



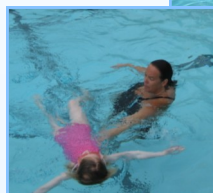
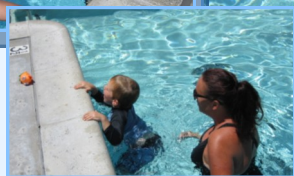
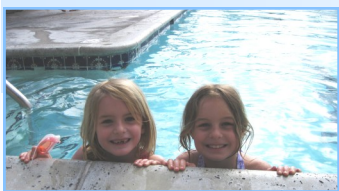
OJAI VALLEY
ATHLETIC CLUB

Ojai Valley Athletic Club

May 2011

GEAR UP FOR SUMMER!

Swim lesson sign-ups are here! Call Jen for a private or semi-private lessons at 805-646-7213 ext. 106 or come down to the club to sign up for group lessons. Sign-up table with instructions is in the lobby by the pool doors. Non-members are welcome! For questions call Jen Scarminach at 805-646-7213



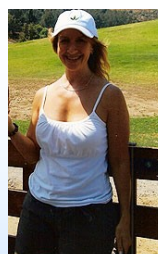
DREAM JEANS CHALLENGE 8 WEEK FAT LOSS PROGRAM

In the words of one of our members...

"I did not expect to lose weight, but I have lost one pound per week. The inches have come off as well - everywhere. I feel great! I have more energy; my back does not ache anymore and the bane of my existence - my right knee - is stronger than it has been in a decade.

Best of all, I am eating the healthiest diet of my life and I'm never hungry. I even get my weekly splurges, if I want them. The trainers are very supportive and attentive to my form during exercise - always urging me to try something different when I appear hesitant. There is a real sense of camaraderie within the class. Don't think you are too old or out of shape to try this! You won't be sorry." -OVAC Dream Jean Participant

(see page 2 for more details)



Tiffany Before



Tiffany After



DREAM JEANS CHALLENGE CONTINUED...

Week of May 9th–June 27th

Tuesdays and Thursdays 9:45-10:45am

HERE'S HOW IT WORKS

You will bring in a pair of jeans that you would like to fit into. You should be unable to button these jeans. We keep the jeans here at OVAC. In 8 weeks you **WILL** be wearing those jeans.

HERE'S WHAT IT INCLUDES

*2 group training sessions per week for 8 weeks led by a certified personal trainer. VALUE \$480.

*8 additional workouts with instructions designed by a certified personal trainer to be done by you (2 per week). VALUE \$240.

*Nutrition program and journal. VALUE \$149.

*Fitting into your dream jeans. VALUE priceless.

HOW IS THIS PROGRAM DIFFERENT?

You will not rely on a scale. This is not a weight loss program.

This is a REINVENT your body FAT LOSS program. You will learn the importance of strength training and metabolic training in the quest to lose fat.

You will experience breakthrough moments and the feelings of empowerment that come along with such moments.

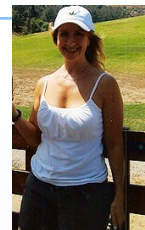
COST (non-refundable)

Reserve your spot with a payment at the Front Desk.

\$397 for members and \$417 for non-members

OTHER DAYS & TIMES

Contact Fitness Director Danielle Williams at 818-219-4835 for other available days and times, including early mornings and evening times.



Tiffany Before



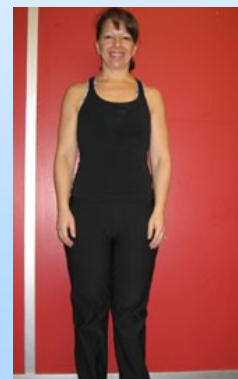
Tiffany After



Lisa Before



Lisa After



Sharon Before



Sharon After



MAY'S MEMBER OF THE MONTH...PATRICE ROSENTHAL

If you're doing it, you may as well do it more effectively! This is the realization that our member of the month, Patrice Rosenthal has come to after losing 20 lbs., two sizes and avoiding knee surgery!

Patrice and her husband moved to Ojai from London 3 years ago. Patrice describes her husband, Bob, as super fit, a long distance runner and swimmer. They belonged to a gym in London but Patrice admits that she was not truly committed to exercise.

As soon as they moved to Ojai the couple became members of Ojai Valley Athletic Club. Patrice says that it was Bob who pushed her to sign up with a personal trainer. She was very reluctant but booked her first set of training sessions with Robert Evans. Fast-forward three years, with once a week personal training, and 2-3 sessions of working out on her own and Patrice has a new attitude about the benefits of personal training. Patrice found just having the appointment with Robert helped her get past any excuses that might have tempted her to skip her work out. Working with a trainer also gave her the opportunity to learn more about how to exercise to achieve her goals. She also found that she works three times as hard with Robert's encouragement and guidance. The benefits of Patrice's hard work, discipline, and consistency are that she has lost weight and gotten stronger. Her balance has greatly improved and she is more inclined to healthy eating habits. And, she can enjoy Boozer more. Boozer is the Quarter horse that Patrice bought

when she moved to Ojai. She loves to trail ride several times a week and her improved fitness and core strength makes her rides more enjoyable and safer.

For Patrice, having a personal trainer was the key to getting and keeping on track. Her advice for the new or reluctant exerciser is get a trainer, try it, and stick with it. You will be surprised with the result!

Thank you for sharing your story of how being more effective with your exercise helps you to be more effective enjoying the things you love to do. Happy, healthy trails to you, Patrice!



