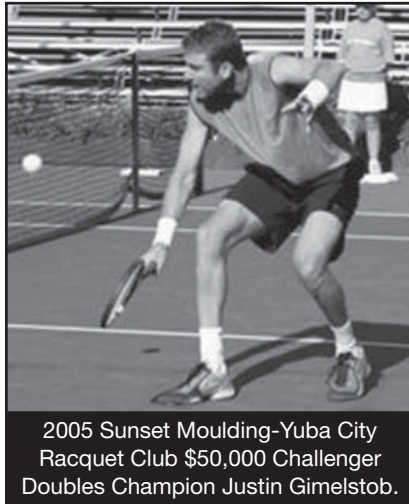


Yuba City Racquet & Health Club

CLUB VENTURES

JULY / AUGUST 2005

2005 SUNSET MOULDING-YUBA CITY RACQUET CLUB \$50,000 CHALLENGER RECAP



2005 Sunset Moulding-Yuba City Racquet Club \$50,000 Challenger Doubles Champion Justin Gimelstob.

The \$50,000 Sunset Moulding - Yuba City Racquet Club Challenger began on May 31, 2005 with Justin Gimelstob ranked at 116 in the world as the #1 seed. Gimelstob is a Grand Slam Mixed Doubles Champion at Roland Garros and the Australian Open with partner Venus Williams. Gimelstob was the eventual Doubles Champion with partner, Roseville native Brandon Coupe. Gimelstob/Coupe

defeated Santiago Gonzalez, Mexico and Bruno Soares, Brazil, 6-2, 3-6, 7-6 (7-1). Gimelstob is in England playing in the third round at Wimbledon as of June 21.

Second seed Paul Goldstein, currently ranked 101 in the world reached the Singles Finals and was eventually defeated by the #8 seed Cecil Mamiit. On the road to the championship Mamiit defeated wildcard Sam Warburg and Gimelstob. Sam Warburg, a Sacramento native made his professional debut at the Sunset Moulding-Yuba City Racquet Club Challenger after playing #2 at Stanford University and winning the Pac-10 Conference in singles and doubles titles. The other YCRC wildcard was awarded to Yuba City native Thomas Morton. Morton played his high school career at Sutter High and is currently playing at Sacramento State University.

Along with great tennis, the Challenger featured many social and community events. Once again, the community focus was on introducing the sport of tennis to local elementary school children. Over 1000 children were treated to a field trip to the Racquet Club with on-court instruction, a chance to watch the pros and a bbq lunch or an at school rally with Wayne Bryan, Sacramento Capitals coach and father of the #5 world ranked doubles team of Bob and Mike Bryan. In addition, former French Open Doubles Champion Luke Jensen hosted a rally at Tierra Buena Elementary School. Kid's Day events provide YCRC and our corporate partners

Continued on page 5...



Finalist Paul Goldstein.



SMACK!



2005 Junior Pro Circuit Champions celebrate at the Challenger.



Singles Champion Cecil Mamiit and the mamiiteers.



DIRECTORY

General Manager

Pete Bakis

Voice Mail #119

pete@ycrc.com

Departments

Accounting/Member Billing

Charlotte Hammons

Voice Mail #120

char@ycrc.com

Kidz Programing

Brenda Page

Voice Mail #105

brenda@ycrc.com

Fitness

Beth McLean

Voice Mail #207

beth@ycrc.com

Group Exercise/Pilates

Cyndi Shatswell

Voice Mail #123

cyndi@ycrc.com

Membership / Promotions

Becky Ray

Voice Mail #124

becky@ycrc.com

Member Services

Vickie Kuiken

Voice Mail #113

vickie@ycrc.com

Tennis/Activities

Jim King

Voice Mail #121

jimking@ycrc.com

Integrated Physical Therapy Services

Torben Ulrich, P.T., C.O.M.P.T.

673-0587

Massage Therapy

Michelle Valrey

Voice Mail #289

YUBA CITY RACQUET CLUB

825 Jones Road • Yuba City, CA 95991

Phone: 673-6900

RANCHO CORTEZ

1471 Richland Road • Yuba City, CA 95993

Pay Phone: 673-9988

IPTS NEWS

Integrated Physical Therapy is pleased to announce that Tricia McDaniel, Masters of Physical Therapy has joined our facility and is now accepting new patients. Tricia has two years of experience in aquatic therapy along with orthopedic dysfunctions and sports medicine. Please help welcome Tricia to IPTS and the Yuba City Racquet Club.

