

THE CAPITAL ATHLETIC CLUB MONTHLY

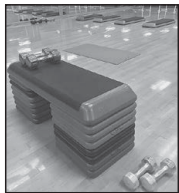
Sacramento's Premier Full Service Athletic Club

FEBRUARY 2020

Presidents Day Holiday Monday February 17th

The Club will operate on a modified 8am-6pm schedule on Monday 2/17 in honor of the President's day holiday. When the club operates on modified holiday hours you are allowed to bring your children 12-21 years of age to the Club at no additional charge. On 2/17 the Bonderson garage will be closed, street parking is free and there will not be shuttle services.

Group Training 2.0 coming to CAC



We are excited to be adding another layer of sport specific classes to our group exercise program. These dynamic high intensity group training classes are formatted to improve functional movement, ramp your metabolism and raise your fitness level. These specialty classes will be sign-up based and will also require a screening and clearance before participating in this program. We are launching our very first class on Friday at 12:10pm inside studio 1 starting February 7th. HIIT circuit will be the first format to be tested out in the program. This class will offer station set up using battle ropes, kettle bells, sand bags and more. We plan to add more classes to the schedule as we work out the details. Sign-ups will be consistent with Pilates and cycle by signing up the day before as early as 6:30am. Sign up by emailing [Jonna Edwinson jedwinson@capitalac.com](mailto:Jonna.Edwinson@capitalac.com) if you have not been cleared into the

program yet, contact Jonna for an assessment.

Leap for Your Heart—A Day of Fitness benefitting the American Heart Association

Saturday, February 29; 8:30-1:00 p.m. in the CAC Gym

In honor of National Heart Health Month, The Club will be offering a special Fitness Event benefitting the Sacramento chapter of the American Heart Association.

The Club will be offering a variety of special team-taught classes featuring your favorite instructors. A Boot Camp (modeled after our successful Saturday In the Park Boot Camp Series) in the gym and a Restorative Yoga class are on the itinerary. A \$25 minimum class donation (or a \$40 all-access donation) will include classes and refreshments throughout the day.

So please, mark your calendar for February 29th and LEAP FOR YOUR HEART!!!

Saturday In the Park Boot Camp Series 2020

Last Saturdays of each month beginning March 28; 9:00 a.m. at Roosevelt Park

They're Baaaaack!!! Last summer's sleeper hit—Saturday In the Park (a CAC Boot Camp Series) is set for the last Saturday of each month April through October. Led by CAC trainer Bruce Coolidge, our season debut is set for March 28 and 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!!

Also, mark your calendar for the full season of these great classes; April 25, May 30, June 27, July 25, August 29, September 26 and October 31 (yes, it WILL be Halloween-themed)!!

Brews Cruise

A CAC Microbrewery Trip—Saturday, March 14th

Join CAC Microbrew enthusiasts for a visit to several Norcal microbreweries. We'll be visiting three-four of NorCal's finest craft brew makers for a day of savored tastes and shared fun. This will NOT be an excuse to get drunk, it will be a chance to share craft brews and maybe even bring a few home. Fees and breweries for this initial event are still being determined, so look for the registration information in early February.

Morgan Merrill

Cherry Chocolate Facial - \$80

Love is in the air with this "made-for-each-other" cherry and chocolate duo. This perfect couple will warm your skin and tantalize your nose with the indulgent scents of cherry and chocolate. This is Cupid's favorite! Exfoliate and brighten the skin with the antioxidant and brightening benefits of the cherry enzyme. Perfect for normal and combination skin. It promotes deep hydration that protects from environmental damage while relieving the surface signs of aging. Arbutin and kojic provide extreme lightening capabilities. Cocoa, glycerin and squalane are excellent emollients, lubricants and humectants to draw moisture to dry, flaky skin. Vitamin E is

an excellent anti-aging antioxidant. Treat yourself or a loved one to this special treat! Great as a gift or for some self love and care! To book call/text 916-520-9310 or email morganmerrillbeauty@gmail.com! Gift certificates available!

Art Shows at the CAC

Beginning March 2020 the CAC will re-instate our very popular art shows. The shows run for two months and the CAC provides a reception with food and wine on the second Friday of the month. Best of all, these events allow for in-house advertising and are non-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

Pro Shop

After celebrating the start of a new decade, treat yourselves with some new CAC gear! We are always trying to think of new items for our Pro-Shop so please let us know if you have an idea. Come stop by the Pro-Shop to check out our new items.

Pilates Newsletter Article

Singles, Duos and Trios

Did you know that you can do private Pilates training at the Capital Athletic Club? Like personal training, we offer several Pilates packages that can meet members' needs.

Private Training Packages:

One-On-One privates – One Member works individually with

Continued on the next page

an experienced Pilates teacher in the Pilates studio, utilizing all the Pilates equipment available. Your Pilates teacher will complete a participant readiness questionnaire, set up the equipment to meet your body's needs and lead you through a Pilates Reformer session based on your goals.

Duets – Two members work with one Pilates Teacher in each session.

