

# Yuba City Racquet & Health Club

# CLUB VENTURES

NOVEMBER / DECEMBER 2011

## NOTES FROM JUDIE...



"When I was SEVENTEEN, it was a very good year..." sang Frank Sinatra reflecting upon his 51st birthday.

Trying to remember when I was seventeen, it occurs to me that the age of 51 seemed quite old and that should I live to that 'ripe old age' I would be quite content.

Upon turning 51, I thought that 70 was sounding better & better and I hoped to live long past that age.

Well, I have passed 51 and 70 and I must say the 80's & 90's are sounding better and better and may be the "autumn of my years, as vintage wine from fine old kegs, from the brim to the dregs..." (Sinatra again).

What is it about aging that our culture resists? As they say, 'it is much better than the alternative'.

I believe that aging means *more time to experience life*. And how precious that life is to me now, with new joys to experience in each and every day. And as you get older, you realize what you know and you realize what you don't know. You are smarter and you are more stupid. You have more hard won arrogance and also more humility.

There was a Harvard Study done on people who have aged "*successfully*." Here are their findings:

- Orientation toward the future - The ability to anticipate, to plan and to hope.

- Gratitude, Forgiveness & Optimism - We need to see the glass as half full, not half empty.

- Empathy - The ability to imagine the world as it seems to the other person.

- The ability to reach out - We should want to do things WITH people, not do things TO people, or ruminate that they do things TO us. In other words, we need to leave the screen door unlocked.

So what is the job description for living long? BELIEVE THAT YOU'RE SUPPOSED TO - ESPECIALLY IF YOU HAVE MEANING TO YOUR LIFE!

But if fractured hips and nursing home seem to be part of your definition of aging, I recommend that you take regular doses of that universal medicine – regular, structured exercise. It's safe, cheap, and has no side effects, and is available just about anywhere and anytime.

Remember Darwin: "The ones that are the fittest do prevail."

So, as this year comes to an end, I celebrate the changes that have occurred in our club, from new state-of-the-art Locker Rooms, more fitness space for trainers & equipment, a glorious new front entrance, expanded Physical Therapy and a staff of dedicated employees making each member's experience a special one.

Merry Christmas & a Joyous New Year to you all. And to you 20 to 50 year olds who frequent the club, I offer this old adage... "If I knew I was going to live this long, I would have taken better care of my body." You young folks can make that decision right now and outlive us all.

## DIRECTORY

### General Manager

**Pete Bakis, ext. 119**  
*pete@ycrc.com*

## DEPARTMENTS

### Accounting / Billing

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*char@ycrc.com*

### Kidz Programming

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### Fitness / Personal Training

**Dan Duran, ext. 217**  
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### Group Exercise / Pilates

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### Membership / Promotions

**Becky Ray, ext. 124**  
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### Member Services

**Vickie Kuiken, ext. 113**  
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### Tennis / Activities

**Jim King, ext. 121**  
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### Aquatics

**Terry Townsend, ext. 109**  
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### Integrated Physical Therapy Services

**Torben Ulrich, P.T., C.O.M.P.T.**  
673-0567  
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## YUBA CITY RACQUET CLUB

825 Jones Road • Yuba City, CA 95991  
Phone: 673-6900

## RANCHO CORTEZ

1471 Richland Road • Yuba City, CA 95993

## NEW PERSONAL TRAINER: LORI THOMAS



Born and raised in Yuba City, and after being away for several years, I'm back and ready to help Yuba City thrive. I've been in involved in health and fitness for many years now, always knowing I feel best when I'm active and eating right. My mission is to pass that healthy-living enjoyment to the community.

I'm proud to be working at the Yuba City Racquet and Health Club, as well as joining the personal training family. This is my way of working with Yuba City's residents to help cultivate a community that is healthy in many different ways. I can be reached at extension 219 or [Lori@ycrc.com](mailto:Lori@ycrc.com). Come in, say hi, and find what makes you thrive!

