

# THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

JANUARY 2020

## Days of December Fitness Challenge

December 1st through 31st

Congratulations to all who participated in the challenge this year. It is difficult to stay focused on your own health and fitness during the stressful month of December. Well Done!

## CAC Volleyball

Congratulations to our Fall League Champs. It's time to kick-off our Winter Volleyball League here at CAC. We will be hosting open gym nights on January 2nd, 7th, and 9th. It is free for members and \$5 for non-members. Leagues start January 14th and 16th. We are looking forward to great play during both of our Co-ed Volleyball league nights. For more information, please contact our League Coordinators, CACVolleyball@capitalac.com

## Morgan Merrill

Start the new decade off right with smooth, glowing skin!

Dermaplaning is a service that removes dead skin and peach fuzz from the face using a special tool to reveal smooth, soft skin! This is great for anyone who needs to remove dry, patchy skin or a painless way to remove hair! No downtime is needed and you leave your appointment with fresh, soft, smooth skin... no redness or irritation! This particular treatment also includes a full facial with extractions or a facial massage/lift and customized mask. Book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty) or call/

text 916-520-9310 or email [morganmerrillbeauty@gmail.com](mailto:morganmerrillbeauty@gmail.com)  
**\$100! Valid until 1/31/20 (\$10 savings)**

## Successful Gift Drive!

Many thanks to everyone who donated to the Shriners Hospital Gift Drive. It was a great success. We thank you, the Shriners Hospital thanks you and the kids thank you! Happy New Year to all.

## Art Shows at the CAC

Beginning March 2020 the CAC will re-instate our very popular art shows. The shows run two months and the CAC provides a reception with food and wine on the second Friday of the month, in-house advertising and, best of all, no commission. You keep all the \$\$\$\$! Non-members welcome to show their work but we really want to showcase our member's talents. There is a \$100 flat fee for members. Contact Jeanette Link-Dolgovin at [jdolgovin@capitalac.com](mailto:jdolgovin@capitalac.com)

## Pro Shop

We hope all of you had a great holiday! Start off the NEW YEAR with some NEW CAC attire. Our NEW ARRIVALS are here! Come stop by the Pro-Shop to check out our new winter clothing options as well as the few items we still have on sale. We hope you like the new options. We are always looking for new ideas so please let us know!

## Small Group Training (SGT) Program Notes

Winter Series Demo Classes (December 30, 2019 - January 11, 2020)

CAC's Studio X will be hoping with new offerings as the calendar flips to the New Year. Whether you're seeking a new boost in your workouts, support to make your New Year's resolution last more than a few weeks or specific prep for a new adventure, CAC Small Group Training is designed to meet your needs. These upcoming FREE demo classes (taught by some of 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 Winter 2020 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 will not be disappointed!

## Pilates Newsletter Article

### What Costs \$10.00?

Happy New Year, CAC Members! Entering this new decade, I asked myself, what can we buy for \$10.00 these days? Two fancy coffees at a fancy coffee house, a used book, a t-shirt on sale? Yes, all of these things, but an even better way to spend \$10.00 is on an extra Pilates Studio class at CAC.

Unlike any other Pilates Studio or club that offers Pilates equipment classes, our members receive 2 Pilates studio classes per week as part of a membership. That is an average of 8 classes per month. Local Pilates Studios charge an average of \$25.00-\$35.00 per class, without the added benefits

of belonging to a full service club. Once cleared into the Pilates program by completing the Pilates Quick Start package or for those with Pilates equipment experience, a Pilates Quick Start Plus session, CAC members can take 2 classes per week at no extra cost. Additional classes only cost \$10.00 each. Our program is designed to complement all of the activities you love to do in the club, as well as those you engage in outside!

Find out how fun it is working on the Pilates Reformer by attending a Reformer Demo class in January! We offer Reformer Demos every month.

