



Airport Health Club

March/
April 2010

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Volume 20 Issue 2

Airport Health Club
432 Aviation Blvd.
Santa Rosa, CA 95403

A Spring Break in Fitness

Spring Break Non-Competitive Swim Team Camp, our new non-competitive swim team is up and swimming along wonderfully! This camp is open to everyone to come and experience a great class full of instruction and exercise! Come and join the fun if you are a lap swimmer ages 5+ on Monday - Thursday + bonus Friday 4-5pm as well as 10:00 - 11:00am. Stroke instruction and a workout all in one place.

Week 1: March 29-April 1 + bonus Friday

Week 2: April 5-8 + bonus Friday

Hours: 10-11 am. or 4-5pm.

Members: \$80 Non Members: \$128

Drop in rate: \$15

Spring Break Group Lessons will be available again this year! Sign up soon as space is limited!
Member: \$63 Non-member: \$93

Week 1: March 29-April 1 + bonus Friday

Preschool (ages 3-4): 11:30am, 4:30pm and 5:30pm

Level 1 (ages 5-7): 11:00am, 6:00pm

Week 2: April 5-8 + bonus Friday

Preschool (ages 3-4): 11:30am, 4:30pm and 5:30pm

Level 1 (ages 5-7): 11:00am, 6:00pm

Private Swim Lessons, are available all year long! Contact Shelly Kelley for more information. shellyk@airportclub.com.



COOL DOWNS ARE AN IMPORTANT PART OF YOUR WORKOUT.

Why Cool Down?

Cooling down after exercise is designed to return the body toward a resting or pre-exercise state. This helps to prevent pooling of the blood in the arms and legs, so that blood pressure is maintained.

How To Cool Down?

Use slow moving rhythmic bodily movements (similar to those completed in the warm-up) and standing and seated stretches of the muscle groups used during the workout. Take at least 10 minutes or more.

Other Benefits of Cool Down.

Improves flexibility in targeted joints. It may include a relaxation component to further help relax the mind from daily stressors.

Summer Group Swim Lessons, begin June 7 look for the schedule in the Lobby!

Holiday Hundreds!

We had the largest turnout for Masters Swim 2010 Holiday Hundreds with over 60 participating and 40 who actually finished! Finishers swam between 7,500 and 11,000 yards (6.4 miles)!



March and April Events 2010

March 2 & 24, 12:00-2:00pm. Spinal Health Screening.

March 8, 6:00-7:00pm. The Pain Free Series: Knee Pain: Buckling Under, Mary McClary. Learn about the Egoscue method of corrective exercise therapy and how you can avoid knee pain. Free.

March 11, 2:00-6:00pm. Spinal Health Screening.

March 11, 7:00-8:00pm. Introduction to Mindfulness Based Stress Reduction, Beverly Benoit. This workshop will introduce you to the concept of Mindfulness and answer any questions you may have about the upcoming 8-week series. Free.

March 15, 6:30-8:30pm. What Every Parent Should Know About Learning & Intelligence, David Sortino, PhD. Whether your child is very young or older, you can help him problem solve, make decisions and acquire knowledge. Hear about different learning styles and how information is processed. It's not how smart you are but how you are smart that matters. Moral development and vocational intelligence will be discussed, as well as will five study skill strategies that stimulate learning potential & intelligence. Free.

March 20, 10:00-12:00pm. Spring Cleaning for Chakras, Sibyl Harmony. Learn how to clear your chakras and tune up your energy through meditation. Cost: \$20 for this lecture or \$30 for this lecture and Spring Cleaning for Chakras lecture on March 30.

Events continued Page 4

Yoga Workshops, Programs and Team Trainings

"Intro to Anusara Yoga" for yoga students and teachers

March 5, 6, March 12, 13, March 26, 27. Cost: \$395 (\$100 deposit required) 6:30-8:30pm on three Fridays and 12-5 on three Saturdays.

Sign up in advance with Ulrika -Ulrika@mcn.org This in-depth training is designed to give you all the tools necessary to develop a life-long healthy yoga practice. Each session will build upon the next-- exploring Universal Principles of Alignment and Optimal Energy Flow in all categories of poses, as well as diving deeper into life affirming yoga philosophy, the art of breathing, restoratives & meditation.

Yoga & Ayurveda Intensive & Teacher Training with Maria Garre

May 21-23. Cost: \$275 for entire weekend. A weekend intensive workshop bringing India's two sacred healing practices together. Learn history and evolution of ayurveda and yoga. Enhance and deepen your yoga on and off the mat. Learn to create, sequence and adapt yoga classes following ayurveda principles. Reserve your space with Monica Bravo. For additional information email monicab@airportclub.com.

