

Yuba City Racquet & Health Club **CLUB VENTURES**

SUMMER 2011

YCRC 1.5 MILLION DOLLAR REMODEL COMPLETE!

We did it! After 9 months of construction, our latest remodel is complete. We're sure you will agree that our club is the premier health and fitness facility in the area.

The remodel started with the locker rooms closing for a complete overhaul. Everything was removed and replaced- from the plumbing to the showers. We added all new lockers with Digilock electronic locks and we added top of the line amenities such as Dyson Airblade hand dryers and Suitmate swimsuit spinners- definitely a touch of class.

With the declining popularity of racquetball, we made the decision to convert our remaining two courts into useful space. We added a second floor, of which one room is a new Pilates Studio and the other is a dedicated group training room where our personal trainers bring their clients to perform their many exercises. The ground floor of the former racquetball courts became part of our expanded Physical Therapy Clinic (Integrated Physical Therapy Services) as well as a new family locker room, new laundry room and additional space for the new locker rooms.

Entering the club, the remodeled check-in/front desk area is apparent, as well as the new snack bar and lounge and an all new member services area which is very user friendly.

Continuing through the club one will notice the brand new dry sauna and steam rooms. A quick trip up the stairs is the new spin room adjoined by the newly expanded group exercise room. We have also updated our upstairs kitchen area and banquet room, so we are ready to entertain!

There is plenty more to mention, such as numerous ADA accessibility upgrades (including an elevator), an upgraded parking layout, and new landscaping, not to mention a whole line of new exercise equipment.

A special thanks to Hilbers Inc., the general contractor for the job. It wasn't easy keeping our club running during the construction, however, Hilbers did a nice job of phasing the remodel with the least impact to our members as the primary concern.

Now that the job is complete we invite you to come and enjoy all that we have to offer- we are sure you won't be disappointed.



DIRECTORY

General Manager

Pete Bakis, ext. 119
pete@ycrc.com

DEPARTMENTS

Accounting / Billing

Charlotte Hammons, ext. 120
char@ycrc.com

Kidz Programming

Brenda Page, ext. 105
brenda@ycrc.com

Fitness / Personal Training

Dan Duran, ext. 217
dan@ycrc.com

Group Exercise / Pilates

Cyndi Shatswell, ext. 123
cyndi@ycrc.com

Membership / Promotions

Becky Ray, ext. 124
becky@ycrc.com

Member Services

Vickie Kuiken, ext. 113
vickie@ycrc.com

Tennis / Activities

Jim King, ext. 121
jimking@ycrc.com

Aquatics

Terry Townsend, ext. 109
terry@ycrc.com

Integrated Physical Therapy Services

Torben Ulrich, P.T., C.O.M.P.T.
673-0567
ipts@ycrc.com

YUBA CITY RACQUET CLUB

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

RANCHO CORTEZ

1471 Richland Road • Yuba City, CA 95993

78 CLASSES A WEEK ARE INCLUDED!

by Cyndi Shatswell



Did you know that when asked, 90% of people would rather work out in a group than by themselves? We do. That is why we offer over 75 Group Fitness Classes each week, as a part of your membership. When working out in a class, you will get to know other members who will assist in integrating you into the club, and keep you accountable when you miss a class. When is the last time a treadmill asked where you've been because you missed a week? We have classes for every fitness level. Our Les Mills classes are some of our most popular.

- **BodyPump** is weight training to music and requires no dance skills. BodyPump is "the fastest way in the universe to get in shape." This class is weight training for all body parts and you can start with little or even no weights.
- **BodyFlow** is a combination of several mind-body workouts including Tai Chi, Yoga, and Pilates. It increases flexibility, balance, and strength.
- **BodyCombat** is an intense cardio kickboxing style workout that will have you kicking and punching your way to fitness.
- **BodyVive** is low impact aerobics with toning work done with tubing and a small ball.
- **SH'BAM** is Les Mills newest dance craze. This super easy, 45 minute, fun dance class will have you smiling and dancing so much you will hardly realize you are working out.
- **CX 30** is the newest class in the Les Mills family and we have it. This is a 30 minute intense core class that will work your abs, back, hips, and glutes and leave you with a strong lean core. Who doesn't want that?
- **Step aerobics** has been around since the late 80's but is still a great workout using a bench to step up and down on.
- Our **water aerobics** classes are the best in town. We have both shallow and deep water classes that are non-impact. You won't believe that you are sweating while in the pool.
- **Cycling** or "spin" classes are very popular here and contrary to popular belief, are for any fitness level, not just the ultra fit. Instructors will help to set you up in your first class and the intensity level is up to you. It's as easy as... well, riding a bike.
- **Zumba** is a popular dance class with a Latin flair. Simple steps make this class a fun way to shake off the calories.
- **Yoga** is a great mind body class that will let you work and stretch every muscle in your body and then relax with traditional yoga poses.