Reformer Demo classes in January:

Saturday, January 11th 11:00am – 12:00pm

Saturday, January 25th 11:00am – 12:00pm

For more information, please contact Sabin Morris, Pilates Director at [smorris@capitalac.com](mailto:smorris@capitalac.com).

## Basketball Notes

Winter Basketball League Registration underway-

Registration for the CAC Winter 2020 Basketball leagues is underway and the deadline for registration is Sunday, January 19th. Drafts will take place shortly after registration closes and league play beginning either the last week of January or the first week of February. League play will continue until late April or early May.

League is offered at two levels and plays on Monday ("A" Level) and Wednesday ("B" Level). The

*Continued on the next page*

Winter League is typically 8-10 games plus playoffs. Fees are generally \$70-90 (dependent on registration and schedule) and covers officials, awards and other league costs.

## Congrats to Fall 2019 League Champions

The CAC Fall League held its two championship games the week before Christmas.

In the "A" League final, #1-seeded Wiksell's Warriors faced off against the #3 Leon's Lakers. The Warriors placed four players in double-figures (led by 18 from Shawn Williams) in holding off the Lakers 67-62. The Lakers were paced by 23 points from Andrew Nguyen.

The "B" League final featured the #1 seed Fil 'Er Up squaring off against #2 Navigators. A late three-pointer from Fil 'Er Up captain Sean Filippini with just three seconds remaining capped a close, defensive battle that never saw more than a two-possession lead in the second half. The 46-45 final was likely the best "B" League final since our 5-OT final three-plus years ago.

Thanks to all the players for a fine Fall season and congratulations to the victors:

"A" League—Wiksell's Warriors: Dave Wiksell (c), Jeremy Howard, Clayton Olsen, Herb Stonebreaker, Mike Stovall and Shawn Williams.

"B" League—Fil 'Er Up: Sean Filippini (c), Joe Caffrey, Doug Finley, Marshall Harris, Jeff Johnson, Steve Mac and Nick Miller.

## Leap for Your Heart--Saturday, February 29

a CAC fundraiser benefitting the Sacramento Chapter of the American Heart Association

In conjunction with National Heart Health Month, CAC will be hosting Leap for Your Heart, a fundraiser benefitting the American Heart Association's Sacramento Chapter. Leap for Your Heart will feature classes

and educational information on heart health. We hope you'll mark your calendar and be at the heart of this fantastic day. Look for more information in the CAC lobby in early January.

## Kudos



Kudos to Club members Lelani Alves, Debra Lebish and Heather Hasley, who ran a very meaningful California International Marathon in December to honor a dear friend and avid cyclist, Butch Mc Elewe, who lost a long battle with cancer before he could fulfill a dream to run the CIM with his friends. Butch was well-known to many Capital Athletic Club members, and was at the CIM in spirit. Lelani reports that she and friends had a life-size cutout made of Butch's image and awarded him a medal on the finish line after they all came in. She says the dozen friends who ran the marathon together miss Butch mightily, and this was a way to pay him tribute. That 26.1 miles gets easier when runners are inspired.

## Club News

### Weight Room Etiquette

You might not be in school, but it's still important to learn your P's and Q's, especially if you are new to weight training. It's intimidating enough to be in the gym anyway, let alone being surrounded by people working out. Enter the room, and act like you know what's going on by reviewing these rules on weight room etiquette.

#### 1. Use equipment properly –

Know how to use the equipment. Read the diagrams; ask someone near you; or sign up with a trainer to guide you through the correct

alignment.

#### 2. Keep noisy distractions to a minimum –

Don't bring your cell phone in the weight room. If you are listening to music, keep it on a low enough volume so you can hear what's going on around you. Also, don't let hand weights drop carelessly to the floor. Instead, put them away where you found them, quietly and gently.

#### 3. Towel off –

Keep towels near you to wipe down equipment, weights, benches, and yourself.

#### 4. Upright and locked position –

For adjustable machinery that has parts that can stick out dangerously, be sure to return all levers to the upright position so they are out of the way to prevent injury and so no one has to dodge them.