## NEW PERSONAL TRAINER: ANGELINO RASUL

Angelino Rasul, Angelo for short, recently graduated from Bryan College and received an Associates Degree in Advanced Health and Fitness.

Angelo studied Tae Kwon Do for 6 years and is a second degree black belt. His favorite training routines are hypertrophy (muscle building), and strength. He loves a good workout and competition. He has been in bench press and pull-up competitions.

### Personal Training Philosophy:

Personal Training is deeper than just helping an individual reach a personal goal, although, yes, it is the main desire of the individual. It is also a way to help promote a lifestyle change towards a healthy long lasting life.

### Hobbies:

- Martial Arts
- Playing Basketball and Handball
- Practicing Calligraphy
- Kettle Bell Training
- Watching Movies

### Angelo's Certifications:

- NASM Certified Personal Trainer
- Associates in Advanced Health and Fitness
- CPR Certified
- 2nd Degree Black Belt in Tae Kwon Do



## END OF THE YEAR HOLIDAY SPECIAL MASSAGE



October 1st through December 31st  
3 One Hour Massages for Only \$150  
(\$30 Savings!!!)

Gift Certificates Available

Make Your Appointment Today!

# DISCIPLINE...

## What is it? Do I have it? Can I get it?

by Dan Duran

Traci sent me the link to a shirt recently, and on the shirt was written, "Discipline is the bridge between goals and accomplishments." She sent it to me because we had recently discussed how much discipline it takes to realize ANY goal, and how DIFFICULT that can be. Goals can come in many forms including; losing 10 pounds, losing 100 pounds, getting stronger or faster, doing a marathon or triathlon, lowering blood pressure, lowering cholesterol, obtaining a degree, or earning a promotion. Regardless of the goal, it takes DISCIPLINE.

The word "Discipline" gives many people the image of a drill instructor, or the military, but is that really what it is? In our context, it should be "Self-Discipline." The dictionary defines Self Discipline as, "the ability to motivate oneself in spite of a negative emotional state. Qualities associated with self-discipline include, willpower, hard work, and persistence." OK, now we're on to something! Will power... Hard work... Persistence...

My August was spent training for an Olympic distance triathlon in Monterey. I had not competed at these longer distances and I was a little stressed. About two weeks before the race, I was asking myself if I was really ready... A week before the race I was almost talking myself out of it. The day before the race, as I looked out into the ocean, cold, wet, and somewhat scared, I asked myself, "What the ---- are you thinking?" I was trying to figure out how to honorably retreat from the challenge! Maybe the only reason I didn't was the financial investment I'd made and the fact that I'd drug my wife all the way over there to support me...

Well – I finished the race, and I did quite well by my own standards and expectations. But what really made me look back and think about what a baby I'd been was watching some of the other athletes compete. There was a group of men and women who were very over weight, yet they put on the wetsuit, made the swim, jumped on the bike, and then ran to the finish! There was a young lady without legs from above the knees and a man who was paralyzed from the waist down! Those two CRAWLED up the beach after their swim and either got on an arm-powered bike or put on prosthetic legs! I felt like such a whiner! My journey had been EASY, when compared to theirs. My lack of belief in myself was apparent! THEY were the examples of strength and discipline!

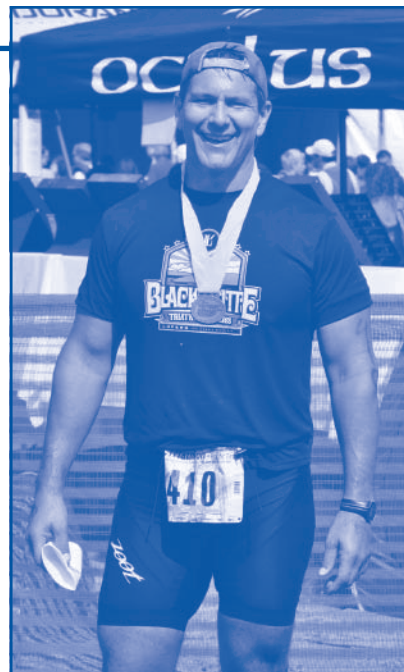
Why do we have such self-doubt? Why do we defeat ourselves before the battle even begins? How many of us NEVER EVEN SET A GOAL, for fear of not realizing it?

