

Yuba City Racquet & Health Club

CLUB VENTURES

MARCH / APRIL 2011

GOOD, GOOD, GOOD VIBRATIONS

Rodney Corn, Co-Founder PTA Global, FAFS



What if you could honestly improve your flexibility, cardiorespiratory capacity, strength, power or even loose cellulite without having to do the work yourself? What if the time needed was only half of what is typically spent in the gym working out? Would that be something worth listening to?

Interestingly enough, it's not a gimmick! It's actually true. People like Madonna, Cindy Crawford, Rafa Nadal, Courtney Cox, Allen Iverson, Taylor Swift, Joanna Krupa, Mark Walberg and many of the top NFL, MLB and NHL athletes all use it and it has been showcased on many TV shows such as ABC News, CNN, Daytime, Good Morning America, Access Weekend and That Morning Show to name a few.

While there are many great 'pieces of equipment' that you can use to get a 'workout', only one really does the work for you. Curious?

It's called Vibration Training. Let's take a couple of minutes to quickly look at some key aspects of vibration training to help give you a better 'vibe'. Let's briefly hit three main areas: 1) What is vibration training, 2) How Does it work and 3) Why use it.

What is Vibration Training...?

Vibration training is quite simply the application of a very small 'up and down' or vertical motion (2-4 mm) of the platform at very high speeds (30-50 Hz – vibrations per second) on which you stand. This 'vibrating' motion places a mechanical stimulus through your body that your body must respond to.

How Does It Work...?

We can use 2 primary ways to 'stress' our bodies when we workout, 1) how much weight we use such as a dumbbell or barbell or 2) how fast we change the speed of an object, which is called acceleration. So we can alter the force we place on our bodies either by adding/subtracting weight or increasing/

decreasing the speed. Typically we 'workout' by adding or subtracting weight. Vibration training, on the other hand, uses acceleration – increasing/decreasing the speed.

With Vibration training, the vibrating platform is actually dropping away from you and then coming back and hitting your feet anywhere from 30-50 times per second. This is very similar to when you jump, only the platform is moving, not you. When the platform 'leaves' and/or 'returns' to your feet it causes a sudden and rapid change in the length of your muscles. This change in length and the 'micro-impact' causes the muscles and tissues of your body to "react". The speed and amount of the 'up and down' motion will determine the amount of force placed on the body.

Why Use It...?

Well right out of the gate, it is the easiest workout you could ask for – the device does all the work... all you have to do is show up 😊 But don't let that fool you... the scientifically backed applications and results are far reaching for almost all populations. Everyone from children to older adults, women and men, can safely and effectively increase, power, strength, flexibility, balance, cardiorespiratory capacity, reduce pain, increase bone mineral density, hormonal profiles, and yes, it can even have an impact on cellulite!!!



Coming Soon!

Interested?

Check it out on YouTube at

<http://www.youtube.com/user/PowerPlateINTL#p/c/EB922CF8BDEF22C2/0/elb7MTx4Jqc>

Contact our Fitness Director, Dan Duran, for more information at (530) 673-6900 x217 or Dan@ycrc.com

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YUBA CITY RACQUET CLUB

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Phone: 673-6900

RANCHO CORTEZ

1471 Richland Road • Yuba City, CA 95993

OUR NEW THERAPIST



Integrated Physical Therapy would like to welcome it's newest therapist, Nate Augustine.

Nate was born in the East Bay Area and raised throughout the Northern California region. After working for his family's business as a salesman he decided re-enroll in school to become a physical therapist. He attended California State University, Sacramento where he earned his Bachelor's degree in Kinesiology, Exercise Science in 2008 and a Master's in Physical Therapy in 2010.

Nate grew up around baseball and still remains passionate about all aspects of the game. He had a unique opportunity to serve as an intern with the Atlanta Braves Minor League affiliation in the summer of 2010. During this experience he evaluated and treated players from rookie through AAA levels in Orlando, Florida. In addition, he collaborated with the strength and conditioning coach and learned critical exercise approaches specific to baseball.

Nate chose to go into physical therapy because he is passionate about helping others. He enjoys learning about human health and performance and how to improve an individual's functional limitations.

A few of Nate's interests include treatment of the patients with balance impairments, strength deficits, shoulder, elbow, knee and ankle movement pathologies. His goal is to facilitate the best outcome for his patients through the use of evidence based interventions.

In addition to physical therapy, Nate is in the process of acquiring his certification in strength and conditioning and plans to provide sport specific training to local adolescents.

Nate is a member of the American Physical Therapy Association. His next educational pursuit is to become a Doctor of Physical Therapy and manual physical therapist.

Shape up for summer with YCRC's Summer Body Makeover starting March 22nd

Let's face it, nobody feels more self-conscious about their body than in summer time. So if you want to feel great this summer in that swimsuit, or in those shorts, enroll in YCRC's Summer Body Makeover. Summer is right around the corner, so it's time to make sure that you are swimsuit ready. To help you get in "swimsuit" shape Jen and Elias have come up with a special Summer Body Makeover program. This program will be a fast paced, nonstop, full body workout designed to burn fat and calories fast. In addition to a loss of body fat and better muscle tone you will increase stamina and endurance. So in essence you will look great, feel great, and show off this summer with more confidence. If you are interested in this program call 673-6900 to contact Jen Garrison (ext. 219) and Elias Mendoza (ext. 278).