SILVER SNEAKERS by Jessie Lawyer, Personal Trainer



The Silver Sneaker program at YCRC is to target wellness for the growing number of seniors who use our facility. It is important that our seniors engage in physical activity on a regular basis. There are health benefits related to exercise such as reducing risk of cardiovascular disease, Type II Diabetes and some cancers. According to the U.S. Census Bureau more than 35 million Americans are 65 years and older. I'm committed that every senior at our club gets the care and all the great benefits they deserve. Our senior program will help older adults to improve strength and other physical functions; the silver sneaker circuit training will revolve around stretching to increase flexibility; aerobic exercise to maintain heart and lung function, increase stamina and maintain good circulation; strength training for strong bones and muscles to avoid injuries and osteoporosis. There will be balance exercises to reduce the risk of falling and broken bones. Every Tuesday at 10:30am to 12pm on the main fitness floor you can find fun and exciting Silver Sneakers. Any questions or comments you can call me at 673-6900 ext. 286. I can't wait to hear from you all!

MEET KELLY ELLIS by Beth McLean



Kelly began working with one of our trainers, Kevin Webber, a few months ago and has lost 19 lbs. That may not seem like much, but when you consider that she has lost 169 lbs total, she just might become your new weight loss hero! About a year and a half ago Kelly made up her mind to get the weight off. She began to eat a sensible diet (no fats of any type) and exercising regularly. Kevin is helping Kelly train for her first triathlon in August and we are all cheering her on! Her other hobbies include kayaking, hiking, mountain bike riding and gardening, all of which she now enjoys fully in her new lighter body! Kelly has 3 wonderful kids: Nicholas 6, Courtney 8, and Zachary 10 and she works at the Feather River Surgery Center.

THANK YOU TO OUR SPONSORS

The Yuba City Racquet Club wishes to thank our Sunset Moulding-Yuba City Racquet Club Summer Tennis Series Corporate Sponsors. We are excited to "spotlight" a our partners and look forward to a successful partnership. The support that we receive from our local business partners assists us in presenting a terrific summer of tennis. Please support our partners. If you are interested in becoming a partner, please contact the Tennis Department at 673-6900.



BONANZA INN



AA Self Storage
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Aztec Realty
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California Yogurt
Century 21 (Rick Foster)
Century 21 (Sarah Becker)
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Feather Down Family Practice Associates
Foresters
Gilpatric Interiors
Group 20 Productions
Hardwoods Unlimited
Heritage House
Hilbers
Hust Brothers, Inc.
Integrated Physical Therapy Services
Just Umbrellas

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Three Rivers Optometric Group
Total Quality Cleaners
Tri Counties Bank
Valley Aggregates Transport, Inc.
Yuba River Moulding & Millwork, Inc.

Sacramento Capitals 2005 Season Schedule

July 4 (away)
vs. Springfield Lasers

July 6 (home)
vs. Springfield Lasers

July 7 (away)
vs. Newport Beach Breakers

July 8 (home)
vs. Newport Beach Breakers

July 10 (home)
vs. Philadelphia Freedoms
(Marquee: Anna Kournikova)

July 12 (away)
vs. Houston Wranglers

July 13 (away)
vs. Hartford FoxForce

July 15 (away)
vs. Philadelphia Freedoms

July 16 (away)
vs. Kansas City Explorers

July 17 (home)
vs. Hartford FoxForce
(Visitor: Boris Becker)

July 18 (home)
vs. Kansas City Explorers
(Visitors: Bryan Brothers)

July 20 (home)
vs. Newport Beach Breakers

July 23 (home)
vs. Delaware Smash
(Visitor: Venus Williams)

July 24 (away)
vs. Newport Beach Breakers

You can purchase tickets through
tickets@gocaps.net
or visit their website at
www.sacramentocapitals.com
for more information

Thank you

The Tennis Department of the Yuba City Racquet Club would like to express our thanks to all of our volunteers, members, employees and community members who helped us make the USTA Pro Circuit Challenger a huge success. The success of our event is dependent upon the commitment of our volunteers who continue to dedicate their time and energy to the Racquet Club. Special recognition to Sue Favela, Hospitality Chair; Jane Schroeder, Housing Chair; Patricia Kiehn, Officials Chair; Kelly Sabo, Kid's Day Chair; Linda Rogers, Admissions Chair; Kama D'Alosio, Beverage Chair and Walt Pfeiffer, Paul Dunham, John Hoffman, Curtis McAlpin and Don Charles for all of their time and effort.