With all these choices and new ones being added all the time, there is something for everyone in our Group Fitness Department. I didn't even get around to mentioning our Kids Fitness classes. We will be starting Kids Karate in August. This class is for 6-12 year olds and will be held on Monday and Wednesday evenings at 5 pm. This class will be taught by Mindy Jorgensen, who is a fifth degree black belt in karate and has over 18 years of martial arts experience. Kids will even be able to test for belts.

WHAT IS YOUR OBSTACLE?

by Dan Duran

This month I feel compelled to write about something that has been heavy on my heart again. I am going to lay the cards down on the table and ask two simple questions... What is holding you back? What is your obstacle?

Time and again I meet people wanting to take control of their health. They say they are ready. They say they are sick and tired of being sick and tired. They fear the worst is imminent, like diabetes, heart disease, or hypertension. They are then asked if they would like nutritional counseling and most often their answer is, "I know how to eat right." When asked about personal training they say, "That's why I joined the gym, to work out on my own." I look at their health questionnaire and inevitably one of their top four reasons for joining the gym is to lose weight. Yet, after seeing them pop into the gym for about a week or two, walking around aimlessly, trying this machine and that one, they disappear. I sometimes never see them again. Their gym dues and enrollment fees spent for nothing. Their intentions were great, but the effort, education and motivation were not there.

On the flip side, I often see the same people in a gym, week after week, month after month, sometimes year after year, making no progress. They take cardio classes or work out with weights almost daily, yet their body composition and fitness levels remain the same. Either they have not gained any muscle or "toned up," or they are still carrying the extra body fat around they want to lose. This occurs because of poor nutrition and lack of education, not lack of motivation. Why do we set ourselves up for failure? What can we do about it? If personal training and nutrition classes are not an option, what can you do?

Well, for starters, all new members receive three sessions with a Certified Professional Trainer. The club is willing to pay the trainers for their time to help the member become "integrated" into our club. This is your time to set goals, ask questions, and receive information and exercise ideas specific to your goal. It is also a great time to form a relationship with that trainer so you can ask them specific questions in the future. You can always stop ANY trainer and ASK. We are here to help ALL of our members, not just our clients! If you like to do your own research, ask either a professional trainer or a friend you have seen meet their goals for books, videos, magazines, or websites to learn from. You can start training with someone you know who seems to know more than you do. You can even ask another member whom you don't know for advice. The point is... ask questions and get answers! Without a plan or a purpose and left to our own devices, many of us will flounder around until we get bored, frustrated, or injured. Are these acceptable options?

So I ask you again... What is holding you back? What is your obstacle?

YOUTH SPORTS PERFORMANCE CAMP IS FINALLY HERE!

Do you have children playing sports? Do your friends have children playing sports? Would you like a program designed specifically for their improved performance? Would you like it designed by Certified Personal Trainers who specialize in improving health, performance and wellness? We have just what the coach ordered! Our camp is a six week program geared toward youth from 12 to 18 years of age. Our Certified Personal Trainers will provide your young athletes training in balance, agility, coordination and increased strength and speed utilizing the latest and greatest in training equipment such as the Power Plate, TRX, RIP Trainer, kettle bells, ViPR's and the battle rope. The youth will train both at the main club indoors and on the tennis courts as well as at our extension, Rancho Cortez, which has a large grassy area simulating a sports field. We offer a climate controlled facility and pools to jump in when they are done!

Melissa Rice and Kris Haines, both athletes, are your coaches for this program and you can be assured that they are passionate about improving sports performance in youth. They will not only challenge them twice a week in and out of the gym, but they will also provide each athlete with a personalized six week strength training program they can do in addition to what our coaches provide.