KIDZ KORNER

by Brenda Page, Kidz Programming Director

It is still cold & flu season! Parents please don't bring your child into the Kidz Center if they are not feeling well. Remember we reserve the right to refuse service to your child. We strive to keep our centers clean and healthy, so please do what you can to help us serve you better. Thank you!

Kidz Annual Easter Egg Hunt & BBQ

Mark your calendars for this fun family event! You and your kids won't want to miss it! As always, a reminder, this is a rain or shine event! The Racquet Club will barbecue hot dogs, serve chips, drinks and desserts. We ask you to sign up and bring a side dish to share with everyone!

Our Egg Hunt starts at 11:00am SHARP! There are three age categories: 0-3, 4-7 & 8-10. Plastic eggs filled with candy and prizes are hidden in separate areas. The Easter Bunny will be there for pictures and will kick off the egg hunt at 11:00am SHARP! Don't forget your Easter baskets! If the weather is nice, bring your swim suit and towel.

LOOK FOR THE ORANGE Flyer (Kidz)

WHEN: Saturday, April 16th

EGG HUNT IS FOR AGES: 0-10

TIME: 11am SHARP – 1pm

WHERE: Rancho Cortez (1471 Richland Road)

COST: \$5.00 each person (sorry no refunds), \$10.00 at the door!



Kerri from Walgreen's Photo Dept. (Tharp Rd.) will be there to take a picture with your child and the Easter Bunny. Walgreen's will offer a discount photo package when you stop in at the Tharp Rd. store location.



Are You Planning A Party?

We have the perfect places! If you are looking for that great place, besides your own home, to have a party, call or e-mail to reserve a great location.

Rancho Cortez: Offers 6 tennis courts, pools (including a baby pool), volleyball with a large grass area, ping-pong, covered picnic tables, BBQ and restrooms.

The Main Club: Outdoor pool, jacuzzi, volleyball, ping-pong, grassy area, covered picnic tables, BBQ and restrooms

Kidz Klub: Pool with slide, hardwood floor for dancing, kitchen, a great playroom with a pool table, air hockey, tables & chairs, the childcare room and outside play area.

Remember to schedule your parties in advance! Contact me by e-mail and receive a rental packet: brenda@yrc.com or 673-6987 ext. 105.

Kidz Time Preschool: A Unique Preschool

(Brought to you by The Yuba City Racquet Club)

Did you know that The Racquet Club has a full time Preschool/Kindergarten Center? We are open M-F, 6:30am-6:00pm. Our Preschool program was built on the desire to nurture and prepare children for Kindergarten as they develop a love for learning. Our staff is highly qualified. At our Preschool you will find curriculum covering, but not limited to, Language, Math, Social Studies, Science, Art, Music and Dramatic Play. There are two great outdoor playgrounds that offer swings, rock climbing wall, tire swing, slides, and our new covered playworld with crawl tubes and more slides, new sandbox and bike trail. Kidz Time is a safe, fun, learning place where your child can enjoy being a kid! Check us out at 1471 Richland Rd. or call 671-2255 (BALL). Ask for Miss Lindsey (Director).



Message from the Aquatics Director

I've noticed many of you are taking advantage of our heated indoor pool. During this busy time I would like to thank you in advance for your patience and cooperation while adhering to the following Swimming Etiquette and Sensibilities:

1. Members must be 14 years and older (Family Swim available 12:00 p.m. - 7:45 p.m. Sat and Sun).
2. Please return any equipment you may use during exercise. Pool equipment for indoor pool only.
3. If you desire or require a lane all to yourself, please choose non-prime times, such as mid-day, evenings after 7:30 p.m., or weekends.
4. Sharing lanes is requested during busy times. Please ask before entering to share a lane.
5. When possible, walkers should use the outside lanes and swimmers the center lanes.
6. Never use lane lines to support your weight; their sole purpose is to divide the lanes.
7. Please dry off before entering locker rooms.
8. Must be 18 or older to use the indoor spa, sauna and steam room.
9. If there are 16 or more participants in an Aqua Class, then the entire pool is reserved for that class. A lane is always open if there are less than 16 participants.
10. Aqua classes begin at their scheduled times, ONLY THE INSTRUCTOR may ask swimmers to vacate their lane in order for the class to begin.
11. ONLY THE INSTRUCTOR may remove the lane lines.
12. Please be considerate of other aqua class participants and your instructor.
13. No food in or around pool and/or spa area.
14. Please do not leave your personal items, including but not limited to, bobby pins, band-aids, hair clips.
15. For emergencies, phone is located on the wall between locker room doors.

Following is a summary of the many current, as well as upcoming aquatics programs offered here at Yuba City Racquet Club:

Parent and Me

Parent & Me is a Water Readiness Class to prepare children ages 6 months to 6 years to learn basic swimming skills and to teach parents how to help their child interact positively with the water. Skills include becoming adjusted to the water and the pool environment, blowing bubbles, arm and leg movements, voluntarily allowing water submersion, and being comfortable floating on tummy and back with assistance. Lessons are held in groups and instructed by Cindy Lopez. Contact Terry Townsend at terry@ycrc.com for further information.