Where do we start? Here are my top 7 suggestions based on my own experiences thus far taking on a brand new challenge:

1. Set a REASONABLE goal - I started with a sprint triathlon, which is one of the shortest distances.
2. Get Help! – I was helped immensely by Jon and Chris, who had far more knowledge and experience in this arena.
3. Have support – My wife first and foremost supported me even though it took time away from her and our kids, and money out of the bank. My clients and friends supported me by asking how my training was going and celebrating successes along the way.
4. Be accountable – If it weren't for setting training appointments like swimming or running with Chris and Jon at 6am, I would have STAYED IN BED! I knew they would give me hell if I flaked... The other way I was held accountable was by telling people which events were coming up and that I was committed to. If I flaked, I would feel terrible about it.
5. Make an investment – Every time I think of backing down, I am reminded (sometimes by my wife) that I have \$1000 into my bike, hundreds of dollars invested in equipment and hundreds more invested in entrance fees. Don't forget the supplements and powders! They aren't free either... And of course – the time I have invested. I have spent many hours training, when I could be home with my family, or just doing something relaxing for myself, but I used those precious minutes up trying to reach a goal. No backing down now!
6. Keep setting goals – Now that I have completed 5 races in both sprint and Olympic distance, it's time to do a half-ironman! After that? Well, I'll worry about that when I finish this goal!
7. And of course - NEVER GIVE UP!

Step 1 is the easiest, so set your goal today!

So, as I close this story and your eyes are drawn to the photos on your right, ask yourself, "Who is the real champion?" It's a no-brainer!



## Message from the Aquatics Director

I have noticed many of you 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 12:00pm – 7:45pm Sat & Sun)
2. Please return any equipment you may use during exercise. Pool equipment for the 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 7:30pm, 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 the locker rooms.
8. Must be 18 years 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 the 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. Minimum 3 participants to hold class.

**Location:** TBA

**Cost:** \$45/Session, 8 half-hour classes.

**Dates:** Session 1: 11/7-11/30 Mondays & Wednesdays 6:00pm-6:30pm  
Session 2: 12/5-12/28 Mondays & Wednesdays 6:00pm-6:30pm

### Private & Semi-Private Swim Lessons

Private lessons and Semi-Private lessons are offered all year round 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. To schedule private lesson times, please contact Terry Townsend at 530-673-6900 x109 or [terry@ycrc.com](mailto:terry@ycrc.com).

**Location:** Indoor Pool at Main Club- 825 Jones Road, Yuba City CA 95991

**Sessions:** 8-half hour swim lessons

**Cost:** Private: Member \$90/Session Non-Member \$105/Session  
Semi-Private: Member \$60/Session Non-Member \$75/Session  
(10% discount to all returning participants)



# AQUATICS

## Junior Stroke

Junior Stroke is specifically designed for children, ages 4-18, who 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.

Two Lanes are required for this program. Must preregister and be an YCRC member. Please see registration form for details.

<b>Dates:</b>	October - May		
<b>Days/Time:</b>	Beginner	Tues. & Thurs.	3:15pm - 3:45pm
	Intermediate	Tues & Thurs.	3:45pm - 4:45pm
	Advanced	Tues & Thurs.	4:45pm - 5:45pm
<b>Cost:</b>	Beginner	\$45.00 per month	
	Intermediate	\$55.00 per month	
	Advanced	\$65.00 per month	

### 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** - Increased endurance with refined stroke technique of all 4 competitive strokes. Also must be cooperative and able to swim with other children.