Our camps will be ongoing and will accommodate athletes from any sport or discipline so it's never too late! The young athletes need not be members to participate, so tell your friends! For more information, please contact Melissa Rice at (530) 673-6900 x254 or Kris Haines at x253.



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. **Additional Information:** Children who are not potty trained must wear a swim diaper at all times. Parent must be in the water with their child at all times.

Location: Indoor Pool at Main Club - 825 Jones Road
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. To schedule private lesson times, please contact Terry Townsend at 530-673-6900 x109 or terry@ycrc.com.

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)



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. **Additional Information:** Must be a Yuba City Racquet Club Member to participate. For further information, contact the Aquatics Department at (530) 673-6900 x 109 or terry@ycrc.com.

Location: Indoor Pool at the Main Club - 825 Jones Road
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 - 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 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.

Need Red Cross Certification?



If you need to be certified in any Red Cross course such as First Aid, CPR, or AED please contact Brittany Sheahan at 673-6987 X289 or brittany@ycrc.com for more information.



CHICO MIXER

We are looking for 20 Yuba City 3.0+ tennis players to participate in our Annual Chico Mixer. We will be hosting Chico here at YCRC. Please contact Jim King at (530) 673-6900 ext 121, jimking@ycrc.com or christy@ycrc.com to sign up.

Date: Friday, August 19, 2011
Time: 6:30pm
(Warm-up begins at 6pm)
Cost: \$20 per person

YCRC JR. OPEN TOURNAMENT

Sign up on the USTA NorCal website: www.ustanorcal.com. This tournament is for intermediate to advanced players that have experience with competitive match play.

Date: October 1-2, 2011
Divisions: Open: BG(18-14)s, SE; BG(12-10)s, FRLC; Novice: BG(14-10)s
Entry Fee: \$41.35 per player

JR. FRIDAY NIGHT TENNIS & PIZZA

Bring the kids out for a fun filled evening of tennis, skills and drills followed by some delicious hot pizza.

When: July 29th, Aug. 26th, Sep. 23rd and Oct. 21st
Time: 5:00pm - 6:30pm
Ages: 7yrs - 15yrs
Cost: \$15 per child, \$12 if currently enrolled in an YCRC Junior tennis program.

Tennis Staff

Jim King - Director of Tennis

John Morton

Ulrich Capaul

Miguel Barranon

JUNIOR PROGRAMS

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.

Days: Mondays & Wednesdays **Time:** 3:00pm - 3:30pm
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.

Days: Mondays & Wednesdays **Time:** 3:40pm - 4:40pm
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 10-14

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.

Days: Tuesdays & Thursdays **Time:** 3:30pm - 4:30pm
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 player's high school tennis team or Jr. USTA Team. Contact Jim King to check your eligibility for the program.

Days: Mondays, Wednesdays & Thursdays
Time: June - Mid August 11:30am - 12:45pm
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.

Days: Every Sunday **Time:** Ages 5-7: 12:45pm - 1:15pm / Ages 8-12: 2:00pm - 3:00pm
Cost: 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

SATURDAY 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.

Days: Every Saturday **Time:** Ages 5-7: 11:10pm - 11:40pm / Ages 8-12: 11:45pm - 12:45pm
Cost: 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

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)

Five 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)

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)

ADULT 3.5-4.0

TUESDAY NIGHT LEAGUE

2 Women, 2 Men per team. Create your own team or be assigned a team.

Date: Starting September 6th

Days: Thursdays

Time: 7:00pm - 8:30pm

Cost: \$20 League Fee

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 or \$50 per month

WED NIGHT MEN'S 3.0 CLINIC

Focusing on technique and play based drills.

Days: Every Wednesday Evening

Time: 7:15pm - 8:15pm

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

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 or \$50 per month

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

ADULT FUN LEAGUE WEDNESDAYS

All Levels for fun social play.

Date: Sept. 7 - Oct. 26, 2011

Days: Wednesdays

Time: 7:00pm - 8:30pm

Cost: \$20 League Fee

THIRSTY THURSDAYS

Come out and enjoy some doubles tennis. No partner needed.

