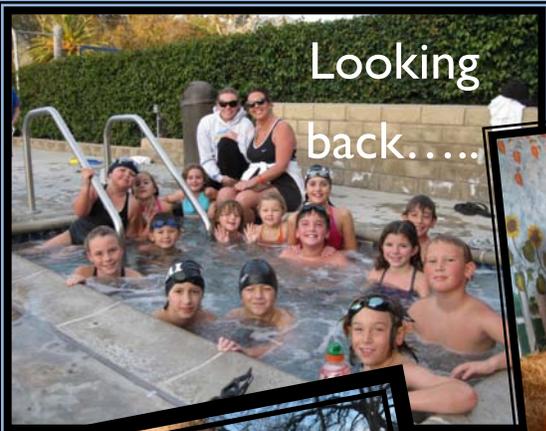


JANUARY 2011



OJAI VALLEY
ATHLETIC CLUB

OJAI VALLEY ATHLETIC CLUB

409 South Fox Street
Ojai, CA 93023

Tel: 805-646-7213
www.wcaclubs.com/ovac



Sweetheart CPR is coming in February so look for more details in next month's newsletter!



NEW

JUNIOR SWIM TEAM

Session begins January 3rd!

Come join the fun and start the New Year off with a splash!!!

Stroke Development MWF 3:30 to 4:00pm

Junior Swim Team 3:30 to 4:30pm

Cost \$60.00/month or \$10.00/drop in

For questions call Aquatic Director Jen Scarminach at 6467213 ext. 106

TEAM 100 BANQUET

It's time to celebrate the significant achievement of those members who performed 100+ workouts in 2010. We are honored to invite the 2010 Team 100 members to join us on Monday January 24th at 6:00pm for a banquet in their honor. Please RSVP. Cost is \$15 per person. Questions may be directed to Fitness Director Danielle Williams at 818-219-4835.



INTRO TO HEART RATE MONITOR TRAINING

MONDAY JANUARY 17 AT 5PM

Did Santa put a heart rate monitor in your stocking this year? Come to this workshop and learn how to get started reaping the benefits of your new toy. You will learn how to narrow down your personal target heart rate range. Your new tool will guide you to train within your aerobic heart rate zone burning fat to reach your greatest fitness potential. Free to members.



OJAI VALLEY
ATHLETIC CLUB

JANUARY SGT 6-PACK SPECIAL...

6 SESSIONS FOR \$99

Small Group Training (SGT) uses functional training techniques in a fast and highly effective workout that can be done in under an hour and leave you feeling better than you have in years. A SGT session consists of groups of 2-4 members with a personal trainer who will provide a seemingly endless supply of creative and FUN exercises that create a strength, cardiovascular and metabolic training effect in the body like no other work out you have experienced. Once you sample the fun of a SGT session, you will be a lot more motivated to incorporate the exercises from these incredible fat burning workouts into your long term fitness routine. In addition, the personal trainer will lead the group through key mobility, activation and warm-up movements that most gym goers never learn (and end up injured as a result). No one is too old for this type of workout – SGT will bring balance back into your fitness program and help reduce those everyday aches and pains. No matter what your age or fitness level, you'll feel better, move better and that makes all the difference. At this price, you can't afford not to try!

The special pricing of 6 sessions for \$99 is available to all members not currently involved in SGT. Many of OVAC trainers are available to lead the SGT session. The SGT 6-Pack must be purchased before January 31 and the sessions will expire on March 31st. Only a limited number of slots available and once the time slots are filled this special will end, even if it is before the January 31st deadline. Reserve your time slots at the Front Desk while you can!

Questions? Contact
Fitness Director
Danielle Williams at
818-219-4835.



WELCOME

LEROY ST. JOHN THOMAS!

Leroy will be joining our team of Personal Trainers and Group Fitness instructors. Besides being certified in personal training and group exercise, Leroy is also Zumba certified!

He holds a B.S. in Health Movement and Leisure from Cumberland University, KY, and a B.S. in Business Administration from Anderson University, SC. He has served as director of wellness and aquatics for well-known community health clubs, and as head coach for track and field and cross-country at the college level.

Here's where you can find Leroy at OVAC
(beginning Monday January 3, 2011):

Mondays 9:45am, "Pump It Up"

Tuesdays 7:45am, "The Basics"

Thursdays 5:00pm, "Zumba"

Leroy promises to bring enthusiasm, creativity and knowledge to Ojai Valley Athletic Club. His goal is to encourage your health and wellness.