**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 Cody Martin.

<b>Location:</b>	Indoor Pool at Main Club - 825 Jones Road, Yuba City CA 95991
<b>Dates:</b>	Offered Year Round
<b>Days:</b>	Tuesdays & Thursdays 6:30pm - 7:30pm
<b>Cost:</b>	Members - \$45 per month Non-Members - \$75 per month

## NEW JUNIOR SWIM COACH

Please welcome our new Junior Swim Coach Cody Martin. He has a long history of competitive swimming and is certified to teach Water Safety and Life Guarding.

**The indoor lap pool will be closed  
November 24th thru 26th and re-open the 27th.  
(Routine Maintenance)**



# JUNIOR PROGRAMS

## JUNIOR BEGINNING TENNIS WEEKEND TIMES (QUICKSTART LEVEL 1)

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.

**Days:** Every Saturday **Location:** Main Club - 825 Jones Road, Yuba City CA 95991

**Times:** Ages 5-7: 11:10pm - 11:40pm

Ages 8-12: 11:45pm - 12:45pm

**Pricing:** YCRC Member: Ages 5-7: \$39 per session, Ages 8-12: \$59 per session, \$15 day rate

Non-Member: Ages 5-7: \$49 per session, Ages 8-12: \$69 per session, \$20 day rate

## WEEKDAY TIMES (QUICKSTART LEVEL 1)

**Days:** Monday & Wednesday

**Times:** 3:00pm - 3:30pm

**Pricing:** Ages 5-6: \$49 per session, \$20 day rate

## QUICKSTART LEVEL 2

**Days:** Monday & Wednesday

**Times:** 3:45pm - 4:45pm

**Pricing:** Ages 7-9: \$89 per session, \$20 day rate

**Days:** Tuesday & Thursday

**Times:** 3:30pm - 4:30pm

**Pricing:** Ages 10-15: \$89 per session, \$20 day rate

## FUTURE J.E.T. - FJET (JUNIOR EXCELLENCE TRAINING)

**Days:** Tuesday, Thursday & Friday

**Times:** 4:45pm - 5:45pm

**Pricing:** By Invitation; \$129 per session, \$20 day rate

## J.E.T. (JUNIOR EXCELLENCE TRAINING)

**Days:** Monday, Wednesday & Thursday

**Times:** 4:45pm - 5:45pm

**Pricing:** By Invitation; \$129 per session, \$20 day rate

# CONGRATULATIONS

to the 2011 YCHS Girls Tennis Team  
for their second straight undefeated season

J.E.T. YCRC Players

**Hannah Poukish** - League MVP, Top Flight League Singles Champion, Sectional Qualifier

**Sophie Poukish** - Super Doubles Finalist, Sectional Super Doubles Qualifier

**Amanda Perry** - Singles A Flight Champion, Sectional Super Doubles Qualifier

**Kendell Cheim** - Singles B Flight Champion

**Rumyn Purewal** - Semi-Finalist A Flight 1

**Kristen Kent** - B Flight Finalist

**Anisha Gill** - Doubles Champion Flight 3

**Additional Information:** If you need more information regarding any of our Junior programs please contact the Tennis department at (530) 673-6900 ext 121 or jimking@ycrc.com. Pricing is designed on an eight class session with extra days to accommodate for inclement weather.

## ONGOING PROGRAMS

### ADULT QUICK START TENNIS (BEGINNING CLASS)

Six adult group lessons designed to provide basic tennis skills.

**Ages:** Adults

**Days:** Mon & Wed Evenings 6:00pm - 7:00pm  
OR Tue & Thu Evenings 5:45pm - 6:45pm

**Cost:** Members \$79 per person  
Non-members \$99 per person  
(limit 2 sessions for non-members)

### WEEKEND ADULT QUICK START TENNIS (BEGINNING CLASS)

Four adult group lessons designed to provide basic tennis skills.

**Ages:** Adults

**Days:** Saturday Mornings

**Time:** 10:00am - 11:00am

**Cost:** Members \$49 per person  
Non-members \$59 per person  
(limit 2 sessions for non-members)

### TUESDAY NIGHT MIXED DROP IN CLINIC 3.5-4.5

High octane drills focusing on singles and doubles.