Date: Ongoing

Time: Warm up at 6pm

Play begins at 6:30pm

Cost: \$10 (dinner included)

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

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 / christy@ycrc.com

ULRICH CAPAUL, TENNIS PRO



Ulrich, born and raised in Yuba City, has played tennis at the Racquet Club since he was 12 years old. He was a part of the varsity high school tennis team where he was a part of 2 team league championships and won 2 individual league championships. At UC Santa Cruz he was part of 2 national championship teams and fortunate enough to be a part of Bob Hansen's coaching golden years, while he majored in Business Management Economics and Environmental Studies. After getting his USPTA Certification he is currently looking forward to building a junior excellence program. In his spare time he enjoys playing tennis, ping-pong, traveling, music, concerts and socializing.

JOHN MORTON, TENNIS PRO



John was 10 years old when he began playing tennis at the Yuba City Racquet and Health Club. He grew up in the YCRC junior programs and thanks to their excellent coaching he played tennis for Sutter Union High School. John went on to play singles and doubles for the Sonoma State Men's Tennis Team while he attended college as a Sociology major. After coaching tennis in various Sonoma County Tennis Clubs, he co-taught an introduction to tennis class for Sonoma State University, John has returned to Sutter County to join the great coaching staff at the YCRC. John states, "It is a great feeling to be teaching tennis at the same club where I learned to love the game." His hobbies include golf, reading, camping, and lots of tennis.



KIDZ KORNER

KIDZ KORNER

by Brenda Page, Kidz Programming Director

CHILDCARE NEWS:

Reminder please schedule in advance for the nursery, (4wks-6years old).
No appointment needed for Kidz Klub 7-13 years old. Thank you.

Kidz Kamp Out Hawaiian Style

School has started and the Kidz need a fun break already!

WHEN: Saturday, August 20th-Sunday 21st.

WHERE: Rancho Cortez (1471 Richland Rd).

TIME: 6pm Sat. Night - 8am Sunday Morning.

BRING: Tent (if you have one), sleeping bag, pillow, PJ's, flash light, swim suit, towel and be ready for fun!

COST: \$45.00 each (sorry no refunds)

Best dressed boy & girl will win a prize!

Drop your child off at 6pm Saturday and we will feed them dinner, snacks, swim, roast marshmallows (s'mores), play games, and watch BIG screen movies. There will be a lifeguard on duty all night. We will serve a pancake breakfast in the morning. Your child will need to be picked up by 8am on Sunday! Sign up in the Kids Klub. Look for the ORANGE FLYER (kidz) to sign up. See you there!



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)

Our preschool program is kicking off with the new school year starting up. Please come by and see our programs.

We will be hosting an Open House.

When: Thursday Night, August 11th

Where: 1471 Richland Road Y.C.

Time: 7:00pm-8:30pm

Please contact
Director Lindsey Garewal 671-2255
or Brenda Page Administrator 673-6987 ext. 105

—INTEGRATED PHYSICAL THERAPY SERVICES—

Nathan Augustine

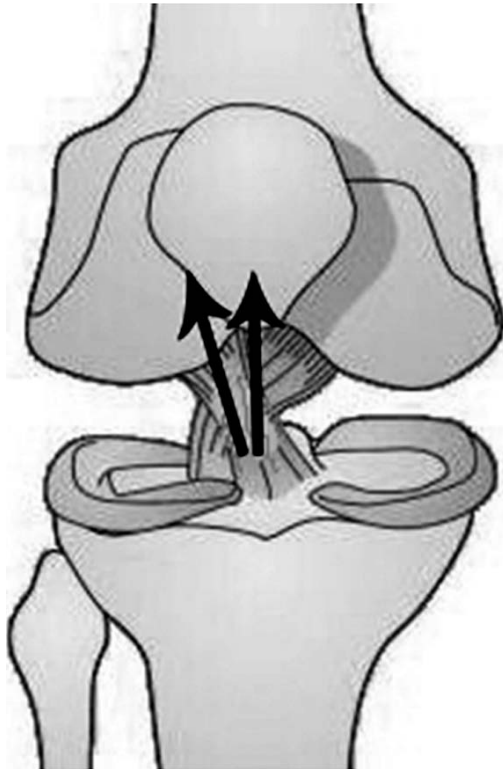
In the short time that I have been a physical therapist at IPTS, I have recognized a common knee injury that can be treated and relived with minimal treatments necessary. The knee is a highly complex joint that relies on balance of muscle strength and synergies and alignment of joints above and below the knee.

