



Airport Health Club

January/
February 2010

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Volume 20 Issue 1

Airport Health Club
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A New Year in Fitness

CrossFit Comes to the Club

What is CrossFit? CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We've used our same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. We scale load and intensity; we don't change programs.

The needs of Olympic athletes and our grandparents differ by degree not kind. Our terrorist hunters, skiers, mountain bike riders and housewives have found their best fitness from the same regimen.

What: 30-minute CrossFit Team Training

Where: Group I - Studio 4, Tuesdays 6:00 – 6:30pm
Group II - Basketball Gym, Thursdays 10:30 – 11:00am

When: Group I - January 5 – 26 (4 weeks)
Group II - January 7 – 28 (4 weeks)

Who: Dustin Davis, CrossFit Level 1 Trainer, NASM Performance Enhancement Specialist

Cost: Group I only - \$ 52; Group II only - \$52
Group I & II - \$104



Get Financially Fit!

Upcoming Financial Fitness Workshops: sponsored by Wells Fargo Advisors and Mike Moberly, CFP® *See Upcoming Events, p.4, for Workshop info, dates and time.*

All workshops are held in the Club conference room. Admission is free but seating is limited. To reserve your place to one or more of these workshops please contact Mike @ 523-4225 or his Client Service Associate Ann Marie @ 521-4225. You can also enroll at the Club's Service Desk.



The iCycle Ride

Melt the icicles off your bike and challenge yourself to our Indoor Cycling Metric Century! Ride alongside Sonoma County's Elite Racers. Then restore and stretch in a special Yoga Class designed for cyclists.

Date: Saturday, February 13

Time: 8:00 to 11:00am ride/spin this year's Santa Rosa Stage of the Tour of California on our spin bikes, lifecycles or bring your own bike and trainer, **no rollers** please.
11:00 – 12:00pm recover with a Specialized Yoga Class just for cyclists.

Location: Airport Health Club Gymnasium

Fee: \$25.00 net proceeds to go to the Sonoma County Bike Coalition
Includes a cool long sleeve t-shirt!

Reserve Your Bike: We will be taking reservations by the hour for our Spin Bikes and Lifecycles. You can reserve just one hour, two hours or ride all three hours. Sign up at the Service Desk starting Jan. 8.

Bring Your Own Bike with a Trainer: Then just reserve your spot in the gym at the Service Desk.

Join our Spin Instructors as they lead different segments of the Santa Rosa Stage over the course of 3 hours! We will be featuring Jonathan Lee, the Captain of the Team NorCal Bike Sport's Elite Team and Coach for Whole Athlete, as well as their team racers. Lots of great tips, motivation, and drills coming from them throughout the ride!

Rest Station treats and refreshments will be provided! Great prizes to win throughout the ride, too!

This event is open to members and non-members so bring a cycling friend!



Yoga and Pilates Team Trainings

Friday Small Group Yoga Session

Fridays, 12:05-12:35pm, \$12 per session

Would you like more guidance and assistance during your yoga practice? In this small group class environment, you will be guided in each movement with hands-on assistance. Monica will help you deepen your practice, ease into poses, and release fears. We will focus on alignment of standing and seated poses. These sessions are for all yoga practitioners. Limited to 5 students. Sign up in advance by contacting Monica Bravo, monicab@airportclub.com.

Yoga For Wimps

(and the flexibility or balance challenged)

Fridays, 10:30am - 12:00pm.

Cost: \$24 per 90 minute session.

This class focuses on a different type of prop and family of poses each week. Learn to fine-tune the basic poses in your body, rather than trying to fit your body into the poses. Organic, therapeutic-grade aromatherapy is used to enhance your experience. Gentle pacing, emphasis on alignment and safety.

This is an ongoing class, you may join at any time. Please call Gwen Miller 528-2582 x 2477 or email gwenm@airportclub.com with your questions or concerns, or to register.

Pilates Specialty Apparatus Training

Have you ever wondered about using the Pilates Chair or the Trapeze Table? The Chair is considered an advanced piece of apparatus, while the Trapeze Table can be used for a wide range of exercises, from post-rehabilitation to advanced. Individual appointments scheduled upon request, small (3-person) team training also available.

Please call or e-mail for current schedule and pricing: Gwen Miller 528-2582 x 2477 or gwenm@airportclub.com

Beginning Pilates Reformer Class

Mondays, 12:00-1:00pm starts January 18, or Saturdays, 10:00-11:00am starts January 23.

Cost: \$24 per session.

Learn to use the Pilates Reformer on your own! The Airport Health Club is unique in that we offer an Open Pilates Studio to our members. 12 exercises are taught in all, enough to make at least 2 different, full-body workouts. Modifications and special considerations, Pilates Studio etiquette and equipment care are all covered.