Location: Indoor Pool at Main Club - 825 Jones Road
One lane reserved for this program
Cost: \$45/Session, 8 half-hour classes.
Sessions: Mondays & Wednesdays 6:00pm-6:30pm

Private/Semi-Private Swim Lessons

Private lessons and Semi-Private lessons are offered 7-days a week based on instructor availability. All swim instructors are WSI certified. Lessons are available for both children and adults. One session consists of 8-half hour swim lessons. The price listed is per swimmer. Instructed by Brittany Sheahan and Amy Triphan. Contact Terry Townsend at terry@ycrc.com for further information.

Location: Indoor Pool at Main Club - 825 Jones Road
Sessions: 8-half hour swim lessons
Cost: Private: Member \$90/Session, Non-Member \$105/Session
Semi-Private (2-students): Member \$60/Session, Non-Member \$75/Session
(10% discount to all returning participants)



Junior Stroke

Junior Stroke is specifically designed for children, ages 4-18 that know how to swim and are serious about improving their swimming skills. The primary focus is to teach and refine stroke technique while increasing endurance in a non-competitive environment. Junior Stroke is coached by Dottie Banta. Contact Terry Townsend at terry@ycrc.com for further information.

Location: Indoor Pool at the Main Club - 825 Jones Road
Two lanes reserved for this program
Cost: Beginner (\$45/month) Intermediate/Advanced (\$55/month)
Days: Beginner Tuesday and Thursday 3:30 - 4:00pm
Intermediate/Adv Tuesday and Thursday 4:00 - 5:00pm

Level Descriptions:

Beginner - Must be able to swim 25-yards (one length of the lap pool) with fins in any stroke form. Also must be cooperative and able to swim with other children.

Intermediate/Advanced - Competitive swimmers and swimmers interested in conditioning while improving strokes and turn techniques.

Junior Swim

This program is specifically designed for children, ages 5-18, that know how to swim and are serious about improving their swimming skills. The primary focus is to develop / refine stroke technique and increase endurance in a non-competitive environment. Junior swim is coached by Amy Triphan, Morgan Stacy & Brittany Sheahan. Contact Terry Townsend at terry@ycrc.com for further information.

Location: Indoor Pool at Main Club - 825 Jones Road
Monthly Program
Cost: \$45/month for one session \$80/month for two sessions
Days: Session 1: Monday & Wednesday 6:30 - 7:30pm
Session 2: Tuesday & Thursday 6:30 - 7:30pm

Additional Information: Must be a Yuba City Racquet Club Member to participate.

Junior Lifeguard

Ages 10 and up (if younger please contact aquatics department). Participants must be able to swim 25 yards without stopping with little difficulty. All participants will receive lunch and a souvenir. No certifications will be given. Contact Terry Townsend at terry@ycrc.com for further information.

Session 1: July 9th 11am-4pm
Session 2: July 23 11am-4pm
Cost: \$50

Red Cross Community CPR

For ages 15+, open to the public. Students will receive American Red Cross cards for Community CPR-Adult only, if interested in other red cross courses please see aquatics department. Contact Terry Townsend at terry@ycrc.com for further information.

June 4th 10am-3pm

Cost: \$35
Date: June 4th
Time: 10:00 am - 4:00 pm

Lifeguard Training

Basic water safety class for the public. A must for anyone who has a pool. Satisfies state requirement for foster parents. For ages 15 and up (if younger please contact aquatics department).
Cost: \$160.00

Session 1: April 25 5-8pm
and 26-28 9am-5pm
Session 2: May 1,7,8,14 9am-5pm
Session 3: May 15,21,22,28 9am-5pm
Session 4: June 6,7,8,9,10 10am-4pm

Title 22 Training

Title 22 Training (cost \$100)
Advanced first aid for lifeguards, a state requirement for all lifeguards.

Session 1: May 16,17,18,19 -
5:30pm-8:30pm
Session 2: June 11,12 - 8am-2pm

Basic Water Rescue

Cost: \$45.00

Session 1: June 11 - 2:30pm-5pm
Session 2: July 16 - 12pm-3pm
Session 3: August 6 - 12pm-3pm

Lifeguard Re-Certification

Participants may choose from CPR, Lifeguarding, and title 22 based on what courses they need to re certify in. Cost: \$50.00 + \$10.00 per card

June 3rd 10am-3pm

For any additional information and or questions regarding any aquatics programs, please contact Aquatics Department at (530) 673-6900 x288 or email me at terry@ycrc.com.

