

THE CAPITAL ATHLETIC CLUB MONTHLY

Sacramento's Premier Full Service Athletic Club

MARCH 2020

Coming Soon....

A chance to Lower Your Dues with a member referral! Details on this limited time referral opportunity will be released very soon! Stay tuned on this announcement from our Membership Team!

Saturday In the Park Boot Camp Series 2020

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

They're Baaaaack!!! It's now becoming a CAC warm-weather tradition—Saturday In the Park (a CAC Boot Camp Series) is set for the last Saturday of each month, March through October. Led by CAC trainer Bruce Coolidge, our season debut is set for March 28th 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 25th, May 30th, June 27th, July 25th, August 29th, September 26th and October 31st (yes, it WILL be Halloween-themed)!!

Brews Cruise

A CAC Microbrewery Trip—Saturday, March 14th

Join CAC Microbrew enthusiasts for a visit to two fine Norcal microbreweries—HenHouse (Santa Rosa) and Heretic (Fairfield). These two breweries make a wonderful spectrum of craft brew so finding a brew (or a few) you'd love to have more of should be easy.

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. Trip fees of \$75 include transportation, tastings at each venue and potential brewery tours. Additional beer purchases and food will not be included. Additional information and registration forms can be found in the Brews Cruise binder at the CAC Front Desk.

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 have launched a Friday HIIT Circuit Class at 12:10pm inside studio 1. This class 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.

Small Group Training (SGT) Program Notes

Spring Series Demo Classes (3/23-4/4/20)—

CAC's Studio X will be springing into high gear as the transition to summer (and summer bodies) gets cranked up. Whether you're seeking a new boost in your workouts for summer adventure goals or just trying to refine (or re-find) your summer body, CAC Small Group Training meets 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 Spring 2020 Class series begins the week of April 6th. 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!

Sacramento Ballet Social

Friday May 1st

Mark your calendars for Friday May 1st- We are excited to announce the Sacramento Ballet is back for another amazing performance at the Club. The CAC is their home away from home as many of these artistic athletes train at the Club throughout the year. The Ballet Social will come together beginning with a buffet dinner followed by an incredible evening of dazzling dance and musical entertainment. Tickets go on sale beginning at 9am on Monday March 23rd. You must be present for the initial reserved ticket sales. Telephone sales will begin at 11am. Dinner & musical entertainment 7-8pm Ballet performance 8-9:30pm. Guests

must be 16 or older guests are limited to 2 per member. Ticket purchase includes buffet dinner, beverages throughout the evening & entertainment.

Tickets are limited

Karate News

Congratulations to long-time member of Capital Athletic Club; Art Ross, who was recently promoted to Black Belt. Our CAC Kenpo team now has a total of 5 Black Belt instructors to help with our student training needs.

Kenpo is a practical martial art based on traditional arts stressing strong basics, self defense techniques, and Katas (forms) and helps with stamina, self confidence, and flexibility. We find this to be a perfect complement to all the other training the club offers. This training is free and all you need to start is some loose fitting clothes. Classes are held on Tuesdays and Thursdays from 12:00pm to 1:00pm.

Morgan Merrill

March is a very special month because...it's my birthday month! My birthday is March 18th and Nano Facial Special \$105 (a \$20 savings) Have you been interested in trying microneedling but a little scared of the process? A Nano facial might be the best place for you to start and here's why. Nano is similar to microneedling in that they both induce cell turnover and serum infusion that results in skin transformation. However, Nano is less invasive and treats within the epidermis layer. Allowing active products to be pushed into the skin giving the benefits of pigmentation reduc-

Continued on the next page

tion, increased cell turnover, skin rejuvenation and an immediate glow with no downtime.

Call/text Morgan at 916-520-9310 to schedule or book online at www.vagaro.com/mm_beauty to celebrate I am offering the Gift certificates available

Art Shows at the CAC

Beginning this Spring 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 rate fee for members. Contact Jeanette Link-Dolgovin at jdolgovin@capitalac.com

Pro Shop

Treat yourselves to some new CAC gear and more to come in the Spring! 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

Pilates Schedule updates for March

The Pilates studio will have a few weekend changes in March and we're hoping it will enhance your Pilates practice at CAC.