Trios – Three members work with one Pilates Teacher in each session.

All One-On-One, duets and trio sessions are scheduled around the current Pilates studio class schedule and at the convenience of the members who purchased the package.

Duets and Trios are less expensive than one-on-one training, and allow members to set up sessions based on their own schedules.

Packages to get cleared into the Pilates Studio Program:

Pilates Quick Start Package –

This package prepares members to enter our Pilates studio classes. Members receive 3, one-on-one sessions with one of our amazing Pilates teachers. Sessions are 45 minutes long, cover safety protocols, equipment set up, how to register for classes, and the Fundamental Reformer exercises. New members who have previous Pilates experience from another studio may qualify for our...

Pilates Quick Start Plus –

Members with Pilates Reformer and other equipment experience from other studios may qualify for our Pilates Quick Start Plus session. This one time, 55 minute session will set you up on the Reformer, cover safety protocols and what you need to know about the CAC Pilates Program and provides a skill assessment to determine which class level is best for you.

To get started on your Pilates practice at CAC or for pricing information, contact Sabin Morris at smorris@capitalac.com or at sabinpilates@gmail.com.

Schedule updates in February:

Liz Yokoyama is retiring and will be travelling the world over the next few months! Congratulations, Liz! We wish her the best on her travels, but we are all sad to see her leave the Saturday morning classes. Until we find a new, permanent instructor, we will be offering Saturday classes every other weekend in the month of February. Please check the website at www.capitalac.com to see which Saturdays we will hold classes.

February 1st – Stefanie

9am Reformer 1, 10am Mixed Level

February 15th – Sabin

9am Reformer 1, 10am Mixed Level

February 29th – Stefanie

9am Reformer 1, 10am Mixed Level

Reformer Demo Class in February:

Join us on Saturday, February 22nd at 11:00am for our next Reformer Demo Class. This class is open to all members interested in trying out the Reformer! Sign up at the front desk in the Pilates Reformer Demo class binder. For more information, please contact Sabin Morris, Pilates Director at smorris@capitalac.com.

Kudos



Kudos to our own Ray "Catfish" Copeland, renowned local bluesman, who headed the lineup at the legendary Torch Club for an event January 19 to benefit the Sacramento Blues Society. It was an impressive lineup of some of the region's finest blues musicians and despite competing with the 49ers' NFC playoff game, the place was packed and rocked for hours! Be sure to congratulate Ray if you spot him – usually in the pool.

Volleyball News

Winter League has gotten off to a great start! We will be hosting open gym nights in latter March/early April! If you are interested in joining our Spring league in April, 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

Advocare

Spark - Source of Energy with vitamins

Rehydrate - Electrolyte Replacement drink with vitamins

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.

Health News

Best and Worst Drinks For Weight Loss

Don't Let Your Drinks Trip You Up

If you're counting calories, it's important to watch what's in your glass as well as what's on your plate. Choosing the right beverage -- and keeping an eye on how

much you pour -- can help curb your appetite and cut calories.

Best: Water

Replacing sweetened soft drinks with water will cut hundreds of calories from your diet each day. Drinking two glasses of water before a meal may also help you feel full faster, so you won't eat as much. It can help speed your metabolism, too.

Best: Skim or Soy Milk

Beverages that are low in calories but high in nutrition are good options when you're trying to lose weight. Skim and soy milk both fit that bill. Plant-based milk substitutes, like almond milk, typically have fewer calories than cow's milk but less protein, so they're not necessarily better for weight loss.

Best: Green Tea

It's an excellent choice when you're looking for a little boost. Not only is it calorie-free, but some research suggests green tea extract may help with weight loss. It's not clear exactly how, but caffeine and micronutrients called catechins may each play a role. The benefit appears to last only a few hours, so it may help to enjoy some green tea at least twice a day.

...Continued next month.

Brian and Andrew Massage Department

If you're feeling stressed, massage can help. Living life is an evolutionary process, we evolve as people, changing over time to become who we are presently. Sometimes that process can take directions which aren't always healthy. Living a life of constant stress is an example of this. It can shorten our lives, affect our memory, put us at risk for heart issues and more, wow, this is not fun stuff! The good news is we can do something about it by participating in activities that encourage a sense of calm, such as, getting a massage. Massage can induce a profound sense of relaxation all while loosening up those nagging muscles that don't need to be as tight as they are. Let massage help you kick the stress habit and feel better now. Contact the front desk to schedule your appointment, you'll be glad you did.

Also, massage gift cards make welcome Valentines gifts for the special someones in your life. Give the gift of massage and watch a smile grow. Massage gift cards are available at the front desk.