JUNIOR PROGRAMS

JUNIOR SPRING TENNIS CAMP

This program is designed to focus on footwork and timing, grips and shot making. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Date: April 25 - 28, 2011

Time: Ages 5-6 8:30am - 9:00am / Ages 7-9 9:15am - 10:45am / Ages 11-15 11:00am - 12:30pm

JUNIOR AFTER SCHOOL - AGES 5-6 (QUICKSTART)

This program is designed for children who are new to tennis. These children are trained in basic and advanced motor skills. We incorporate throwing, catching, rolling, skipping, jumping and running to improve their overall athletic ability. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Mondays & Wednesdays **Time:** 3:00pm - 3:30pm **Ages:** 5-6

Cost: Member: \$49 full session, \$29 1/2 session, \$12 day rate
Non Member: \$59 full session, \$39 1/2 session, \$15 day rate

JUNIOR AFTER SCHOOL - AGES 7-9

This program is designed to focus on footwork and timing, grips and shot making. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Mondays & Wednesdays **Time:** 3:45pm - 4:45pm

Dates: Session 1: March 2, 7, 9, 14, 16, 21, 23, 28, 30

Session 2: April 4, 6, 11, 13, 18, 20, 25, 27

Session 3: May 2, 4, 9, 11, 16, 18, 23, 25, 30

Cost: Member: \$89 full session, \$59 1/2 session, \$20 day rate

Non Member: \$109 full session, \$89 1/2 session, \$30 day rate

JUNIOR AFTER SCHOOL - AGES 10-15

This program is designed to focus on footwork and timing, grips and shot making. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Tuesdays & Thursdays **Time:** 3:30pm - 4:30pm

Dates: Session 1: March 1, 3, 8, 10, 15, 17, 22, 24, 29, 31

Session 2: April 5, 7, 12, 14, 19, 21, 26, 28

Session 3: May 3, 5, 10, 12, 17, 19, 24, 26, 31

Cost: Member: \$89 full session, \$59 1/2 session, \$20 day rate

Non Member: \$109 full session, \$89 1/2 session, \$30 day rate

JUNIOR EXCELLENCE TRAINING (J.E.T.)

J.E.T Tennis is a junior training program open to all high school age players. Focusing on conditioning, drills, strategy and fundamentals of the game. J.E.T is a great way to prepare for a players high school tennis team or Jr. USTA Team. Contact Jim King to check your eligibility for the program.

Days: Mondays, Wednesdays & Thursdays

Time: 4:30pm - 5:30pm

Ages: High School Age (or appropriate skill level, determined by Tennis Director Jim King)

Cost: Member Rate: \$129 full session, \$99 half session, \$20 day rate

Non-Member Rate: \$149 full session, \$119 half session, \$25 day rate

SUNDAY JUNIOR BEGINNING TENNIS (QUICKSTART)

This program is designed for children who are new to tennis. These children are trained in basic and advanced motor skills. We incorporate throwing, catching, rolling, skipping, jumping and running to improve their overall athletic ability. Beginner tennis is the perfect starting point for your growing child. A minimum of 4 children must be enrolled to facilitate this class. Contact Jim King at jimking@ycrc.com for further information.

Days: Sundays **Time:** Ages 5-7: 12:45pm - 1:45pm / Ages 8-12: 2:00pm - 3:00pm

Dates: Session 1: March 6, 13, 20, 27

Session 2: April 3, 10, 17, 24

Session 3: May 1, 15, 22, 29

Cost: Member: \$49 per session, \$15 day rate

Non-Member: \$59 per session, \$20 day rate

ONGOING PROGRAMS

ADULT "QUICK START" TENNIS (BEGINNING CLASS)

Six adult group lessons designed to provide basic tennis skills. Minimum 4 persons enrolled to hold class). Contact Jim King at jimking@ycrc.com for further information.

Ages: Adults

Days: Monday & Wednesday

Time: 6:00 pm - 7:15 pm (Monday & Wednesday evenings)

Cost: \$89 per person / \$79 per person when signing up with a buddy (Buddy Special)

QUICK START SUNDAY ADULT GROUP (BEGINNING CLASS)

Quick Start Sunday Adult Group is a series of Four 1.5 hour group lessons designed to provide basic tennis skills. This class will be held at the Main Club and will focus on forehand, ground strokes, serve and volley, backhand ground strokes, serve and return, and the doubles game. Contact Jim King at jimking@ycrc.com for further information.

Days: Sundays

Time: 11:00 am - 12:30 pm

Dates: Session 1 - March 6, 13, 20, 27

Session 2 - April 3, 10, 17, 24

Session 3 - May 1, 15, 22, 29

Cost: \$89 Includes 6 Hours of lessons for one individual

Buddy Special - \$79 per person if you join with a friend

TUESDAY NIGHT WOMEN & MEN'S DROP IN CLINIC

High octane drills focusing on singles and doubles. This clinic is for full club members only (Minimum 4 persons enrolled to hold class). Contact Jim King at jimking@ycrc.com for further information.

Date: Every Tuesday Evening

Time: 6:30 pm - 7:30 pm

Cost: \$12.50 drop in fee

WEDNESDAY NIGHT WOMEN'S 3.0 CLINIC

Come work on your game with Tennis Instructor Jim King. This clinic is for full club members only (Minimum 4 persons enrolled to hold class). Contact Jim King at jimking@ycrc.com for further information.

Date: Every Wednesday Night

Time: 5:45 pm - 7:00 pm

Cost: \$12.50 drop in fee

THURSDAY MORNING WOMEN'S 2.5/3.0 CLINIC

Come work on your game with Tennis Instructor Jim King. This clinic is for full club members only (Minimum 4 persons enrolled to hold class).