**Days:** Every Tuesday Evening

**Time:** 5:30pm - 6:30pm

**Cost:** \$15 drop in fee

### WED NIGHT MEN'S 3.0 CLINIC

Focusing on technique and play based drills.

**Days:** Every Wednesday Evening

**Time:** 7:00pm - 8:00pm

**Cost:** \$15 drop in fee

### WED NIGHT LADIES 3.0 CLINIC

Focusing on technique and play based drills.

**Days:** Every Wednesday Night

**Time:** 5:45pm - 6:45pm

**Cost:** \$15 drop in fee

### THUR. MORNING LADIES CLINIC

Focusing on technique and play based drills.

**Days:** Every Thursday Morning

**Time:** 9:00am - 10:00am

**Cost:** \$15 drop in fee or \$50 per month

## HOLIDAY SPECIALS

### Junior Holiday Camp

Grab a coat and head for the courts. Keep your kids active during Holiday break.

#### Camp I - December 19-22

Ages 5-6  
10:15 - 10:45  
Cost \$39

Ages 7-14  
11:00 - 12:30  
Cost \$59

#### Camp II - January 2-5

Ages 5-6  
10:15 - 10:45  
Cost \$39

Ages 7-14  
11:00 - 12:30  
Cost \$59

# Christmas Toy Drive Tournament

Sign up at the front desk or contact the tennis department.  
Toys will be donated to benefit families in need in our community.



**Date:**  
Saturday, December 3rd

**Time:**  
9:00am - 11:00am

**Entry Fee:**  
One new, unwrapped toy  
and a potluck dish to share.

### Christmas Stocking Stuffers Give the gift of Tennis!

**Tennis Lesson Packages**  
From one 1 hour session to our  
Twenty-Five 1 hour sessions

**Tennis Racquet**  
Get a loved one a tennis racquet  
gift certificate. \$199 plus tax

**Tennis Re-String/Re-Grip**  
This thoughtful gift can go a long  
way on the court. \$34

**Gift certificates** available for  
all Tennis related merchandise,  
classes, private lessons, ball  
machine rental, etc.

Tennis Staff

**Jim King**  
Director of Tennis

**John Morton**  
Junior Development

**Ulrich Capaul**  
**Miguel Barranon**

### CHILDCARE NEWS:

Parents, we're coming into the cold and flu season, 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 Christmas Party

Christmas will be here before you know it! What a fun time for children. Mark your calendars! Parents, this is a great time for you to do a little Christmas shopping while your child gets to have a fun afternoon!

**WHEN:** Saturday, December 10, 2011  
**TIME:** 2:00pm - 5:00pm  
**AGES:** 4-10 Years Old  
**WHERE:** Kidz Klub (747 Jones Rd).  
**WEAR:** Pajamas  
**COST:** \$6.00 each (sorry no refunds)

We will sing songs, make crafts, play games and eat goodies! Each child will get to have their picture taken with Santa.

We hope to see you here. Look for the Orange Flyer (KIDZ) to sign up or come into the Kidz Klub. For more information call Brenda x105 or Tina x206. Happy Holidays from the Children's Department!



### The Great Pumpkin visited Kidz Time in October!

Grown by Brandt Bordsen of Yuba City, Keith Bordsen brought it by for all to see & have their picture taken with it! Weighing 1494 pounds, WOW!

# BUILD YOUR OWN BODY!



Don't let the holidays turn into:  
"The Nightmare Before Christmas"  
Give the gift of fitness and  
***BUILD YOUR OWN BODY!***

## **Holiday Gift Cards Available Now**

(Choose three of the following services)

- 60 minute session with a personal trainer
- 60 minutes of nutrition counseling
- 60 minute Pilates session
- 60 minute Swedish massage
- Two 20 minute Power Plate sessions

**ONLY \$179**

**Gift Certificates can be purchased at the Front Desk  
or ask a YCRC trainer for more details  
530.673.6900**

# TRANSITIONS ONE ON ONE

By now you have probably heard about our incredible Transitions Lifestyle System (a scientifically proven lifestyle and weight management program). Maybe you even have a friend or loved one who has successfully completed it? But... Somehow, YOU JUST CAN'T manage the class times due to your busy lifestyle.