Saturday classes will be held every weekend this month. We will offer a 9:00am-9:45am Reformer 1 class and a new Tower Circuit class from 10:00am – 11:00am. Sabin will be teaching on Saturdays but don't be surprised to see some of the other talented CAC Pilates Instructors pop in to teach classes. Sundays we will continue to offer Tower Circuit with Vicki from 10:00am – 11:00am. Many of our classes have been full with several students on the waitlist to get into class if someone cancels their spot. Please remember

that students on the waitlist can be given an open Reformer if someone is 5 minutes late to class. The late student can be charged a no show fee of \$10.00 if this happens. Students will also be denied entry into class if they are 10 minutes late and will be charged a no show fee of \$10.00. If you know you will be less than 5 minutes late to class, please call the front desk at 916-442-3927, and they will let the instructor know to hold your spot.

Reformer Demo - March 21st 11:00am – 12:00pm. If you would like to experience Pilates on the Reformer, join us on Saturday the 21st! Space is limited, so please register at the front desk in the Reformer Demo binder.

Saturdays:

9:00am-9:45am Reformer 1 with Sabin/Staff

10:00am - 11:00am Tower Circuit with Sabin/Staff

Sundays will remain 10:00am - 11:00am Tower Circuit with Vicki

Reformer Demo Saturday, March 21st, 11:00am-12:00pm

For more information, please contact Sabin Morris, Pilates Director at smorris@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

...Continued from last month.

Best: Vegetable Juice

Vegetable juice is as nutritious as fruit juice, with fewer calories. One cup of tomato juice has 41 calories, compared to 122 for orange juice. Choosing juice

with pulp gives you some fiber, too. That may help control your hunger. Vegetable juice does have a lot of sodium. If you buy your vegetable juice from a store, go with a low-sodium variety if you can.

Best: Black Coffee

When you need a shot of caffeine, coffee is a better choice than soda or energy drinks. Black coffee is calorie-free and rich in antioxidants. Studies show that drinking moderate amounts of coffee (about 3 to 4 cups a day) may improve your mood and help your concentration.

Worst: Specialty Coffees

A 12-ounce caffe mocha can be almost 300 calories, and a vanilla latte can come close to 200. But if mochas or lattes are your thing, you can make a few changes to keep the calories in check. Most coffee places offer sugar-free syrups, or you can special-order your drink with skim milk. And be sure to skip the whipped cream.

Worst: Soda

Every time you chug a bottle of this, you get hundreds of empty calories. Switching to diet soft drinks can cut calories. But research is mixed on whether this switch helps you lose weight.

Be Careful: Beer

This isn't really the ideal beverage if you're watching your weight, but a 12-ounce bottle or can of light beer won't typically give you more than 100 calories. A regular 12-ounce beer is usually about

150 calories. When it's poured from a tap into a 16- or 20-ounce glass, though, that number can climb up to 250. Craft beers can also have more calories.

Be Careful: Wine

A typically 4-ounce glass of wine usually has around 100 calories, though types can vary in calories and alcohol content. Also know that glasses and pours are often much larger than 4 ounces. If wine is your adult beverage of choice, watch the pour or slim it down by mixing it with a no-calorie beverage. For example, you can cut the calories in half with a wine spritzer that's half wine and half club soda.

Be Careful: Energy Drinks

While the active ingredient here is caffeine, these usually have other things in them like vitamins, herbal supplements, creatine -- and sugar. If you're watching calories, you'll want to check the label carefully and look for ones without added sugar. The ones that show the amount of caffeine can let you know exactly what you're getting.

Be Careful: Smoothies

Blend a banana, strawberries, and blueberries into a frothy smoothie, and you've got a delicious drink. Make your own, so you can control the ingredients: skim milk (or an alternative, like almond milk) and fresh or frozen fruit are all you need. Restaurant smoothies may include ice cream, honey, or other sweeteners that boost the calorie count sky-high.

Brian and Andrew Massage Department

When you listen to someone, it is the equivalent of giving them oxygen. A friend shared this saying with me many years ago and I never forgot it. It's true, being heard, or listening to others is a gift, it is a validation of our humanity and opens the door to creating powerful connections. This is important because people with strong social connections tend to be healthier both physically and emotionally. As Massage Therapists, we care about you. We listen to what you verbally share and are trained to "listen" to what your body "has to say". If you are not getting massage why not give it a try and put the power of this caring profession to work for you. We look forward to seeing and helping you feel better soon.

Cheerio~ Brian and Andrew

DEPARTMENT NEWS

Rick Leonard

General Manager

The use of cell phones is strictly prohibited in the spa area for obvious reasons. There are signs-posted throughout the area.

The Sacramento Ballet Social is scheduled for Friday May 1st, tickets will go on sale Monday, March 23rd.