The knee injury I see most often is called Patellofemoral Pain Syndrome. A long name, but a simple fix. The Patellofemoral joint is the knee cap gliding through a groove of the femur bone. Each time you bend the knee, the knee cap glides freely through the groove. If the alignment of this joint is out of line, the knee cap endures repeated high compressive forces from the bony prominence of the femur, called the condyle, each time you bend the knee, leading to breakdown and softening of the cartilage on the back of the knee cap (patella). The most common complaint is pain with ascending (up) and descending (down) stairs and/or squatting down.

So, what can lead to this malalignment???

- Muscle range of motion imbalances of the hip, knee and/or lower leg.
- Muscle weakness of the hip, knee and/or lower leg (hip being most common).
- Wide hip-to-knee angle (Q-Angle), most common in women.
- Running on one side of road chronically.
- Falling arches without arch support or worn running shoes.
- Overpronation of the foot with weight bearing.
- Repeated deep squatting position or jumping with poor mechanics.
- Inadequate growth changes to the femur and or knee cap during development.

All of the above malalignment issues lead to the picture below where the knee cap glides to the lateral aspect (outer) of the femur causing high compressive force as the knee bends.



Our treatment approach is recognizing the culprit and addressing the problem by teaching proper body mechanics, strengthening of the weaker dominated muscle groups, functional training so you may return to your prior level of function with minimal pain and the tools to correct the issue if it were to arise in the future. You may ask your Doctor if Physical Therapy is right for you and request a referral, or if you have not done so already, use your one complimentary consultation with one of our licensed PT's and have an evaluation.

Get on your way to being you again!



**Transitions
Classes
Start
August 17
and
September 7**

**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



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 Darren Morehead

Simply put, the Transitional Lifestyle System changed and renewed our lives! My wife Coleen and I were active, healthy and energetic when we met some 15 years ago. Two beautiful kids, two growing businesses and many life challenges later, the activity and energy of our beginning had turned into a stressful blend of family and business obligations. My doctor had warned me numerous times over the past few years that my creeping weight gain had turned into obesity; finally, prescribing Lipitor to battle an elevated cholesterol number. I began feeling hopeless and ashamed of my body, refusing to look at myself in the full length mirror that hangs in our bedroom. Coleen had heard about Transitions at the Racquet Club and over the next few weeks, convinced me to go to the orientation. The rest is history!

Transitions is first and foremost an educational program that teaches you how food affects your physiology. Coach Dan Duran and his wife Jen are terrific motivators and educators that make going to the weekly sessions fun! The five step system is fairly simple; learning how to eat on your own using the Glycemic Index (GI), using nutritional supplements, exercise, journaling your eating, exercise and thoughts, and getting feedback from your coaches and fellow classmates add up to the education, motivation and implementation for success. The friendly competition between Coleen and I also didn't hurt!

Do as Coleen and I did. Get your energy back. Get your confidence back. Get your life back. Take the Transitions class. It will change your life.

YUBA CITY MUD RUN

May 14th brought in gusty winds and some welcome sunshine after many endless rainy days, all of which was a welcome relief to the 400 plus participants of the first annual Yuba City Mud Run. The event was hosted by Elite Fitness and sponsored by a number of local businesses which included the Yuba City Racquet & Health Club. The purpose of the event was to bring a fun, exciting and entertaining physical fitness event to the community that anyone could participate in and raise awareness for youth sports and training in our area.



The day was full of individuals and small teams ready to challenge the elements and get a little muddy. Some had trained hard for weeks and were ready to test their skills and compete for the best time while others wanted nothing more than to see how dirty they could get. Regardless of the reason for running, it is safe to say fun was had by all. YCRC's own member, Marcos Gonzalez, crossed the 2 mile finish line at 15:47.2 and he is only 10! There were the crazy tuxedo and sombrero guys and even an appearance by Sponge Bob Square Pants. The smiles, laughs and, of course, the Facebook picture opportunities seemed to be endless. The clapping, high fives, congratulations and the incredibly consistent audible encouragement, "Come on" "You can do it" was empowering and a great reminder of why we were all there.