Ball Kids at the Challenger

The junior players at the Yuba City Racquet Club led by Ulrich Capaul along with Lindhurst High School, Yuba City High School, and the Chico Racquet Club took to the courts throughout the



Challenger tournament. Our thanks to all the kids who dedicated so much time training and spent long hours on court. Great Job!!

Summer Junior Tennis @YCRC

Junior Summer Camps continue at Rancho Cortez throughout the months of July and August. Session 2 begins on June 27th-July 8th, Session 3 starts July 11th and continues through July 21 and the last session begins July 25th through August 4, 2005. Sessions run Monday-Thursday from 9-10 am for ages 4-7 years old and 9 am-12 pm for ages 8-17 years old. Cost is \$80 for members for ages 4-7 and \$185 for ages 8-17. One week camps are also available for \$45 and \$100. Camps are open to non-members also. Please pick up a flyer in the Tennis office or call 673-6900 x122 for further information.

Junior After School Program

Our Junior After School program will once again start in early September. After School program runs Monday & Wednesday from 3:40-6:00 pm. Please stop by the tennis office to pick up a flyer in early August. For further information, please call 673-6900 x122.



2005 SUNSET MOULDING-YUBA CITY RACQUET CLUB \$50,000 RECAP

...continued from page 1

the opportunity to award Junior Summer Camp Scholarships to the youth in the Yuba-Sutter area. Luke Jensen and Wayne Bryan also entertained the local Rotary chapter at a luncheon held at The Refuge.

The social highlight of the week was the Taste of Yuba-Sutter, an evening of tennis and dinner provided by ten local dining and food vendors. The event was a huge success thanks to event planner, Mia Bella Designs and City Café, Country Butcher, Downtown Grill, El Zarape, Jimmy's Indian Restaurant, Paradiso, Sopa Thai, Stephens Farmhouse, Salute Italian Ristorante and Wonderful Restaurant. The menu featured many wonderful and varied tastes with Crab & Shrimp Croissants, Filet Mignon Kabobs, Grilled Tiger Prawns, Tamales, Pakoras, Sushi, Curry Chicken, pies and cheesecake. The entertainment was provided by the Bryan Band, led by Wayne Bryan who flew in from Los Angeles to serenade the crowds. The Sacramento Capitals owners Lonnie Nielsen and Ben Combs attended and shared information about the upcoming World Team Tennis Sacramento Capitals schedule and special events.

Several charities and service organizations participated in the Sunset Moulding-Yuba City Racquet Club Challenger. Local Boy Scout and Girl Scout members participated at the Pro Am Reception Dinner. Members and professional players spent the evening in a fun competitive game and then were treated to an Italian dinner. Pink October, Breast Cancer Awareness and Relay For Life along with Make-A-Wish visited throughout the week and helped raise awareness for their cause with community members. Our hope is that the Racquet Club can continue to work with these fine organizations and promote their cause throughout the Yuba-Sutter community.

Stephen's Farmhouse catered the Sunday Finals Brunch to the delight of 400 sponsors, guests and players. The event concluded with great tennis, great food and great crowds. Our thanks to all of you who helped make the event a huge success, see you in 2006.



Stacy Hoffman & Jim King enjoying the \$50,000 Challenger.



Taste of Yuba-Sutter.



Sacramento Capitals Coach Wayne Bryan entertains the local chapter of Rotary.



Rally at Tierra Buena Elementary School with Steve Leube, USTA and Luke Jensen. SMOKING!!!



Former French Open Doubles Champion Luke Jensen entertains the students at Tierra Buena Elementary School.



SALSA DANCE COUPLE TEACHES TUESDAY NIGHTS IN JULY



Dominique Del Chiaro and Billy Bob Flanders of Salsa Sierra are offering a beginning salsa dance class for people who have never danced Salsa or want to review the foundations of Salsa. Salsa is a fun, playful, interactive partner dance brought to life by Latin music from the Caribbean Islands. Come learn the rhythm, basic step, partnering technique, cool moves and turns in a friendly, social environment. No partner required—just come dance! Classes start Tuesday, July 12th from 7 to 8 pm and will be held at the Yuba City Racquet & Health Club 825 Jones Road, Yuba City. Classes are \$40 per person and pre-registration is highly recommended. See the Fitness Office for registration.