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.

30 Day Yoga Challenge this April

Create new habits and dissolve old fears and rituals in 2010. Join the Airport Health Club for our yoga incentive challenge. See how many yoga classes or practices you can do in the month of April. We will have a "Yoga

Challenge" between studio 1 and studio 4 with yoga students names. You will receive one sticker for each yoga class attended or enjoying a Myyoga2go practice and two stickers for each private, small group training or yoga workshop that you attend. The winner will receive a personal Yoga2Go kit! Sign up now at the Service Desk, it is free.

Friday Small Group Yoga Training

Fridays 12:05-12:35 pm, \$12 per session
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. Limited to 5 students. Private sessions also available. Sign up in advance by contacting Monica Bravo, monicab@airportclub.com

Yoga Flow 101- Sunday, April 11th

Instructor: Kevin Tracy- kltracy@comcast.net
Cost: \$12 sign up in advance.

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. 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.

Tennis



- 1. Junior Tennis Program**, starts Monday March 15, all ages, all levels.
- 2. Spring Break Junior Day Camp**, offered the weeks of March 29 and April 5
- 3. Private and Semi Private Lessons** are available on demand. Just contact Peter or Anna.
- 4. Adult Beginner Clinics**, this is our two-day clinic for those who are just starting out. Clinics will focus on proper technique and basics of tennis. Racquets will be provided if needed.
Dates: March 15, 17, 9:30 - 11:30am
March 15, 17, 6:00 - 7:30pm
April 12, 14 9:30 - 11:30am
April 12, 14, 6:00 - 7:30pm
Cost: \$56

Group Fitness News New Classes, New Instructors

We have added some new classes to our schedule for your enjoyment. On Mondays at 10:45am we offer ½ Time Zumba with Jill Freed. This class is perfect for folks who look into a regular Zumba class and think to themselves "I could never do that, it is too fast" I encourage you to give ½ Time Zumba a try!

We have added a much-needed Spin class on Thursdays at 4:15pm with Layne Scoggins. Have you tried the noon Spin on Tuesdays with Mary Terbush and Erin Byrn? This class is Spin and Muscle! This mother and daughter team are sure to hand out a dynamic workout!

We have also added by popular demand another Boot Camp class on Fridays at 4:30pm with Laura Smith Jorger and Anne Wilson.

Tina Stenger has taken over the Sunday 8:30am Zumba class! Tina LOVES to teach Zumba and it shows! Come take her class and welcome her to the Zumba team!

Starting April 14 we will offer a second Nordic Walking class every Wednesday at 8:30am in Foothill Regional Park. Gwen Miller will instruct you on proper use of the poles while you breathe fresh air and enjoy lovely scenery. This class is moderately paced and beginners are welcome! Gwen will also incorporate Yoga and Pilates principles in class. We provide the Nordic Walking Poles!

5. Adult Drop-In, Dust Off Your Racquet Clinics, these clinics are for adults with some tennis experience. Clinics will focus on drills, point play, competition, dead/live ball drills and advanced instruction.

Dates: Mondays, 6:00- 7:30pm
Fridays, 10:00- 11:30am

Cost: \$21 per 90 minute clinic.

6. Free Ball Machine Tennis Clinic, every second Monday of the month at 6:00pm starting March 8.

7. Doubles Round Robin, Wednesday at 12:00pm and Saturdays at 9:00am.

Come out and play! These sessions are free and open to men and women level 3.0—4.0.

8. Hit list, if you are looking for a partner to hit with, check out our hit list at the Service Desk, and add your name and contact information.

Any tennis questions you can contact Peter Regan at peterr@airportclub.com.

Team Trainings

Running Team Trainings! Get Ready for Windsor's 5k or 10K or Half Marathon!

Mondays and Wednesdays, 10:00 – 11:00am, for beginners, starting March 15, \$24.00 per session.

Mondays and Wednesdays, 11:00 – 12:00pm, for intermediate runners, starting March 15, \$24.00 per session.

You can do both or just one day a week. Mondays will be the running days and Wednesdays the strength training days. Anne will help you get in shape for either the 5K, 10K or Half Marathon in Windsor on May 23. If you are planning to do the Half Marathon you will need to be at 4 miles by March 15. Nutrition and training tips will be provided. Contact Anne Wilson at 521-2439 or annew@airportclub.com.