PERSONAL TRAINING WITH ROBERT EVANS

Robert's love of fitness comes through loud and clear as a personal trainer and while teaching yoga, qi gong, Spinning, Aqua Sculpt, and OVAC's popular hiking class. With this broad background, Robert is able to offer a truly

unique personal training experience to all his clients, while focusing on creating an individualized program to meet each client's goals. In addition to offering one-on-one personal training sessions at \$54/session, Robert also offers the following:

Partner Training-Robert offers a special rate of \$200 per person for 5 sessions when two people elect to do personal training together (\$250 non-members). Find a friend, try it out in May and Robert will give you each one additional complimentary session.

½ Hour Personal Training-Robert also offers ½ hour sessions for those of you who are limited on time. The cost is only \$27 per session. Purchase 5 sessions in May and Robert will give you one additional session at no charge.

POWER YOGA WITH SOLVEI COMES TO OVAC...

MONDAYS 11:00AM

We are pleased to welcome renowned yoga instructor Solvei to the OVAC teaching staff this month. Solvei hails from Norway. Her background is as a professional dancer, fitness model, trainer and certified yoga instructor in Los Angeles for over 14 years. Her clientele has included the Hilton family, Tony Danza, "Days of our Lives" cast, "Everybody loves Raymond" cast and Adam Hall. Solvei blends different yoga styles in order to create an all rounded practice for everyone involved. This yoga class caters to the intermediate to advanced level student. Athletes and fitness buffs alike will gain great flexibility, resolve, focus and strength from this Class.

Some previous yoga experience is recommended before taking this class.



Satchels & Sangria at the Club

Attention Purse-aholics!!
Need a little shopping and sipping therapy?

Join us Cinco de Mayo for the ultimate shopping event!

We will be having a purse party showcasing our newest styles. Sip on fresh fruit **sangria** and nosh on delicious homemade **chips and salsa**.

Non-members welcome!
Bring your girlfriends, sisters, mom's!
Prizes, raffle, additional discounts!



Thursday, May 5th 2011

5:00 to 7:00pm

20% off all purses throughout the month of May.
Perfect gift to give to Mom for Mother's Day.



TUESDAY

4:00PM

JUNIOR TENNIS CLINIC

CANCELED

Due to small turnouts we are canceling the Junior Beg/Intermediate clinic on Tuesdays till further notice. We hope to get it started again at the beginning of the new school year.

OVAC SUMMER TENNIS CAMPS!!

PEE WEE CAMP

Ages 4-7 Time 9:00-11:30

Cost \$95

We always have a great time with our Pee Wee Camps! Kids will learn the basics while having a great time playing games and having fun! Kids will play tennis and swim for the last 20 mins.

JUNE 6-10 JUNE 27- JULY 1 JULY 25-29 AUGUST 8-12



FUTURES CAMP

Ages 8 & up Time 9:00-12:00

Cost \$125.00

A step up from the Pee Wee Camp. Kids will learn more technique and skill games. Kids will be grouped with others in their skill/age level. It will be a great time with of course some swimming at the end of the day!

JUNE 13-17 JULY 11-15 AUGUST 1-5

TOURNAMENT PLAYERS CAMP

Contact Ryan Time 9:00-12:00

Cost \$125.00

Our most intense camp designed for tournament players. We will bring the fun but also have tough drills and match play. If you want to take your tennis to the next level contact Ryan!

JUNE 20-24 JULY 18-22

DO YOU HAVE PAIN OR A CHRONIC ISSUE THAT IS BOTHERING YOU?



Active Rehab Specialist Dane Stevens is ready to get the root of your problem and help you to become free from pain again! Is pain holding you back from doing the things you want to do in your life? Dane's **6-WEEK ACTIVE REHAB PROGRAM** will teach you how to deal with and heal chronic conditions and negative patterns, whether it be back or neck problems,

chronic pain, joint issues, tendonitis, numbness, or even anxiety or headaches. Dane is a therapist and coach who specializes in active rehab and chronic conditions. He has recently re-located to Ojai from Marina Del Rey where he ran the Physical Therapy department of the Westside Wellness Center. Dane hails from British Columbia, Canada where he started down the path of rehabilitation 15 years ago. He worked with stroke survivors through the Lions Gate Hospital; as well as with a variety of athletes; from runners, to hockey players, golfers and tennis players. Dane has a strong sports background - Adventure Racer and semi-pro hockey player, and extensive training and experience in anatomy and body mechanics. That combined with the mental/emotional awareness required, gives him the knowledge to get to the source of your issue, help you to correct dysfunction, and return to pain free living. Return your body to harmony. Free your body, free your life!

May 10, 17, 24, 31, and June 7, 14 at 6pm at the Ojai Valley Athletic Club.

\$249 member/\$260 non-members nonrefundable.

Reserve your spot at the Front Desk today!

TENNIS UPDATE

What a great April! The Ojai was amazing as always and we could not have asked for better weather!

I also want to thank our great members for being patient and supportive as we resurfaced the side courts. They look great and I hope everyone gets a chance to play on them soon. We had a great Tennis, Wine & Dine a couple of weeks ago. Record numbers came out to play some fun tennis and taste some great homemade pizza and Pinot Noir! Congrats to two time winner Mike Borders and Jodi Martin, also Chris Van Son and Doug Ellis for winning at their table. I always love these type of events and look forward to the next!

See Ya on the Courts!

Ryan