Date: Every Thursday Morning

Time: 9:00 am - 10:00 am

Cost: \$12.50 drop in fee

BALL MACHINE PROGRAM

Take advantage of our Ball Machine Program and work on your game.
Starting as low as \$25 per month for unlimited usage.

Sign up at the front desk or contact Christy at (530) 673-6900 ext. 122 or christy@ycrc.com

TENNIS LESSON PACKAGES

We now offer Tennis lesson packages from 1 to 25 lessons. Financing options available.

For more information please contact Jim King at (530) 673-6900 ext. 121
or jimking@ycrc.com

UPCOMING EVENTS

2ND ANNUAL NOR CAL INVITATIONAL

When:

March 19

(if rainout, make up day on 3/26)

Time:

9:00am (warm ups begin at 8:00am)

For Whom:

Men & Women 3.5/4.0

Participating Clubs:

Yuba City, Redding, Natomas,
Park Terrace & Sutter Lawn

Format:

10 Players on each team

Doubles play

I - Men's 4.0 Team

I - Women's 4.0 Team

I - Mens 3.5 Team

I - Women's 3.5 Team

I - Mixed 8.0 team

Cost:

\$20.00 per person

(includes snacks and lunch)

To sign up contact Christy at
(530) 673-6900 ext. 122 or
christy@ycrc.com

CHICO MIXER

Time for a road trip to Chico.
Doubles play. No partner needed.

When:

April 15, 2011

Time:

Leave YCRC at 5:00pm

Players Needed:

10 Men & 10 Women 3.0+

To sign up contact Christy at
(530) 673-6900 ext. 122 or
christy@ycrc.com



TRANSITIONS

Transitions



lifestyle system®

Clinically Proven Weight-Management System

When you want to lose weight, is it your first instinct to find a new book, magazine, or buy the latest fad diet secrets from a late night infomercial? Do you find yourself cutting your portions in half? Eating portion control package food or even shakes for meals or maybe even eliminating whole food groups? Do you feel you have traded the joy of sitting down to a real meal for junky diet bars and non-nutritious shakes? Is your weight not moving on the scale even though you are restricting your calories and are working out hard at the gym weekly?

Are diets making you crazy? YCRC is pleased to announce Transitions Lifestyle System.

What's Transitions all about?

A new lifestyle - a new you! Transitions is a comprehensive lifestyle system designed to help you achieve your weight loss goals and be healthy!

Not a diet... Transitions is an extensive plan that covers everything you'll need to get fit and trim, not just a set of foods you can or cannot eat. In fact, a big part of the Transitions Lifestyle System is helping you make healthy choices while still eating a normal, diverse diet!

...it's a Total Lifestyle! Our plan doesn't focus just on food like many other systems. The Transitions Lifestyle System™ provides a total-system approach that promotes healthy food choices, behavior modification and menu plans.

The Transitions Lifestyle System includes: low-glycemic index (GI) meal plans and references, a daily journal to guide you, weight-management supplements to accelerate weight loss, behavior modification and support materials to ensure your success, and more!

The biggest plus is the personalized coaching by our certified Transitions Lifestyle System instructors.

So ask yourself this question. Are you sick and tired of struggling with your weight? Transitions Lifestyle System will help you get healthy, lose weight and body fat while EATING! That's right, LOSE WEIGHT and BODY FAT while EATING!

For more information on upcoming classes please contact Dan Duran at (530) 673-6900 x217 or coachdan@yubahealth.com. You can also read more about the program under the "Nutrition" tab at www.ycrc.com.

TLS TESTIMONIAL

by Robert Austin

Let me just start with when I came to the Yuba City Racquet Club. I was in a frustrated state of mind. The problem was me not getting into the gym, and the progress I was not seeing. I felt like, "What's the point?" I was not getting anywhere, so I thought if I just did more cardio and starved myself, it would be the answer to losing weight. What happened next was I lost the muscle I worked so hard to get and kept the fat on. I also felt horrible. I wanted so badly to get into the best shape of my life and nothing was working. I'm not the type of guy who reaches out for better health, but I was at the end of my rope and had to do something about it. I thought that maybe if I opened my eyes to something new, it would work. A trainer was what I needed! So I approached who I thought would be the best fit for me and that's when I met Dan Duran. He had a full schedule at the time, but said he could get me in at the end of October. Great! A couple days went by and Dan came up to me and asked me how I was doing and began telling me about a



BEFORE

AFTER

program that would help me meet my goals, so I asked more questions. After he explained the program to me, all I wanted to know was where and when we started, and that's when my "transition" began.

I started the Transitions Lifestyle Program and at first wondered how I was going to get through the first week. The first couple days were rough, but after reading and understanding why we were doing what we were doing, it all made sense. The overwhelming support from the staff with Transitions and the experience the instructors had in nutrition was enough to convince me. The first thing I learned was "quality, not quantity," and that's how I live my life today. Proper nutrition made all the difference in my attitude and energy levels, and most of all, the supplements were exactly what I needed to continue down the path of good health. They were the final pieces of my puzzle.