Textbook required for class in addition to the class fee. Textbooks will be available for purchase from Instructor for \$20.

Intermediate Pilates Reformer Class

Tuesdays, 12:00-1:00pm starts January 19, or Saturdays, 11:00-12:00pm starts January 23. Cost: \$24 per session.

Perfect for those who have completed the Beginning Pilates Reformer Class, or who have previous Pilates Reformer experience, and are familiar with the Beginning Repertoire. This series takes your Pilates Reformer practice to a new level, introducing and expanding on the Intermediate exercises, with some Advanced exercises and variations. Learn to use the JumpBoard, expand on uses of the Long and Short Box, props, standing work, choreography, and creative sequencing.

Textbook required for class in addition to the class fee. Same textbook from Beginner series is used. Textbooks will be available for purchase from instructor for \$20.

Please contact Gwen Miller with your questions on either of the Reformer Classes, scheduling considerations, or to sign up at 528-2582 x 2477 or email gwenm@airportclub.com.

Kettlebells!

Mondays and Wednesdays 11:00-11:30 am.

Thursdays, 4:00 - 4:30 pm.

Saturdays, 12:15 - 12:45 pm.

Cost: \$13 per session.

Combine the intensity of weight, flexibility, and cardiovascular training to burn fat, sculpt and define your muscles for the results you want! Great for those with busy schedules, as 30 minutes will leave you feeling exhilarated, sweaty, and toned! No worries, ladies, we use light weight kettles so you won't bulk up. For the men, learn the moves at a lighter weight, then increase the kettle if you want to get bigger!

Classes begin January 4. Kettlebells are provided for the class.

Additional Introductory Sessions will be offered, please contact Instructor and look for flyers in the Club! You may join at any time, please register with Gwen Miller either by phone 528-2582 x 2477 or email gwenm@airportclub.com.

Group Fitness News

Are you ready to.... Aqua Zumba?

Come try a completely different workout in the water! Aqua Zumba is designed by the same team that brought Zumba to the gym.

It has been adapted for the pool. It is high-energy music and moves for a challenging and fun workout. Who is Aqua Zumba for? Anyone who wants to have fun and get a great workout at the same time. If you have always wanted to try Zumba, but were not able to, this may be the class for you! We will use the water as a tool to increase the aerobic and muscular fitness level of all the participants. It is Latin music and moves with a Splash! The class will be on Tuesdays at 4:30 pm, and will be taught by Jill Freed, a Water Fitness and Zumba Instructor. It will start on January 5, 2010.

My Yoga 2 Go Practice System

Do you have trouble remembering yoga sequences or postures to practice after your workout? Check out our Yoga 2 Go practice systems on the walls in Studio 1 and Studio 4. The system includes a color photo of the postures and a full yoga sequence. The back of each posture card contains step-by-step directions for the pose, modifications and benefits. Monica Bravo, Yoga & Pilates Teacher, will create a new practice and tips/tricks biweekly so that you can start playing with new poses or roll out your mat and practice on your own or with friends in one of the studios. You can focus on a few poses or the full sequenced class. Remember 20 minutes each day brings greater benefits than one 60-minute session a week. If you would like more guidance, contact a Yoga Instructor for a private session.

Yoga Flow 101 Workshops

Sunday, January 10 & February 14 2:00-3:30pm
Instructor: Kevin Tracy - kltracy@comcast.net
Cost: \$12 sign up in advance at the Service Desk

In this 90-minute workshop, we will explore some of the basic postures, breathing and meditation techniques that make up the practice of Yoga Flow/Vinyasa. Students will leave with a basic understanding of proper alignment and technique, and will be prepared for most beginner and all level classes. Yoga is appropriate for just about anyone. You don't need to be flexible or be able to quiet the mind. You simply need the desire to show up and do your best.

Vino Vinyasa

Friday, January 8 and February 12 5:30-6:30pm, Studio 1

Contact: Monica- monicab@airportclub.com

Start your weekend off with Yoga and wine tasting. Monica Bravo will lead us through a flowing and balancing yoga practice on Friday evening. We will then join fellow yogi's and yogini's for snacks and wine tasting. This is a great time to get to know fellow members and teachers. This will be a mixed level class so that everyone can participate. Free to all members.

Partner Yoga Workshop

Saturday February 13 from 1:30 – 3:30pm
Cost: \$50 couple or \$30 per person

Join Airport Health Club's Dawn Justice and fellow Yoga Teacher Gay Dawson for a special Valentine's Day class. Bring your sweetheart, a friend or bring yourself and we will pair you up. You will be guided through exercises designed to help you connect with the earth and go deeper into your yoga practice. Learn to be safe and comfortable working with another person in stretching poses, resistance poses and balance poses. You don't have to bring another person to enjoy this special workshop.