There is a solution! As a Certified Transitions Lifestyle Coach and Personal Trainer, I coach individuals "one on one" through the 12-week program, accommodating their busy schedules, while obtaining FANTASTIC results! I can work around your busy life with less stress and less time, and talk about Accountability!! If this sounds like a solution to your situation, I'd love to hear from you so we can discuss our options!

If not YOU, then WHO?  
If not NOW, then WHEN?

Beth Tortosa  
673-6900 x217



# Transitions



## 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](http://www.ycrc.com).

## TRISHA AND JOEY MCDANIEL'S TESTIMONIAL

After moving to Massachusetts last year, my husband and I decided to take a vacation to California to visit all our friends last April. Of course we were very excited to be reunited with our friends, but surprised to see that they had shrunk a couple sizes! They gave Dan and the Transitions Lifestyle System credit for their success in weight loss, and after a week of hearing all their stories, we decided we just had to give it a try. Luckily for us, Dan and his wife agreed to be our coaches via Skype from over 3000 miles away!

Our friends gave us the motivation, and Dan prepared us well for that first difficult week of detox. After that, it was smooth sailing. I enjoyed learning about the glycemic index, the ingredients in the foods we eat, and how to read labels. It all made sense! Why wasn't I eating like this before? Now 3 months later, and down 2 pant sizes, not only is my waistline happy, but I have a new found sense of energy. I feel I am more productive in my daily routine and have better balance in my life! Transitions, like any good thing, requires time and effort in the beginning to learn and adapt to, but ultimately, when you see and feel the results.....it's a no-brainer!



# GROUP EXERCISE AND PILATES

by Cyndi Shatswell



When I sat down to write this article, all I could think about was that writing for the last quarter of 2011 means that Christmas really is "right around the corner." How did that happen? Of course, I also had to ask myself how it happened that I am beginning my 20th year at YCRC (I simply cannot be that old). Time really does fly when you are having fun. That is what my department is all about... FUN!! Group Exercise is the best way to make a workout "fun." With all of the classes and programs we have, it is difficult NOT to find something you will like. I would really like to take this time to say Thank You to all of the members who make my job fun. All of the YCRC instructors love to see you in our classes having a good time while doing something good for yourself. We are excited to be a part of your goals, and your accomplishments. Thank you again for allowing us to help you reach your goals and have fun doing it.

The holidays will fast approach. Make sure that you are prepared to fight off the extra 7-10 pounds that many people gain during this time of year. Over the years I have set up many fitness challenges. We will be doing another one in January. In the mean time, I want you to create your own. Grab a few of your friends and challenge them to see who can keep off the weight, or gain the least from October 1st to December 31st. As I have pointed out in many of my articles, workouts are more fun and get better results when you work out with a buddy (or buddies).

Keep each other accountable during this time when it is so hard to do that yourself. Talk to each other about upcoming holiday parties and how you are going to avoid overeating at them. When you are asked to bring an appetizer to a get-together, make yours low fat or add fruit and veggies to make it a more healthy choice. You will find that your fellow party goers will appreciate the option. Tell each other your goals and help each other to achieve them. Set appointments to work out together. **KEEP THESE APPOINTMENTS.** Encourage and cheer each other on your quest for fitness and overall health for the upcoming year. If you need help with any of these things ask your fitness instructors and trainers here, at the club. We would love to be a part of your challenge and assist in any way we can.

## What's Coming in Fall 2011?

### November 2011

- Extreme Ride-2 hour spin class on Friday November 25th 9-11 am  
Sign-ups begin November 1st. There is a \$20 charitable donation required.
- Les Mills Extreme class Saturday November 26th 9-11 am. Participants will do 20 minutes of each of our six Les Mills programs, including BodyPump, BodyCombat, BodyVive, BodyFlow, CX30, and SH'BAM.