#### 5. Don't hog the water fountain –

Better yet, bring a full water bottle with you. Otherwise, take some sips, and let others go ahead before you go back for seconds. If you want to fill your bottle, offer for others waiting in line to use it before you finish filling the bottle.

#### 6. No sitting –

Don't rest on a piece of equipment in between your reps. Jump up, and let someone else use the machine while you are taking a breather.

#### 7. Unload the weight –

Take off the weight after your reps, so the next person won't have to do it for you.

#### 8. Place for everything –

Respect the organization of the gym by returning weights or other equipment to where you found them.

#### 9. Keep the floor clear –

Don't clutter the floor with your gym bag or personal belongings and don't litter it with weights, rollers, or Bosu balls. There is a lot of movement going on around you, which means you need to keep pathways clear for travel.

#### 10. Be aware of others –

You don't want to hit someone, or be in someone's way while you are performing an exercise. Scan around you before you execute your set. Also, never drop or throw the weights down when you complete a set. You could break your foot or a neighbor's.

## Advocare

Spark - Source of Energy with vitamins

Rehydrate - Electrolyte Replacement drink with vitamins

Slam - A high powered portable and quick source of energy

## Brian, Andrew, and Rico Massage Department

It's a new year, why not celebrate a new you? It's good to add new activities to your lives, especially if they are healthy for you physically and emotionally. Including a regular massage in your healthy lifestyle fits this concept. Getting a massage can be a regenerative experience. It can help you feel calmer, less tight, it will surprise you how good you will feel. For our clients that we see regularly, you know what were talking about. For those who haven't tried massage therapy perhaps it's time to expand your horizons by contacting the front desk to schedule yourself an appointment. For those clients that we saw in 2019 we say "Thank You" for letting us help you make this transformation. Working with you all is a gift for us. "Happy, Healthy New Year" from Brian, Rico and Andrew, your Capital Athletic Club massage staff.

Cheerio~ Brian, Rico and Andrew

## DEPARTMENT NEWS

### **Rick Leonard** General Manager



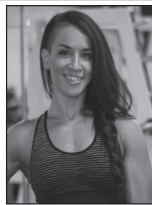
- **HAPPY NEW YEAR!** This is a great time to try something new. Your membership includes a wide variety of programs and activities. Karate, racquetball, handball lessons, Yoga, Pilates reformer, Zumba and a vast offering of other group exercise classes that are free of charge and included with your membership.
- The Club also offers fee based personal training, small group training and massages. You may be interested in volleyball or basketball. New leagues are beginning after the first of the year or you can drop in for pickup games. The pool is heated throughout the year, so don't let the weather hinder you from enjoying the many benefits of water exercises during the winter months. Many forget to partake in the therapeutic & relaxing benefits of the dry sauna, steam room, & jacuzzi.
- As many of you already know the secret to success is consistency of making it to the Club. If needed we are here to help, just ask.
- **Parking** - Just a reminder that the parking garage on 6th St. between Q & R St is for members that have mobility challenges, will be at the Club for longer than 3 hours or the Bonderson garage is full. Please display the yellow parking tag supplied by the Club. Shuttle service is available Monday-Friday 8:00am - 6:00pm. The Bonderson garage on 10th St. between O & P st. we offer a 3 hour validation ticket. Please remember both of these garages are available only during the time you are actively at the Club.

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



- Here's to a year of better habits, positive thinking, clean eating and most of all, loving yourself.
- 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



- Happy New Year, fit fam!
- With this new year brings opportunity within our program for new beginnings, new goals, new classes, new instructors, new changes and new friends. Let's ring in January with an open mind for new.
- Cardio Pump is our latest and greatest format on the schedule. This hybrid class is a combination of strength and cardio intervals. Join us on Mondays at 9:00am. Two new classes to be scheduled in February. Stay tuned. We have an Intro to Yoga workshop happening this month for those interested in trying out yoga, but have never taken a class. Check out our FB page and group x board for the date and time.
- Please remember to arrive minimum of five minutes early before class. With equipment & bike set up, giving directions and answering questions- arriving late disrupts the instructors ability to

start class on time and serve those who need assistance. Instructors may use their discretion to not allow late comers into class for safety purposes.