X-FIT

Tuesdays, 10:30 – 11:00am, \$13 per session, five weeks starting March 2.

Thursdays, 10:30 – 11:00am, \$13 per session, ongoing.

X-Fit is a cross training program that uses constantly changing functional movements at high intensities. Contact Dustin Davis at 521-2491 or dustind@airportclub.com

Pilates For Men

Thursdays, 12:15 – 12:45pm and or 4:30 – 5:00pm, ongoing, \$13 per session.

Sessions will focus on stretching, core strengthening and alignment. No previous experience is necessary. Contact Shaina at 521-2464 or shainas@airportclub.com

Beginning Pilates Reformer Series

Mondays, 12:00-1:00pm April 12 – May 24, \$24 per session.

Learn to set up and utilize the Pilates Reformer apparatus safely and effectively on your own. Gwen will teach basic beginner and some intermediate-level Pilates Reformer exercises. Modifications and special considerations, Pilates Studio etiquette and equipment care are all covered. Please contact Gwen Miller with your questions, scheduling considerations, or to sign up at 528-2582 x 2477 or email gwenm@airportclub.com

Intermediate Pilates Reformer Series

Saturdays, 11:00-12:00pm, April 10 – May 22, \$24 per session.

April 10 – Abdominal and Back Training using the Box.

April 17 – Jumpboards: Power Up Your Pilates with Cardio for your Core!

April 24 – Standing Work: Cross-train for Water Sports, Fine-tune your Balance, Strengthen your

Core!

May 8 – Arm Work and Hip Work for Strength and Flexibility.

May 15 – Adding Small Apparatus to your Pilates Reformer Workouts.

May 22 – Take it on the Road, make your Pilates portable with this Theraband travel workout!

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

Kettlebells!

Find out what the buzz is all about! Join IKFF-Certified Kettlebell Instructor Gwen Miller and experience the powerful combination of weights, cardio, strength and flexibility that melts fat and tones like nothing else! American Council on Exercise recently published research results that confirmed that Kettlebells do indeed offer “twice the results in half the time” (ACE Fitness Matters volume 16, Issue 1). To quote the ACE research article: “Kettlebells... provide...a much higher-intensity workout than standard weight training routines... (that) easily meets industry recommendations for improving aerobic capacity.” The article continues to confirm that “this is good news for people who are looking for a very good resistance training workout that will also help them lose weight. For people who might not have a lot of time, and need to get in a good workout as quickly as possible, kettlebells definitely provide that.”

Kettlebell Team Trainings

Mondays and Wednesdays 11:00-11:30am, intermediate/advanced, \$13 per session

Tuesdays 4:00-4:30pm; beginner/intermediate, \$13.00 per session.

Thursdays 1:30 – 2:00pm, beginner/intermediate, \$13.00 per session.

Saturdays 12:15 – 1:00pm, introductory, starting March 20, \$19 per session.

Kettlebells are provided for the class. To register or for more information contact Gwen Miller at gwenm@airportclub.com or 528-2582 ext. 2477.

Hard Core Training for Swimmers

Fridays 10:10 – 10:40am, ongoing, \$13.00 per session.

Catherine Davis offers core and shoulder stability strengthening and plyometrics to increase speed. This dry land workout is designed for masters swimmers just prior to the 11:00am workout on Fridays. Contact Catherine at catherined@airportclub.com to sign up.

Racquetball News

1.Springtime Splat, coming in April!

2. Free Adult Clinics, if you have ever wondered what racquetball is all about, here's a great way to find out. Lance offers a free group racquetball clinic the third Thursday of the month.

3.Junior Program, runs Tuesday March 2-April 8! Every Tuesday and Thursday from 3:30- 5:00pm. Classes are free, but space is limited. Sign up at the Service Desk.

5. Play Smart: Stay Safe, eyewear is recommended on the racquetball courts. If you forget yours, loaners are available from the towel center

Trainer Tips for Your Safety

Do not workout on an empty stomach. Consuming a small balanced meal 30-60 minutes before should prevent hypoglycemia.

You should consume at least 8 ounces of water 30-60 minutes prior to exercise. Once your workout has begun you should try to stay hydrated.

Do not workout if you feel weak, sick, light headed, or nauseated.

If during your workout you start to feel weak, light headed or nauseated stop immediately and inform an employee.

Don't spend more than ten minutes in a sauna, steam room or hot tub.

Spring Into Fitness Personal Training Special!