Since completing the Transitions Lifestyle Program I feel better than I ever have. I have lost the weight I wanted to lose, and best of all, I can keep it off! I am excited to wake up every day and start my day knowing there will be challenges. It is true there will be people who will try to sabotage you and to them I say, "No thank you." My only goal now is to monitor what I put in my system, and to continue down the path of low glycemic eating, since it gets better every day. I believe that because of this program, I have become the best person I can be and thanks to Dan and the Transitions staff, my goals are being met.

Thank You for this Lifestyle...

TLS TESTIMONIAL

by Victor White, Class of September 2010

My name is Victor White, and I'm a graduate of Dan Duran's Transitions Lifestyle Program. When my wife first talked with me about Transitions, I was very skeptical. I thought it was just another form of Slim Fast dieting; another "sign up thing" that locks you into doing nothing but spending money. However, once I spoke with Dan personally, I wasn't so sure about my original opinion.

I decided to go and see what I could learn. I was 6 years into retirement, had packed on an extra 40 plus pounds, and I thought was eating healthy. Then Dan told us about the Glycemic Index. From that first meeting, I decided to start listening. Throughout the training, I felt Dan was my personal inspiration in so many ways. He was serious, funny, and humble as he weaved the class through all the new material.

I never felt this was anything but a very serious look at how I could improve my life. It became very personal to me, and all of us in the class. Before I met Dan, I couldn't bend down and tie my shoes, without raising up to get a breath. Now I can! I went from 249 lbs, to 217 lbs. I have never felt better physically, or emotionally. Dan also introduced me to resistance training. I'm 66 years old and not able to push iron like I used to, but resistance training I can do easily.

I cannot express enough, my sincere thanks, to Dan and his wife Jen, who also added to the class. I also thank my wife Corey, for having the concern for me, which I needed to get a grip on eating right. I feel so much better when I go to the store and can count on what I learned to buy the right foods for better nutrition.

Dan has made it clear that we are now in his loop. We can come into any new class and be involved in future informationals.

My wife and I are planning another Detox week soon and I plan on keeping with the Transitions approach for the rest of my life... besides, it's so easy!



BEFORE

AFTER

TRANSITIONS

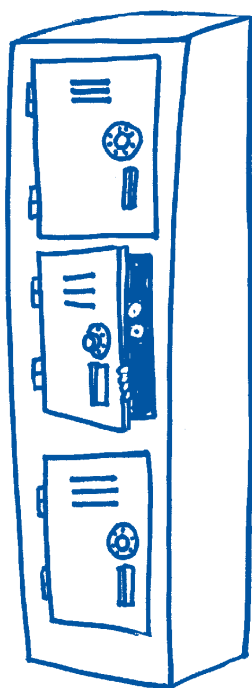
YCRC REMODEL UPDATE

At long last the locker rooms are open. We are very excited and hope you are as well. The new rooms have expanded to seven showers on both the men's and women's sides, compared to four and three respectively. There are all new lockers equipped with Digilock locks- that's right, no more keys! In an attempt to go green, we have installed Dyson Airblade hand dryers; so no more paper towels. We have also installed swimsuit spinners to help dry out wet suits; as a result we will no longer be offering bags for your wet suits. And as a final finishing touch we have added three TV's in each locker room for your enjoyment.

Now that we are finished with phase one of our project we are proceeding with phase two which will include totally remodeled steam and sauna rooms, reconfigured (and enlarged) group exercise and cycling studios, expanded physical therapy, a new Pilates studio and a new training room with TRX, not to mention quite a few new pieces of exercise equipment.

Once the majority of this work is complete, the final phase of the project will be to replace the entire front desk/check in area and smoothie bar with all new cabinets, countertops, a grab-and-go deli case and an internet station. In the former pro shop area we will have a modern member services area that will be much more functional than the current format. And when that is complete we will finish off with all new tile in the corridors and carpet in the office areas.

Come summer we will essentially have a brand new club. We appreciate your patience during construction and look forward to seeing you enjoying our new facility.



NEW
LOCKER ROOMS
NOW OPEN!

WHY PERSONAL TRAINING?

by Tim Whitright

Last Spring my wife Lorraine and I joined the Yuba City Racquet Club because we wanted to get in better shape. Our physical condition at that time wasn't too bad because we had been running and doing some push-ups and pull-ups on a fairly regular basis. We believed that was about all you had to do to be physically fit.

At the Racquet Club we were introduced to Jessica Loeblein, one of the personal trainers. She is certified through PTA-Global. The first thing that you notice about Jessica is that she is pleasant, very personable, and quietly sincere; but most striking is that she absolutely radiates fitness. She is a veritable model of a personal trainer.

We signed up for a twelve week program with Jessica and that's when we began to learn what physical fitness is and what you have to do to get to that condition. In retrospect we also know that it was one of the best life decisions we have ever made; she completely changed our way of thinking about exercise, and our attitude and motivation in an exceedingly positive direction.

She started us out by asking about our health history and goals and assessed our current fitness level with a variety of measurements and exercises. She was able to determine what our beginning level should be by checking items such as our weight, blood pressure, body mass index, percentage of body fat, balance, flexibility, posture, and endurance level with various light exercises.