Racquetball News

1. Juniors Program Session 1

January 12 – February 18. Meets every Tuesday and Thursday from 3:30-5:00 p.m. Classes are free, but space is limited. Sign up at the Service Desk.



2. Juniors Program Session 2

Tuesday March 2 – April 8. Meets every Tuesday and Thursday 3:30-5:00 p.m. Classes are free, but space is limited. Sign up at the Service Desk.

3. Free Adult Clinics

If you have ever wondered what racquetball is all about, here's a great way to find out. Our pros, Lance and Steve, will offer free group racquetball clinics in January and February. Check out Flyers in the Club for more details.

Kid's Swim Team

Our non-competitive kids' swim team will continue in January and February. Come on out Tuesdays and Thursdays from 4:00-5:00pm for an invigorating and fun workout with stroke instruction and interval training!
Fee: \$90/month or \$15 drop in
Instructor: Karen Chequer-Pfeiffer
Sign up at the Service Desk.

Basketball News

Start the new year off with our fast paced 3 on 3 Mid-Court Mini-Leagues. The Masters (36+) will go at it on Mondays, January 11 – February 8, while the Open (16+) will play on Wednesdays, January 13 - February 10.

The **Spring Leagues** will start up in February: The **Womens League** (16+) starts on Friday, February 5. A Basic Skills Workshop will be offered and Open Play/Skills Assessment as well will be on January 29. The **Mens Open League** will be on Mondays, beginning on February 15 while the **Masters League** will play on Wednesdays, starting on February 17.

A **Youth League** for 11-13 year olds will play on Tuesdays at 4 and 5pm. Skills Assessment will be held on January 19 and 26, and competition will begin on February 2.

Mark your calendar! The **2nd Annual John 'Ballhog' Iraola Memorial "And One" Shoot-out**, a Cancer Wellness Program Benefit, will be held on Friday, February 26 at 6:30pm. We are going to find out who's the best three point and free throw shooter in the Club this year. Casey Briare was our 2009 Club champ. There will be three age divisions: Under 30, 30-45, Over 45. Prizes will be awarded for each division and overall champion, including one month's complimentary Club membership.

Sign-ups for all of these leagues and the Shootout are underway now and can be done at the Service Desk. Coaches are needed for the Youth League. If you have questions contact Tom Meldau, our Basketball Coordinator, in person, call 887-7416, or send an e-mail to TomM@airportclub.com.

Ready to Try Something New?

If you have never experienced a massage before, January is a great time to try it. The holidays are behind us, and a wonderful way to relieve that post-holiday stress is to let one of our Certified Massage Therapists work out those knots and kinks in your back, neck and shoulders. In addition to easing stress and promoting a sense of well-being, the botanical lotions and oils used on the skin during your session will help replenish your skin's essential moisture during a season when our skin is often dry from the wind and cold. Massage sessions can be as short as 30 minutes, or as long as 90 minutes. To book your appointment, contact the Service Desk at 528-2582.

Tennis News

Notes about Winter tennis and wet weather!

Please take note that the tennis courts are not playable if slick or wet. For all private and group lessons, please contact the appropriate Pro. For all Round Robins or Ball Machine or general court reservations please contact the Service Desk.

Winter Tennis Lesson Special: pre pay for four private lessons, and get the fifth lesson free.

Ongoing Junior Group Lessons:

Monday 3:30 - Young Guns
Monday 4:30 - Advanced Juniors
Tuesday 3:30 - Young Guns, Spin Doctor
Friday 3:30 - Little Tennis
Friday 4:30 - Advanced Juniors
If anyone is interested in any of these classes please contact Peter @ 799-5221

Ongoing Adult Group Classes:

Monday 6:00pm - Adult Drop-In Clinic
Tuesday 12:15pm - Adult Beginner
Friday 10:00am - Adult Drop-In Clinic
If anyone is interested in any of these classes please contact Peter @ 799-5221

Round Robin Play - Men and Women

Wednesday 12:00-2:00pm
Saturday 9:00 – 11:00am



Climbing News

Indoor wall climbing is a real life functional workout that will not only improve your outdoor rock climbing skills but also carries over into all other parts of life for climbers and non climbers alike. Everyday jobs will seem easy like climbing a ladder to clean the gutters on your roof – no problem. It's not that you get more daring it's that you get more realistic and accepting as well as fit and agile and clear headed in risky situations. A slight fear of heights can be slowly and easily overcome as well while getting a great full body and mind workout. Yes the mind gets worked out as well constantly solving a puzzle of movement – finding the path up the rock, the most efficient and secure hand/ foothold sequence. Climbing will teach you how to stay calm and figure out what needs to be done as safely, quickly and efficiently as possible while giving you an unmatched workout from the fingertips to the toes and in the great outdoors it will reward you with spectacular views and priceless memories as well.