*Four half-hour private sessions with a
Personal Trainer of your choice
for the price of 3!*

Special One-Time Price: \$109.50

Regular Price: \$146

Purchase your coupon at the Service Desk. Available only for the months of March and April.

Contact Dustin Davis at 521-2491 for more information or to connect with a Personal Trainer.

Limit 1 per member.

Announcements

More Upcoming Events

March 23, 6:00-7:00pm. Solar Energy Workshop, Harry Adams. Learn the latest on solar, wind and thermal energy, plus energy savings for windows, insulation, doors, swimming pools and pumps, furnaces and electric and gas energy supplies. Come with questions! Free.

March 24, 6:00-7:00pm. Seasonal Allergy Relief. Pamela Gould, N.D. A naturopathic approach to treating allergies relieves symptoms and helps to strengthen your body. The most effective nutritional, herbal and homeopathic allergy remedies will be reviewed. Learn how supporting adrenal gland function, strengthening your digestive system and a gentle detox can improve your response to seasonal allergens.

March 25, 5:00-6:00pm. What Do I Eat When On The Go and Traveling, Jesseca Logan. Jesseca will share her nutrition secrets for unlimited energy, sustained focus, better moods, and no digestive distress. Free.

March 25, 7:00-8:30pm. Mindfulness Based Stress Reduction, Beverly Benoit. An 8-week transformative class to support your well-being. Thursday meetings on March 25, April 1, 8, 15, 22, 29, May 6 and 13. Drop-ins welcome. \$195 for the series, \$30 per class.

March 27 & 29, 8:00-12:00pm. Spinal Health Screening.

March 30, 6:30-8:30pm. Spring Cleaning for Chakras, Sibyl Harmony. Please see above. Cost: \$20 for this lecture or \$30 for this lecture and Spring Cleaning for Chakras lecture on March 20.

April 5 & 22, 12-2:00pm. Spinal Health Screening.

April 7 & 17, 8:00-Noon. Spinal Health Screening.

April 12, 6:00-7:00pm. The Pain Free Series: Neck & Head: Working Stiff, Mary McClary. Learn about the Egoscue Method of corrective exercise therapy. Discover how you can recover a pain free neck and head. Free.

April 20, 6:00-7:00pm. Is This Perimenopause? Pamela Gould, N.D. Peri-menopause refers to the 10-15 years of hormonal fluctuations prior to menopause when some women experience migraines, mood swings, insomnia and menstrual changes. Discover why and when women might choose non-hormonal or hormonal therapies to stay healthy and balanced during this transition and with aging.

April 22, 2:00-6:00pm. Spinal Health Screening.

Kids' Running and Yoga Club!

Come run with us! 45 min of fun running, relays and games. Then recharge with 30 min of cool yoga and stretching exercises.

Date: Wednesdays April 7 through April 28

Time: 4:00-5:30pm

Cost: \$8.00 for 4 weeks / \$10.00 for non-members.

Sign up in childcare.

Also, for the safety of your children if your children participate in Kids' Fitness classes please have them wear appropriate shoes or the children will not be allowed to participate in class.

There will be Kids' Fitness classes during Spring Break, please see flyers for more information.

GET FINANCIALLY FIT!

Have you made your 2009 contributions yet? Let Certified Financial Planner™, Mike Moberly from Wells Fargo Advisors help you. Ensure that your IRA's are funded, consolidated, and properly aligned to help you maintain your lifestyle in retirement. Stop in and set an appointment for your Financial Fitness check-up today.

Tuesday, April 13 – The Airport Health Club celebrates Mike Moberly, CFP® and Wells Fargo Advisors' one year anniversary of helping members here at the Club. Stop in on April 13 for some food, fun and refreshments throughout the day.

Basketball: Who's The Best?

The **2nd Annual John 'Ballhog' Iraola Memorial "And One" Shootout**, a **Cancer Wellness Program** benefit, will be held this year on Friday, March 19 at 6:30pm. Once again we are going to find out who's the best three point and free throw shooter in the Club. Casey Briare is our reigning 2009 Club champ. **We will have four divisions: Women's, Under 30, 30-45, Over 45.** Prizes will be awarded for each division, and the overall champion will receive one month's complimentary Club membership. This fun evening will conclude with complimentary beverages, snacks and hoopster camaraderie. The fee is \$35 for members and \$70 for non-members, and most importantly, the proceeds will be going to our Cancer Wellness Program. Questions? Contact Tom Meldau, Basketball Coordinator at 528-2582 or tomn@airport-club.com