### Pilates

- New beginner class has started on October 4th. There is still one spot left and time to join.

If interested, please call me at 673-6900 ext 123.

## 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 12/31/11.



# YCRC'S ANNUAL THANKSGIVING LUNCHEON

***ALL MEMBERS WELCOME!***

**Date: Tuesday, 11/22/11  
Time: Noon**

**Members bring the fixins'...**

**A-G: Sides**

**H-N: Desserts**

**O-Z: Salads**



## CLUB HOURS THE RACQUET CLUB

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

Saturday - Sunday  
6:00am - 8:00pm

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

## RANCHO CORTEZ

Monday - Friday  
9:00am - 6:00pm  
Tennis Only

## 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



**10% off at New Earth Market  
through 12/31/11. Just show  
your YCRC keytag for discount!**



*Yuba City Racquet & Health Club*

**825 JONES ROAD  
YUBA CITY, CALIFORNIA 95991**

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Permit No. 46

Effective 10-24-11	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15AM	BODYPUMP	MORNING RIDE	BODYPUMP	INTERVAL RIDE			
7:30am							
8:00AM	SH'BAM	BODYPUMP	INTERMEDIATE STEP	BODY FLOW	BODYPUMP	GROUP RIDE	BODY FLOW
						BODYPUMP	
9:00AM			GROUP RIDE		POWER CYCLE		CX30
	BODYPUMP	BODY FLOW	ZUMBA	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	
9:30am	POWER CYCLE						
10:00am	BODY FLOW	BODYVIVE	BODY PUMP	BODYVIVE	BODY FLOW	BODY FLOW	
	AQUA AEROBICS ALL LANES (A/O)		AQUA AEROBICS		AQUA AEROBICS		
11:00AM	AQUA AEROBICS		AQUA AEROBICS	ZUMBA	AQUA AEROBICS	YOGA	
	YOGA		YOGA				
12:00PM	BODY COMBAT	BODYPUMP	BODY COMBAT	BODYPUMP	CX30		
	SILVER CIRCUIT				SILVER CIRCUIT		
4:00PM	CX30		CX30				
4:30PM	BODY FLOW	BODYPUMP	BODY FLOW	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 (STARTS 11:0)				
	BODY COMBAT	BODY FLOW	ZUMBA	BODY FLOW			
7:30PM	YOGA (A/O)	BODYPUMP	YOGA (A/O)	BODYPUMP			

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.

**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 likes 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, 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 BodyVive program.
- **SILVER CIRCUIT** - Senior members work on balance, strength and cardio in the Pilates room. Ask Irene Asay or Mindy Dupont for details.
- **ZUMBA** - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.
- **SH'BAM** - Featuring simple but seriously hot dance moves, SH'BAM is the perfect way to shape up and let out your inner star-even if dance isn't your natural thing.
- **CX30** - This 30-minute workout is formulated with a carefully structured, scientific approach and intensity that will tighten and tone, improve functional strength and assist in injury prevention. Class consists of exercises

**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

AQUA AEROBICS  
A/O are adult only classes 14  
Group Exercise  
MIND BODY  
CYCLING CLASSES

# Kidz Classes

## Group Exercise Programs

**What :** **Kidz Karate** - Ages 6-12

**When :** Monday & Wednesday

**Time :** 5:00pm - 5:30pm

**Where :** Held in the Group Exercise Room

**For more information:**

call Cyndi at 673-6987 X 123 or [Cyndi@ycrc.com](mailto:Cyndi@ycrc.com)

**What :** **Kidz Tennis** - Ages 5-6

**When :** Thursdays

**Time :** 4:30pm - 5:00pm

**Where :** Main Club Tennis Courts

(\*\*Children may take this class a maximum of 2 times)

**For more information:**

call John at 673-6987 X 268 or [john@ycrc.com](mailto:john@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.**