Billy Bob and Dominique of Salsa Sierra teach and perform salsa dance as a duet and with their teenage performance dance troupe, Razzmatazz, throughout Northern California. Their focus is on creating a fun, positive environment for students to become successful in learning

the structure of salsa dance. They have grown to having well over 200 students per month and currently teach in Grass Valley, Truckee and now in Yuba City at the Yuba City Racquet and Health Club. Their vision is to help create a self-sustaining salsa dance community in and around Nevada County. For more info about Salsa Sierra call 530-477-0767 or visit their website at www.puresync.com/salsa.

MEET JEREMIAH JAMES by Beth McLean

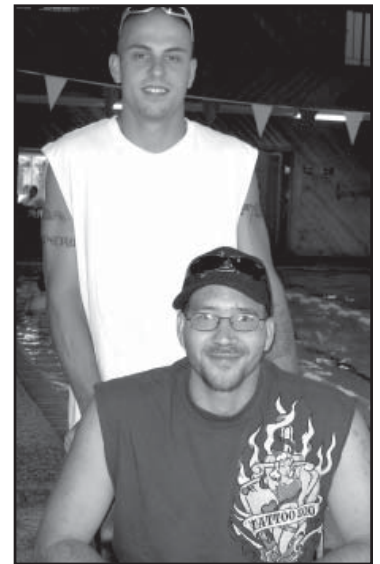
August 7, 2004 is a day Jeremiah cannot remember. However, it is the day that changed his life forever. Jeremiah was in a horrific car accident that took the life of his close friend, Jess Ohrt. Jeremiah also had no pulse at the scene of the accident, but emergency medical personnel were able to resuscitate him. A life-flight helicopter took him to the hospital where he spent 4 months, 44 days of which were in I.C.U. Jeremiah had 43 fractures, including 11 in the pelvis. Both wrists, elbows and forearms were broken. His right leg was completely destroyed and was rebuilt by replacing his femur with a 19-inch rod. His lower leg was reconstructed by using his tailbone and bone from his hip joints that both had to be replaced. Last but not least, he also had a knee replacement.

After all of this, Jeremiah's determination and great attitude have caught everyone's attention. He is honoring his friend, Jess' memory by recovering and using this experience to move his life forward in a positive way.

You may have noticed a young man near Jeremiah's side helping him along the way. His best friend is also named Jeremiah (pictured) and has been a huge support in driving him to and from the Club and motivating him to do just a little more.

Although his doctor has given him a wheelchair for the next year, it is Jeremiah's goal to be walking by Christmas 2005. When he is well enough, he wants to start vocational rehab. His career choice will definitely reflect his experience and desire to help others.

I hope you have a chance to meet these dynamic young men! I can guarantee it will change your outlook on life! Look for the "Jeremiah Updates" in upcoming newsletters as we chronicle his progress towards walking again! Best of luck to both Jeremiah's!



KIDZ KORNER

By Brenda Page, Kidz Programming Director

Kidz Kamp Out At Rancho Cortez July 22

Drop your Kidz off for a fun night of excitement! July 22, 2005, drop off after 6:30pm and pick up at 9:00am Saturday morning. We will BBQ Hot dogs, serve beans, chips and drinks. We will have a fire pit to roast marshmallows, have smores, a talent show, swim and movies. Bring your tents if you have them (small ones), a sleeping bag, swim suit, and towel, you must be 5 years-12 years old. We will have a lifeguard all night and the kids will be supervised at all times and sleep on the tennis courts that have locked gates.

Drop off no earlier than 6:30pm Friday at Rancho Cortez 1471 Richland Road. All this for only \$20.00 a child. Sign up at Rancho Cortez in KidzTime. If you have any questions call Marissa at 671-2255 or Brenda at 673-6987 ext. 105

Childcare Notes (4 weeks - 6 years old)

Attention parents who use the childcare ages 6 weeks through 6 years of age. It is a privilege to serve you as members and we enjoy doing it. Over the years we have implemented and found that certain policies are not practical for our childcare.