Upcoming Events

Jan. 11, 6:00-7:00pm **Hip Pain: No Replacement.** This is part 1 of the Pain Free Series-Moving from joint and muscle pain to pain free. This series is designed to introduce the fitness approach to relief from joint and muscle aches, pain and loss of mobility. Mary McClary will be our presenter. She is a certified Posture Assessment Specialist trained by Egoscue University. **Free.**

Jan. 12, 5:30-6:30pm **Market Outlook for 2010.** Mike Moberly. Are you bullish or bearish? Explore what the markets have in store for the coming year. **Free.**

Jan.18, 6:00-7:00pm **Oh, My Aching Head!** Neurologist Dr. Allan Bernstein will discuss types of headaches, causes and prevention strategies as well as the risk of medications. New research into headaches will be discussed if time allows. Come have your questions answered. **Free.**

Jan. 20, 12:00-1:00pm and 6:00-7:00pm **Clarifying Health Insurance Benefits.** Larry Wilson and Theresa Rousset, both insurance experts, will help you understand insurance options, for you and your family, at any age. Bring your questions so that you can simplify any insurance decisions you have to make. This is for information only. No products will be sold. **Free.**

Jan. 25 11:00-1:00pm **A Matter of Balance: Managing Concerns About Falls** by Mary Terbush, Personal Trainer. A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults who manifest this concern. This workshop will emphasize practical coping strategies to reduce this concern and increase activity. Simple exercises to increase strength and balance will be taught, although this is primarily a lecture course. Contact Mary at maryt@airportclub.com to sign up.

Feb. 8, 6:00-7:00pm **Back Pain: Behind the Curve.** This is part 2 of the Pain Free Series by Mary McClary. Please see above.

Feb. 9, 5:30-6:30pm **Retirement Plan Solutions** for High Net Worth Business. Mike Moberly. Ensure that your business has the right plan in place: one that maximizes tax-deductions and helps you attain the lifestyle you desire at retirement. **Free.**

Jan. 14, 21, 28, Feb. 11, 18, 25, Mar. 4, 11, 7:00-8:30pm Mindfulness Based **Stress Reduction.** Join Beverly Benoit, MFT, MBSR teacher, to learn how to reduce stress, promote relaxation, increase resilience and vitality, manage pain and illness, and decrease anxiety and depression. This is based on the very successful program by Jon Kabat-Zinn. Cost is \$195. Please call 707-284-9237 for more information and to sign up.

Announcements

South Lake Tahoe Rental

Two story, Tahoe Chalet complete with 3 bedrooms, 2 baths, river rock fireplace, large loft and carport

Quiet getaway, perfect weekend or vacation

Contact Ron for more information and/or availability

Cell: 415-497-1402 or Home 707-568-6249

Email: rea1@att.net

Dream Your Best Life Into Reality; A New Year Comes With New Ways to Achieve Our Highest Dreams

One-third of our life is spent sleeping. Why not make it an exciting adventure? Encoded within our dreams are both the challenges and the guidance on how to turn our stumbling blocks into stepping stones. By following an explicit and easy-to-learn process we can solve any problem, overcome our limiting beliefs and accomplish our goals, simply by using our own consciousness during our sleep.

Back by popular demand, Dr. Stanley Krippner, one of the foremost authorities on dreams and Director of the Center of Consciousness Studies at the Saybrook Institute, will lead you on an exciting voyage of self-discovery and help you make your dreams a rich and rewarding part of your life.

Please join us for a one day workshop on Sunday, January 31 from 10am to 6pm The cost is \$80.00 for pre-registration or \$100 at the door. Lunch is included.

To register please call Jeanne House 707-888-3314 or email her at SOLCommunication@sbcglobal.net.

Bel Fiore Salon News

New for 2010, We have removed our tanning bed and replaced it with a safe and natural tanning option for our clients, Premiere Airbrush Spray Tanning provided by Great Sunations Tanning. With 3 years proven success, the spray artist will customize your tan and create a color just for you. A high quality vegetable based product is airbrushed by hand to provide a beautiful natural looking tan that will last 7-9 days.

Just a note: spray tanning is not standardized; solution and technique make all the difference in achieving perfect results. Small sample sprays available upon request.

\$45 full body. Members receive \$5.00 discount off the first visit. By appointment only. For more information or questions please call - 707 545-6786