Cheerio~ Brian and Andrew

DEPARTMENT NEWS

Rick Leonard General Manager



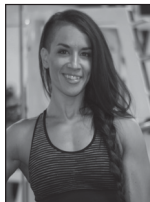
- Special Events –listening to your requests the Club is scheduling more Club special events this year. ie. Art show, March 14th Brews Cruise, ocean salmon fishing on July 18th, hikes, beer & wine tasting and other activities. All of these activities are dependent on your interest and support. Also, the ever so popular Sacramento Ballet Social scheduled for Friday, May 1st. Tickets will go on Sale the latter part of March. Other events will be scheduled both before & after that date and they will be promoted in advance.
- President's day Holiday-The Club will be operating on a modified holiday schedule 8:00am – 6:00pm Monday, February 17th. Your children 12-21 years of age are welcome free of charge but they must be accompanied by their parent. Street parking is free, the Bonderson garage will be closed and there will not be shuttle service.

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



- “If something stands between you and your success, move it. Never be denied.” — Dwayne “The Rock” Johnson, actor and pro wrestler
- 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.

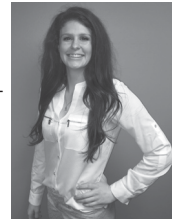
Jonna Edwinson Group Fitness Director



- I'm excited to announce we have a new Zumba instructor on our team. Jackie Wise will be permanently teaching the Sunday 10:45am Zumba class starting this month. We are very excited to have her on board. She teaches everything from Water fit to strength training, and more. She has some awesome dance routines in her Zumba class, check her out!
- Monday Cardio Dance at 12:10pm will continue on the schedule with myself. This format is a combination of aerobic, dance and rhythmic fitness exercises done to high energy, fun dance music. Easy to follow dance combinations are included.
- We have a lot of changes happening within our 11am time slots right now. Currently, we are working on bringing an Active Aging program to the 11am class times starting this Spring. These classes will offer balance, coordination, core strength, flexibility and more. We will be removing some of our mat Pilates classes to insert this new program.
- Friday 11am Mat Pilates and Tuesday 10am slow stretch are the first to being discontinued to open up availability for our new Active Aging classes starting this month. Stay tuned.
- Due to instructor availability, the Sunday Gentle Yoga class is being discontinued until further notice.
- Group Training 2.0: I'm excited to announce the soft launch of this new program that I'll be managing starting February 7th. Group training classes are sign-up-based sport specific classes that offer fun, functional equipment, detailed set up, and formats

none like anything we currently offer in our group x program. Group Training Classes will only be open to members who have been cleared into the program. An assessment will be required. Space is limited to 12 to 14 students. We are starting this program with only one class as a test trial: Friday's 12:10 HIIT Circuit will be our very first group training class. Contact me for more information, an assessment or to sign up for class. Class sign-up will be only through email the day before class as early as 6:30am. Let the new hybrid of classes begin! Email me at: jedwinson@capitalac.com

Brooke McManus Membership



- Happy 2020 from the CAC Membership Department! We hope all our members are practicing healthy habits in the New Year!
- We LOVE feedback from our members, especially positive feedback! You are now able to share a positive experience or review with us right at the CAC front desk! Review & Testimonial sheets have been supplied next to the CAC suggestion box for anyone wanting to share their CAC stories. We are also searching for member interested in sharing their transformation stories to possibly be featured on CAC social platforms or in our Newsletter! Please contact Brooke for more information. Email: bmcmanus@capitalac.com
- Please don't forget to supply your friends and family with your free 10 day passes along with many other generous deals on services such as, Massage, Esthetician Services, Salon Services, Member's Café selection, Personal Training, and Small Group Training that you received in our Holiday discount card! Discounts expire February 29th *One 10-Day pass per person. You can find the coupons with our receptionists or with our membership team, Brooke and Tom!
- 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.
- Crush on color this Valentine's day. ! We'd LOVE to meet you! NEW CLIENTS receive 20% off one all over color service. Love is in the hair at Capital Cutters this February.

Morgan Merrill Beauty Esthetician



- Cherry Chocolate Facial - \$80. Love is in the air with this “made-for-each-other” cherry and chocolate duo. Perfect for normal and combination skin. It promotes deep hydration that protects from environmental damage while relieving the surface signs of aging. Arbutin and kojic provide extreme lightening capabilities. Cocoa, glycerin and squalane are excellent emollients, lubricants and humectants to draw moisture to dry, flaky skin. Vitamin E is an excellent anti-aging antioxidant. Treat yourself or a loved one to this special treat! Great as a gift or for some self love and care! Book online at www.vagaro.com/mm_beauty or by call/text 916-520-9310 or emailing morganmerrillbeauty@gmail.com

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	*Jonna
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
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	*Jonna
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	*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
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.
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		
12pm - 1pm	III	Yoga	Sam
12:10pm-1:00pm	I	*HIIT Circuit (signup required)	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	Doug 2/1,8,15,22
10:30am-11:30am	I	Ballet Pilates	Jonna 2/1,8,15,22
SUNDAY	Studio		
9:30am-10:30am	I	Power Pump	Kristen F
10:45am-11:45am	I	*Zumba	*Jackie

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

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-6:15pm	*Reformer II	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	*Stefanie 2/1,29 Sabin 2/15
10:00am-10:45am	Mixed Level Reformer	*Stefanie 2/1,29 Sabin 2/15
SUNDAY		
10:00am-11:00am	Tower Circuit Reformer	Vicki