Effective July 1, 2005 there will be a no food policy. If your child takes a bottle we will be happy to feed them or you may bring a sippy cup or juices with your child's name on them. Keep in mind the time frame that you may be bringing your child/children to the Club. It is not practical given the time involved for the center to be responsible for dispensing food that parents bring for their children.

Thank you in advance for your understanding ~Brenda Page, Kidz Director

- **Parents' new information:** As you come into childcare please pick up a child's information sheet and fill it out (one per child). This will help us to better serve your child while they are in our care.
- Please remember to call in advance for your reservation and to call to cancel if you cannot keep your appointment. We have many people who do not show up with no calls to cancel. This ties up a spot for other members.
- When signing your child in and out, please be sure to fill out all areas of the sign in sheet clearly, **print!**
- PLEASE label your child's belongings so that the staff will know what belongs to whom.
- Childcare Hours are 8am-1:30pm and 3:30-8:30pm, M-F, Sat. 9am-12pm.

Kidz Klub Notes (7-13 years old)

- Please label items brought to Kidz Klub, (clothing, games, books, etc.)
- When children are signing in, please have them use the last name that the membership is set up under.
- Any Playstation games brought from home must be **E** rated.
- Reminder: Kidz Klub Summer Hours are 8:00am-1:30pm & 3:30-8:30pm M-F, 9:00am-12:00pm Sat. Parents must be on site (**YCRC**)!
- **Summer hours for Kidz Klub will be 8:00am-1:30pm. Parents must be on site (YCRC)!**

Kidz Time Is Not Just For YCRC Members!

Do you or someone you know need child care for the summer? Does your child think they are too old for a daycare center? Well Kidz Time has 2 great facilities. Our hours of operation are 6:30am - 6:00pm Monday - Friday. We provide transportation to and from schools during the school year.

We walk to the park, swim, play basketball, indoor/outdoor volleyball, kids aerobics, play games inside and out, crafts, movies, other field trips, make friends, and much more!

For more information and prices please call KT I Director Marissa Hodge; @ 671-2255 / Marie Childers KT II Director @ 673-6987 ext. 203. Or Brenda Page; Administrator @ 673-6987 ext. 105

Good-bye to Melanie Page

Thank you for the years you devoted to the children and we will miss you. Melanie has worked at the Racquet Club in the childcare center for 9 years. Her last day of work will be July 22, 2005.

She will be getting married this summer and finishing up her college education to be an Occupational Therapist. Melanie, good-bye and good luck in all you do

Love,
Kidz Club, Childcare &
Kidz Time

PILATES / GROUP EXERCISE

By Cyndi Shatswell



A new session of Pilates has begun. We are still accepting new and returning students. If you have not been a Pilates student in the last six months, please see us for private lessons to update you. If you are a returning student, please see us for available class times.

The benefits of Pilates are numerous and include flexibility, balance, core strength and lengthening of the muscles and spine. If you have never tried Pilates please see me for a demo. We have a special for new Pilates

students. If you purchase five Pilates private sessions you will receive a free massage. The cost is \$250 and this special is good until August 31st.

In group exercise news, I would like to announce that Julie Schweitzer has taken over as our Aqua Aerobics Coordinator. She is replacing Jennifer Currier who has gone back to school to obtain a degree to become a Physical Therapist. We wish Jen the best of luck and are happy that she will continue to teach classes while she attends school. Julie would like to let everyone know that summer is here and Deep Water classes have begun. The Deep Water classes are held in our outdoor pool and use a flotation belt to provide a totally non-impact workout. This is a plus for individuals with knee, hip, ankle or back problems. The buoyant environment safely provides comfort and support for the overweight or injured. Total freedom of movement allows for maximum joint range of motion while improving flexibility and increasing intensity. Deep water exercises are a proven way to increase your metabolism, build muscle tone and strength, improve balance, coordination, range of motion and relieve tension. Water also offers at least twelve times more resistance than air. People of all ages and fitness levels can enjoy this workout. Deep water classes are held on Monday, Wednesday and Friday at 12:15 to 1:15pm and at 7:30 to 8:30 pm on Tuesday and Thursday.