Jessica then correlated the results by putting together a program of activities that

would enable us to meet our goals. She demonstrated the best way to do each exercise on our personal chart and explained what muscle or muscle group is affected. She also made sure that we understood the purpose of each item, such as whether it was a strength, cardiovascular, balance, flexibility, or coordination activity. She has an impressive knowledge of anatomy, physiology, and how various muscle groups work. She is also quite creative; she can extemporaneously change to another effective exercise. Importantly, she makes the workout sessions fun.

As she watched us working out she would show us different exercises that would serve as an analogue to what we were doing, and she would also modify a particular activity if it was causing a problem. She set us up with so many different alternative exercises that we can continually vary what we do to get a good interesting workout.

Besides being very qualified, talented, and a positive fitness role model, Jessica has the personality to motivate. She is able to communicate and demonstrate her knowledge with enthusiasm; she is a good listener and invariably makes an effort to give thorough answers and explanations. We continue to use our personal chart that she designed for our working out.

We are very grateful and appreciate how much Jessica Loeblein has helped us; we have definitely benefited from her guidance and support. We would absolutely recommend her to anyone wanting to improve their lifestyle through fitness.

COMPLIMENTARY ONE DAY GUEST PASS

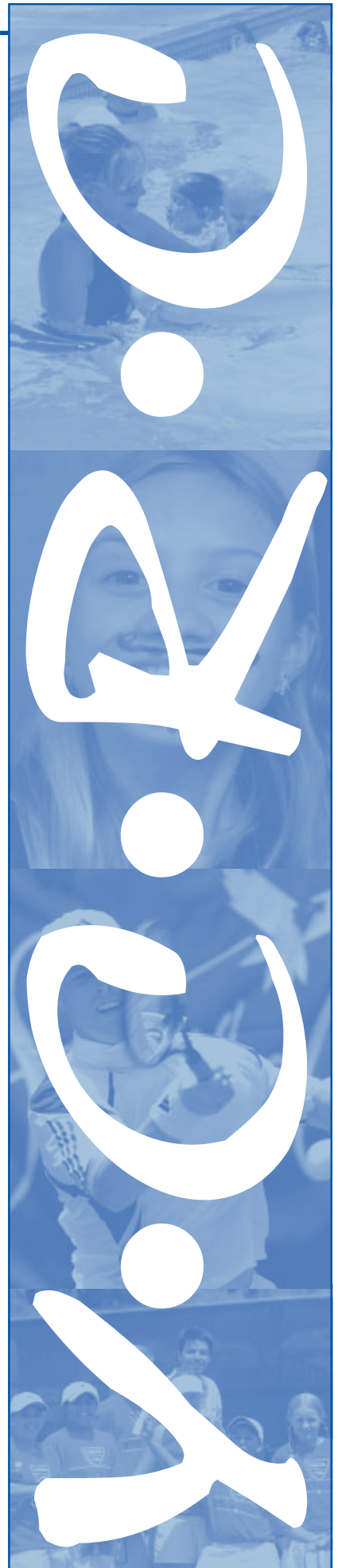
Give this coupon to a friend or family member and let them enjoy a day of fun and fitness at the Yuba City Racquet & Health Club!



825 Jones Road , Yuba City, CA 95991
(530) 673-6900



One coupon per month only please. Some restrictions apply. Expires 4/30/11.



COMING SOON...

LES MILLS
SH'BAM™

SH'BAM is the ultimate fun and sociable way to exercise. Featuring chart-topping popular music and simple but seriously fun dance moves, SH'BAM is the perfect way to let out your inner star-even if you're dance challenged.

Please contact Cyndi Shatswell for details
673-6900 ext. 123 or cyndi@ycrc.com

CLUB HOURS

THE RACQUET CLUB

Monday - Friday
5:00am - 10:00pm

Saturday - Sunday
7:00am - 8:00pm

*The tennis courts are open until 10:00pm seven days a week.

RANCHO CORTEZ

Winter Hours (in effect now)
TENNIS ONLY
9:00am - 6:00pm
Monday - Friday

POWER BLENDZ SMOOTHIE BAR

Mon - Fri 5:00am - 10:00pm
Sat & Sun 7:00am - 8:00pm

IPTS HOURS

Mon - Fri 7:00am - 6:00pm
Saturday by Appointment



Yuba City Racquet & Health Club

825 JONES ROAD
YUBA CITY, CALIFORNIA 95991

PRSRT STD
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YCRC GROUP EXERCISE MENU

CLASS DESCRIPTIONS

ALL OF OUR CLASSES ARE FOR MEMBERS 11 YEARS OF AGE AND UP (CHILDREN 11-13 MUST BE ACCOMPANIED BY THEIR PARENT) UNLESS THE CLASSES ARE MARKED A/O WHICH ARE FOR ADULTS ONLY, 14 YEARS OF AGE AND UP.