The Club has a meeting room that is available at no extra charge for members. You are allowed one standing reservation at a time and the member must be present throughout the meeting.

Just a reminder that the Club parking is available to you only while you are in the Club. The shuttle service for the 6th street garage is offered Monday-Friday 8:00am – 6:00pm.



John O'Sullivan

Athletic Director, Newsletter Editor

josullivan@capitalac.com

- "Wake up Beauty, it's time to Beast!"
- 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 are excited to announce the Launch of our new Active Aging Program starting May 1st! These new classes will be called Forever Fit and will be on M/W/F 11:00-11:45am inside Studio 3. The benefits of proactive wellness efforts amongst the active aging population is huge, and we are excited to finally offer classes that will support: balance, strength, preventative fall, neuroplasticity and more for this demographic. Join new instructor, Jackie, on Friday, March 13th from 11:00-11:45am for a trial class. More pilot classes will be offered in April before our big premier in May!
- The Tuesday 11:00am Mat Pilates class is no longer on the schedule starting this month. Thursday's 11:00am Pilates on the ball will have it's finally class on March 26th.
- We have a new program launching this Summer called Group Training 2.0. These specialized classes will be sport specific offering specialty equipment, program based classes that will take your fitness to a whole new level. These WILL BE FEE BASED CLASSES that will have their own schedule aside from group x and paying members will be able to sign up online a week ahead of time. Stay tuned! Group Training 2.0 is coming in June!
- We have a trial Group Training 2.0 class on Fridays at 12:10pm. This is a closed class, only available to members who have been cleared into the program. Sign-ups are required by emailing me the day before as early as 6:30am. Athletic assessments will be coming soon for folks interested in these classes. Interested in more info? Please contact me.
- Zumba with Jackie is happening on Sundays at 10:45am and Monday's at 12:10pm.



- Water fit count down... 2 months!
- Your lineup of instructors this season are: Doug, Andre, Jackie and Jonna! We will be taking pre-orders for those interested in their own personal water gloves. Sign-ups will be located at the front desk starting in April.

Brooke McManus

Membership

- Coming Soon....A chance to Lower Your Dues with a member referral! Details on this limited time referral opportunity will be released very soon! Stay tuned on this announcement from our Membership Team!
- The Capital Athletic Club LOVES 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 members interested in sharing their transformation stories to possibly be featured on CAC social platforms or in our Newsletter! Please contact Brooke McManus for more information. Email: bmcmanus@capitalac.com
- 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.
- CALLING ALL MEN!! Feel younger than you look? Ever wish you could take off a couple years from your appearance? Now you can... IN JUST 5 MINUTES!! Redken's Brew Color Camo hair color blends gray for a natural ageless look. Come into Capital Cutters this month for your custom gray blending color service and receive 20% OFF!!!



Morgan Merrill Beauty Esthetician

- March is a very special month because...it's my birthday month! My birthday is March 18th and to celebrate I am offering the Hydrodermabrasion with Oxygen Infusion facial for \$115! That is a \$10 savings, so I celebrate... you save! The Hydrodermabrasion is a gentle, physical exfoliation that flushes out the pores, exfoliates and hydrates your skin all in one step! Then the skin is infused with customized serums to target your skin concerns. The result is soft, smooth, hydrated skin! This is a great treatment for any one with sensitive skin, dehydrated, dry, chapped or clogged skin. Come celebrate any day in the month of March with me and save on this relaxing, yet beneficial treatment! \$115 (\$10 savings) until March 31, 2020!
- gift certificates available
- To book call/text 916-520-9310 or email morganmerrillbeauty@gmail.com! Gift certificates available!



GROUP FITNESS/SPECIALTY CLASSES

MONDAY		Studio	
6:00am-7:00am	I	Breakfast Club (legs)	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	*Zumba	*Jackie
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
12:00pm-1:00pm	III	Kenpo Karate	Bob Y.
12:10pm-1:00pm	II	Cycle	*Jonna
12:10pm-1:00pm	I	Power Pump	*Jackie
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 (upper body)	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	Bonnie 3/14,28 Doug 3/7,21
10:30am-11:30am	I	Ballet Pilates	*Bonnie 3/7,14,21 (no class 28th)
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
*6:30pm	Futsal 1st, 3rd and/or last Friday
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	*Sabin
10:00am-10:45am	*Tower Circuit	*Sabin
SUNDAY		
10:00am-11:00am	Tower Circuit Reformer	Vicki