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

Summer Hours

Monday - Sunday

7:00am - 6:00pm

CLUB CAFÉ HOURS

Monday - Friday

8:00am - 4:00pm

Closed Saturday & Sunday

Snack Bar is always open

IPTS HOURS

Monday - Thursday

7:00am - 6:00pm

Friday 7:00am - 4:00pm

Saturday 9:00am - 1:00 pm



Yuba City Racquet & Health Club

825 JONES ROAD
YUBA CITY, CALIFORNIA 95991

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Effective 6/6/05	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15AM	BODYPUMP	MORNING RIDE	BODYPUMP	INTERVAL RIDE			
8:00AM	LOW IMPACT AEROBICS	BODYPUMP	GROUP RIDE	CARDIO & YOGA	BODYPUMP	GROUP RIDE	
9:00AM	POWER CYCLE				POWER CYCLE	GROUP RIDE	GROUP RIDE
	INTERMEDIATE STEP	MAT PILATES	T.B.C. Step	BODYPUMP	INTERMEDIATE STEP	T.B.C. Till 10:15	
10:00AM	BUTTS, GUTS & YOGA	ZUMBA	BUTTS, GUTS & YOGA	LOW IMPACT AEROBICS	ABOVE THE BELT		
	WAVE AEROBICS	TAI CHI	WAVE AEROBICS	TAI CHI	WAVE AEROBICS		
10:30AM		SILVER SNEAKERS			SENIOR RIDE	BODYPUMP	
11:00AM	WAVE AEROBICS	H2O COMBO	WAVE AEROBICS	H2O COMBO	WAVE AEROBICS		
		TAI CHI		TAI CHI			
12:00PM	HEART RATE TRAINING	BODYPUMP	GROUP RIDE	BODYPUMP			
12:15PM	DEEP WATER		DEEP WATER		DEEP WATER		
4:30PM		BODYPUMP		BODYPUMP			
5:15PM	CRAZY CYCLE	PEDAL TO THE METAL	CRAZY CYCLE	PEDAL TO THE METAL	FRIDAY FUN RIDE		
5:30PM	BODYPUMP	POWER STEP INTERVALS	BODYPUMP	POWER STEP INTERVALS			
6:30PM	POWER CYCLE	GROUP RIDE	POWER CYCLE	INTERVAL RIDE			
6:30PM	MAT PILATES	YOGA	BODYPUMP	YOGA			
7:30PM		BODYPUMP		BODYPUMP			
		DEEP WATER		DEEP WATER			

LEGEND

	AQUA CLASSES
	YOGA CLASSES
	CYCLING CLASSES

CLASS DESCRIPTIONS

AQUA CLASSES

- Aquatic Therapy - A pool therapy program for IPTS patients
- Deep Water - Class held in deep end of outdoor pool
- H2O Combo - Combo of wave & kickboxing w/ strengthening
- Wave Aerobics - Water specific aerobic exercise to motivating tunes. Great for beginners

AEROBIC CLASSES

- Above the Belt - A complete upper body weight training workout
- BODYPUMP - Weight training to music... "The Fastest Way in Universe to Get In Shape!"
- Intermediate Step - A step bench class at intermediate level
- Low Impact Aerobics - Great for beginners to advanced, low impact floor aerobics
- Power Step Intervals - Really uses large muscles for powerful moves in this high energy step class
- Silver Sneakers - Senior members work on balance, strength and cardio on the main fitness floor
- Tai Chi - Grace and balance combined in one workout
- Total Body Conditioning (TBC) - Floor aerobics, step, weights, bands, bars and balls
- Zumba - Latin dance aerobics

YOGA CLASSES

- Butts, Guts & Yoga - lower body conditioning followed by 45 minutes of yoga
- Cardio & Yoga - A half hour each, beginning step and yoga
- Mat Pilates - Core (abs & back) strengthening based on the traditional work of Joseph Pilates
- Yoga - Builds muscle strength and flexibility w/ continuous movements

CYCLING CLASSES

- Crazy Cycle - Cycling class with Cyndi Shatswell
- Friday Fun Ride - Cycling class with Cyndie Bock
- Heart Rate Training - Discover your training zones! Includes drills & relays. Heart Rate Monitor recommended but not required
- Pedal to the Metal - Cycling class with Jason Lucero
- Senior Spin - 20 mins. of fun w/music of the 20's, 30's and 40's!
- Interval Ride - Includes hill climbing, sprints and jumps