What a great way to start the New Year!

LET'S STOP THE #1 KILLER OF AMERICANS TODAY...

For only \$30 and 3 minutes of your time, OVAC is pleased to announce that we can help you detect underlying vascular disease. We have invited Good Life International to our facility to offer members Digital Pulse Analyzer (DPA) Testing.

Half of the people who have heart disease die without ever knowing they had it (they had no symptoms). The Digital Pulse-wave Analyzer (DPA) is used as an early detection tool. It tests seven cardiovascular functions including arterial wall stiffness, left ventricle efficiency, the biological aging pattern of the arteries, the elasticity of small and large arteries and capillaries.

This simple test that involves relaxing in a chair while wearing an arterial pulse sensor on the finger for three minutes. A photodiode detects the changes in the amount of light absorbed by hemoglobin as you wear the sensor. During your brief test time, the DPA will be able to:

- *Tests Heart Rate & Hydration Level
- *Tests Arterial Flexibility & Dilation
- *Grades the Vascular System (A to G)
- *Assigns a Biological Age to Arteries
- *Tests Overall Cardiovascular Health



Don't be fooled by the inexpensive cost, it is very comprehensive and accurate. The test uses a **FDA-approved medical device** for the non-invasive measurement of pulse waveform. And, everyone who participates will receive a print out of their test results and a DVD that fully explains the results of the test. Questions?

Contact Fitness Director Danielle Williams at 818-219-4835.

JANUARY 17th 8:30-6:00pm; COST \$30; RESERVATIONS REQUIRED

(Contact the Front Desk to reserve your spot)



ATTITUDE DETERMINES ALTITUDE

Arrive on the court knowing that you're going to have fun, work hard on your weaknesses, make them better, and enjoy the whole process.

When we chose Kelly D'Angello as our January Member of the Month we knew we had picked a clear winner! Kelly and her two delightful children Anya and Gray recently came "home" to Ojai after living in New York for 20 years to be near Kelly's parents and to work in her father's business.

Anya is 10 years old and attends Oak Grove. Her mom describes her as an artist at heart. Here at the club Anya swims with the Junior Swim Team and is looking forward to starting tennis lessons in the spring. Gray is 7 years old and attends San Antonio School. Gray takes swimming lessons here at OVAC. The kids love spending time with their mom on the courts hitting with the ball machine.

Kelly's dad, Don Scanlin, is an OVAC Kroney. She and her dad recently played in the Ojai Valley Youth Foundation Tournament. Kelly says while she has always been active she had never been involved in sports. She has only been playing tennis for a couple of years, and since becoming a member of Ojai Valley Athletic Club six months ago she has joined the C-Team and USTA 3.0 Team. Kelly praises Ryan Gaston, our Tennis Director. She says Ryan is encouraging, and works on her strengths. She appreciates that he teaches her the basics as well as preparing her for competition and matching her with other players at her level. Kelly says Ryan is so positive and makes the lessons a lot of fun.

Although it seems that tennis is Kelly's favorite thing to do here at the club, she recognizes the importance of balance in her

training.

Kelly rounds out her training with spinning, yoga, free weights and running on the treadmill.

Kelly has also found the other key ingredients to a healthy lifestyle here at the club - family and friends. OVAC is a place where she can be with her family having fun and being active together. She and the kids have made many new friends here. The D'Angelo's feel at home!

What's Kelly's plan for the New Year? She told us she would like to start training for a half-marathon. We'll be cheering you on, Kelly! We know you'll arrive knowing that you're going to have fun and enjoy the whole process.

Thank you for being our Member of the Month. You're a winner!



TENNIS NEWS

Happy New Year! We are very excited about what's in store for OVAC tennis in 2011. Right off the bat this month we are going to host a tennis social with a club from Paso Robles. We do not have a date set just yet but look for information in the lobby next week. It will be a two day event with doubles and mixed doubles. Hope to get a strong turnout! Everyone bundle up, stay dry, and let's have a great January!



See ya on the courts!



RYAN



Pee Wee Clinic

Ages 5-7

Thursdays 4:00-4:30pm

Cost \$8.00

WINTER TENNIS CLINICS

Contact Ryan Gaston for more information.



FUTURES CLINIC

Ages 8 & Up

Tuesdays 4:00-5:00pm

Cost \$14.00

ADVANCED CLINIC

Contact Ryan

Mondays and Wednesdays 4:00-5:00pm

Cost \$14.00