The venue offered a great chance for local businesses to reach out and support youth sports. Thanks to all that were able to come out and to all of the great volunteers who helped make the event possible. Elite Fitness was a great host at the 1st Annual Yuba City Mud Run and we all look forward to many more.

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 8/31/11.



35 YEARS, A LOOK BACK

by Judie Jacoby

In the early seventies I was “bitten” by the tennis bug, I couldn’t get enough of it, nor could my friends. Soon we were desperate for courts to play. I gathered supporters for a new club and at our first meeting fifty people each handed me a check for \$50 for the “possible” new club.

I selected the parcel we now occupy, primarily because it had a “neighborhood” feel to it. The original club consisted of 10 lighted tennis courts, 4 racquetball courts (with cement floors), an outdoor pool & jacuzzi (then considered state-of-the-art) and the clubhouse. We held our official grand opening in January of 1976. Within the month we closed our membership as we had 350 families supporting the Club, and that was the number of members we felt that we could handle and not have crowded courts.

In April of 1987 we purchased Rancho Cortez Swim & Racquet Club. The amenities include six tennis courts, children’s wading pool, diving and lap pools and a children’s playground. Rancho has been a nice addition as an annex for tennis activities and junior tennis camps and a wonderful “family hangout” all summer long.

With the decline of racquetball and the increased need for fitness space, we converted four racquetball courts into two floors (6,400 sq. feet) of state-of-the-art free weights and weight machines. In addition, we added a Pilates Studio, cycling center and glassed in our group exercise floor.

We have also added several amenities to our main facility, including Physical Therapy, the Club Café, and a wonderful new “Kidz Klub” next door. We also have “Kidz Time,” a fully licensed after school Day Care at Rancho Cortez and YCRC.

Thank you to all of our members for your patience during our recent 1.5 million dollar remodel! We look forward to keeping the Yuba City Racquet & Health Club “The Best of Yuba Sutter!”



Yuba City Racquet & Health Club

825 JONES ROAD
YUBA CITY, CALIFORNIA 95991

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

Through Labor Day
7 Days Per Week

7:00am - 9:00pm

Lifeguards 1:00pm - 7:00pm

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

PRSR STD
U.S. Postage
PAID
Mailed from
Zip Code 95901
By BFS Printing,
Bulk Mail, Etc.
Permit No. 46

Effective 07-4-11	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	BODYPUMP	BODY FLOW	ZUMBA	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	CX30
9:30am	POWER CYCLE						
10:00am	BODY FLOW	BODYVIVE	BODY PUMP	BODYVIVE	BODY FLOW	BODY FLOW	
	AQUA AEROBICS		AQUA AEROBICS		AQUA AEROBICS		
11:00AM	AQUA AEROBICS	SH'BAM	AQUA AEROBICS		AQUA AEROBICS	YOGA	
	YOGA		YOGA	ZUMBA			
12:00PM	BODY COMBAT	BODYPUMP	BODY COMBAT	BODYPUMP	CX30		
	SILVER CIRCUIT				SILVER CIRCUIT		
	DEEP WATER AQUA AEROBICS		DEEP WATER AQUA AEROBICS		DEEP WATER AQUA AEROBICS		
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	DEEP WATER AQUA AEROBICS	POWER CYCLE	DEEP WATER AQUA AEROBICS			
	BODY COMBAT	BODY FLOW	ZUMBA	BODY FLOW	SH'BAM		
7:30PM	YOGA (A/O)	BODYPUMP	YOGA (A/O)	BODYPUMP			

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

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 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, 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.**

Kidz Classes

Group Exercise Programs

What : **Kidz Fitness** - Ages 4-5

When : Tuesday & Thursday 3:00-3:30pm

Where : Held in the Group Exercise Room

What : **Big Kidz Fitness** - Ages 6-8

When : Tuesday & Thursday 3:30-4:00pm

Where : Held in the Group Exercise Room

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)

What : **Kidz Karate Class** - Ages 6-12 (Begins August 1, 2011)

When : Mondays & Wednesdays

Time : 5:00pm - 6:00pm

Where : Group Training Room

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.