Effective 1-18-11	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15AM	BODYPUMP	MORNING RIDE	BODYPUMP	INTERVAL RIDE	BODY COMBAT		
8:00AM	BODYVIVE	BODYPUMP	INTERMEDIATE STEP	BODYFLOW	BODYPUMP	GROUP RIDE	BODYFLOW
9:00AM			GROUP RIDE		POWER CYCLE		
9:30AM	BODYPUMP	BODYFLOW	ZUMBA	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	
10:00AM	POWER CYCLE						
	POWER CYCLE			POWER CYCLE			
	BUTTS, GUTS & YOGA	BODYVIVE	BODYVIVE CARDIO	BODYVIVE	BODYFLOW	BODYFLOW	
	WAVE AEROBICS	H ₂ O COMBO	WAVE AEROBICS	H ₂ O COMBO	WAVE AEROBICS		
10:30AM			TUBE-ILATES				
11:00AM	WAVE AEROBICS		WAVE AEROBICS		WAVE AEROBICS	YOGA	
			YOGA		BODYVIVE		
12:00PM	BODY COMBAT		BODY COMBAT				
	SILVER CIRCUIT	BODYPUMP		BODYPUMP	SILVER CIRCUIT		
4:30PM	BODYFLOW	BODYPUMP	BODYFLOW	BODYPUMP			
5:15PM	CRAZY CYCLE	PEDAL TO THE METAL	CRAZY CYCLE	PEDAL TO THE METAL			
5:30PM	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	BODY COMBAT	BODY COMBAT		
6:30PM	POWER CYCLE		POWER CYCLE				
	BODY COMBAT	BODYFLOW	ZUMBA	BODYFLOW	ZUMBA		
7:30PM	YOGA (A/O)	BODYPUMP	YOGA (A/O)	BODYPUMP			

AQUA CLASSES

- *Aquatic Therapy* - A pool therapy program for IPTS (Integrated Physical Therapy Services) patients. Lane 1 only from 8am to 5pm. Days and times may vary seasonally. Check Group Exercise Menu for exact times.
- *H2O Combo* - Combo of wave and kickboxing with stretching also. Exercises geared toward arthritis sufferers as well as anyone who like's to be fit.
- *Jr. Stroke Class* - Stroke lessons with Dottie Banta. See flyer for more details.
- *Wave Aerobics* - Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners.
- *Deep Water Aerobics* - (Deep water is only held in the summer months.) Held in outdoor pool using a flotation belt (belt is provided). NO IMPACT! Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners. These classes are held in the outdoor pool during the summer months.
- *Swim Instruction* - Lessons for preschool, youth and adults. Offering private, semi-private and group instruction. For more information contact Terry Townsend, 673-6900 x109 or terry@ycrc.com.

GROUP EXERCISE CLASSES

- *BODYCOMBAT* - This energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Strike, punch, kick and kata your way through calories to superior cardio fitness.
- *BODYPUMP* - Weight training to music... "The Fastest Way in Universe to Get In Shape!"
- *BODYVIVE* - Is a low-impact class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, as well as stretching and mobility work. Using Vive balls, Vive tubes and optional hand weights.
- *BODYVIVE CARDIO 1/2 Hr* - A 1/2 hour of the cardio portion of the Body Vive program.
- *SILVER CIRCUIT* - Senior members work on balance, strength and cardio in the Pilates room. Ask Irene Asay or Mindy Dupont for details.
- *TUBE-ILATES* - Pilates with tube strength work.
- *ZUMBA* - The Zumba® program fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program.

MIND BODY

- *BODYFLOW* - Combo of Tai Chi, Yoga & Pilates mat exercises.
- *Butts, Guts & Yoga* - Lower body conditioning followed by 45 minutes of yoga.
- *YOGA* - Builds muscle strength and flexibility with continuous yoga movements.

CYCLING CLASSES

- *Crazy Cycle* - Cycling class with Cyndi Shatswell.
- *Group Ride* - Cycling class with various instructors.
- *Power Cycle* - Cycling class (1 hour).
- *Morning Ride* - Early morning cycling class.
- *Pedal to the Metal* - Cycling class.
- *Interval Ride* - Interval training that will include hill climbing, sprints & jumps.
- **For children 11-13 who participate in a cycling class, riders must fit on the bike appropriately according to the instructor, to be in the class.**

INDOOR POOL Lane 1 Reserved 10am-12pm & 1:30pm-2:30pm For Aquatic Physical Therapy Mon.- Fri.

FAMILY SWIM 12-7:45pm

Sat. & Sun. in Indoor Pool

A/O are adult only classes 14 yrs of age

AQUA AEROBICS

Group Exercise

MIND BODY

CYCLING CLASSES

Kidz Classes

Group Exercise Programs

What : **Kidz Karate & Fitness** - Ages 3-6

When : Tuesday/Thursday 3:30-4:15 pm

Where : Held in the Group Exercise Room

What : **Tumbling & Fitness** - Ages 3-6

When : Monday/Wednesday 3:30-4:15 pm

Where : Held in the Group Exercise Room

What : **Intro to Quick Start Tennis** - Ages 5-13

When : Thursday 4:30-5:00 pm

Where : Held on tennis courts (Weather Permitting)

Limit 2 Classes Per Child

For more information:

call Cyndi at 673-6987 X 123 or Cyndi@ycrc.com



Classes are open to all children who are on family memberships, please see the membership department if you wish to add your children to your membership to participate in these fitness programs.