available online at www.vagar.com/mm_beauty or by contacting Morgan at 916-520-9310

Book online at www.vagaro.com/mm_beauty or by call/text 916-520-9310 or emailing morganmerrillbeauty@gmail.com

Pro Shop

Winter weather is here! The holidays are right around the corner which means extra food and effort in the gym. Come by the Pro-Shop for some new winter CAC clothing. Keep an eye out! We now have CAC 1/4-zip pull-over jackets as well as CAC ball caps! If you have any ideas for some additional winter Pro-Shop items, please let us know!

Advocare

Spark - Source of Energy with vitamins

20 Vitamins and minerals, a healthy and balanced source of energy (two sizes) with 3-5 hours of mental focused energy - A replacement for coffee or sodas and even your multi-vitamin.

Rehydrate - Electrolyte Replacement drink with vitamins

Helps replace minerals and electrolytes lost through sweat

DEPARTMENT NEWS

Rick Leonard

General Manager

- We would like to wish you the best in health & happiness this holiday season & throughout the New Year. Thank you for being a part of the Capital Athletic family•
- Please check the adjusted Group X schedule as we progress through the holidays on the modified days of Club operations.•
- Holiday schedule; December 24th 5:30am-3pm, December 25th closed, December 31st 5:30am- 6pm, January 1 8am-6pm



John O'Sullivan

Athletic Director, Newsletter Editor

josullivan@capitalac.com

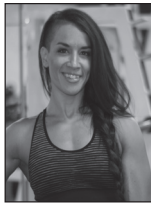
- "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." – Bruce Lee
- Fee based personal training is available if you want to reach your goals faster and more effectively.
- Get into an SGT class today experience true, efficient training.



Jonna Edwinson

Group Fitness Director

- We will be on a modified schedule on December 24, December 31, and January 1. Please stay tuned for updates on schedule.
- Every Friday this month we will be offering a different Pop-Up class at 5:30pm. Below are the list of classes and dates. Please note, these are specialty classes that are NOT offered on our regular schedule. This is a fun opportunity to take some stress off during this busy time of year and try something new! For more information and to sign up, please see the front desk.
- Friday, December 6th- Dance Yoga Fusion with Paige 5:30pm-6:30pm Studio 1
- Friday, December 13th Jingle Bell Mingle with Andre, Kristen M, Jonna, Jeanette and Sabin Studio 1
- Friday, December 20th Bliss Fit with Magda 5:30pm-6:30pm Studio 1
- Friday, December 27th Themed Cycle Ride & Upper Body Blast 5:30pm-6:30pm Jonna Studio 2
- We had an amazing turnout for Hip Hop Aerobics last month! Thank you for your interest. We'll do another Pop-Up class in the New Year!
- Due to the holidays, we will not be offering an Intro Class this month. We'll be hosting an Intro to Yoga in January. Stay tuned.
- Please do not bring cell phones into class. This serves as a distraction to your instructor and other participants.



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.

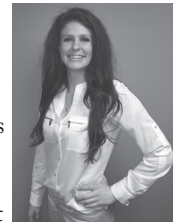


- Merry Christmas from Capital Cutters! Help us bring in the New Year with fun, food, drinks, and giveaways! Join us on Thursday, January 2nd @ 5:00 p.m. for a Holiday Meet & Greet with our four talented stylists!

Brooke McManus

Membership

- Give the gift of good health! Refer your friends and family members to the Club! Nothing beats accountability from friends at the gym! For referring a new member to CAC, we will gift you with a referral credit of \$50! Please contact Brooke or Tom in Membership for current Club enrollment specials!
- Follow CAC on all of our Social Media Platforms!
- Twitter: @capitalathletic
- Instagram:@capitalac
- Facebook: @capitalathleticclub



Morgan Merrill Beauty Esthetician

- This 'wintery' facial contains an arctic cranberry enzyme which is an exceptional combination for extreme lightening and anti-aging. Chill out and relax with the cooling sensation of peppermint in our Wintermint Hydrating Mask. End with an LED treatment for collagen stimulation. Receive a free gift all for \$90! Valid until December 31st, 2019
- Book online at www.vagaro.com/mm_beauty or by call/text 916-520-9310 or emailing morganmerrillbeauty@gmail.com
- To book call/text 916-520-9310 or email morganmerrillbeauty@



Brian, Andrew, and Rico

Massage Department

"Oh the weather outside is frightful, but inside it's so delightful, even if you have places to go, get a massage, get a massage, get a massage!" Though it is meant to bring a smile, this updated take on a classic holiday song lyric contains an important message. To many, the next month will be a mad dash leading to the New Year and it can be a stressful time. Slowing down and relaxing on a nice, warm massage table is a great gift to give yourself. Massage gift cards also make great presents and are available at the front desk. "Happy Holidays and Wishes for a Happy, Healthy New Year" to you and all those you hold dear, with warm regards Brian, Rico and Andrew, your CAC massage team..

Cheerio~ Brian, Rico and Andrew

Continued from the last page

and activity, delay the onset of fatigue, maintain proper metabolism, and supports recovery after a workout. Using a blend of 16 vitamins, minerals and important electrolytes, Rehydrate helps prevent cramping during and after exercise.

Slam - A high powered portable and quick source of energy

A high powered portable and quick source of energy that helps sharpen mental focus, is sugar free and is perfect for the person on the go.

GROUP FITNESS/SPECIALTY CLASSES

MONDAY			
	Studio		
6:00am-7:00am	I	Breakfast Club	Jonna
9:00am-10:00am	I	Cardio 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
5:30pm-6:15pm	I	H.I.I.T.	Andre
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	*Staff
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
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
5:30pm-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	Andre
6:00pm-7:00pm	III	Gentle Yoga	Heather
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
SATURDAY			
	Studio		
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 12/14,28 Doug 12/7,21
10:30am-11:30am	I	Ballet Pilates	Bonnie 12/14,28 Jonna 12/7,21
SUNDAY			
	Studio		
9:30am-10:30am	I	Power Pump	Kristen F
10:45am-11:45am	I	Cardio Dance	Magda
2:00pm-3:00pm	III	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		
11:00am-11:45am	Mixed Level	Jeanette
12:00pm-12:45pm	Reformer I	Mari
4:00pm-4:45pm	Reformer I	*Jeanette
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
*5:30pm-6:20pm	Tower Circuit	Stefanie
6:30pm-7:15pm	Mixed Level Reformer	Stefanie
THURSDAY		
10:00am-10:45am	Reformer I	Sabin
12:00pm-12:45pm	-Reformer II	Sabin
4:30pm-5:15pm	Reformer I	Mari
5:30pm-6:15pm	Mixed Level	Mari
FRIDAY		
*7:00am-7:50am	*Cardio Pilates	*Sabin
10:00am-10:45am	Mixed Level Reformer	Sabin
11:00am-11:45am	Principles	Mari
12:00-12:45pm	Reformer I	Mari
4:30pm-5:15pm	Mixed Level	Stefanie
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