- We were poppin' all December with our pop up classes! Lots more in store for this year. Get ready.
- Cell phones, iPads, and any other electronics are not allowed to be used during class. Please be respectful of the group setting you are in while taking class.
- Lastly, I would like to thank everyone who supported my annual holiday bake sale for homeless animals. This is my eighth year running the fundraiser and partnering up with you guys to give assistance to those in need. I'm so incredibly grateful to be surrounded by like minded individuals who support and serve our Sac-town community.

### **Brooke McManus** Membership



- Happy New Year! We hope that 2020 will bring you good health and great fitness accomplishments here at the Club. Please don't forget to supply your friends and family with your free 10 day passes for you there are many other generous deals on services such as, Massage, Esthetician Services, Salon Services, Personal Training, and Small Group Training that you can pick up with your CAC December Newsletter. Please print out from your Newsletter email or pick up at the front desk! Discounts & passes expire February 29, 2020 \*Limit One pass per person
- Refer a friend, family member, or co-worker to help them get started on 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.
- Tired of getting monthly bills? You can prepay your membership for the YEAR! As an annual prepaid member, you receive your 13th month for free. You are not locked into a 12 Month commitment, so if you have to cancel your membership, we can refund your prepaid balance. Please stop by our administration office for annual prepaid membership inquiries.
- Follow CAC on all of our Social Media Platforms! Twitter: @capitalathletic, Instagram:@capitalac, Facebook: @capitalathleticclub

### **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.
- **NEW YEAR, NEW YOU!!** The holidays are over and the new year is beginning to unfold. Kick off the new year with a color change or restyle, and receive a **FREE SHINE TREATMENT**. Our Shine Treatment is like an Instagram filter but in Real Life! It adds vibrancy and shine and puts a spotlight on your strands to ramp up the overall vivacity of your hair. So come in to Capital Cutters for a new look to strut into the New Year!

### **Morgan Merrill Beauty Esthetician**

- Book online at [www.vagaro.com/mm\\_beauty](http://www.vagaro.com/mm_beauty) or by call/text 916-520-9310 or emailing [morganmerrillbeauty@gmail.com](mailto:morganmerrillbeauty@gmail.com)

## GROUP FITNESS/SPECIALTY CLASSES

<b>MONDAY</b>	<b>Studio</b>		
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
<b>TUESDAY</b>	<b>Studio</b>		
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	*Kristen M
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
<b>WEDNESDAY</b>	<b>Studio</b>		
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	*Athletic 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
<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	Andre
6:00pm-7:00pm	III	Gentle Yoga	Heather
<b>FRIDAY</b>	<b>Studio</b>		
11:00-11:45am	III	Mat Pilates w/ props	Paige
12pm - 1pm	III	Yoga	Sam
12:10pm-1:00pm	I	*Athletic Conditioning	Jonna
12:10pm-1:00pm	II	Cycle	Richard
<b>SATURDAY</b>	<b>Studio</b>		
9:00am-10:00am	II	Cycle	Matt
9:30am-10:30am	I	Step 'n' Strength	Bonnie 1/11,25 Doug 1/4,18
10:30am-11:30am	I	Ballet Pilates	Bonnie 1/11,25 Jonna 1/4,18
<b>SUNDAY</b>	<b>Studio</b>		
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

<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>		
<b>11:00am-11:45am</b>	<b>Mixed Level</b>	<b>Jeanette</b>
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
<b>TUESDAY</b>		
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
<b>WEDNESDAY</b>		
10:00am-10:45am	Reformer I	Sam
*5:30pm-6:20pm	Tower Circuit	Stefanie
6:30pm-7:15pm	Mixed Level Reformer	Stefanie
<b>THURSDAY</b>		
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
<b>FRIDAY</b>		
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
<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