

# JUNE 2012

409 South Fox Street  
Ojai CA 93023



A SPECIAL MESSAGE FROM JEFF HOEFLING

*"I don't know how to express my heartfelt gratitude for the generosity this community showed me during the Hope for Hoefling Benefit and all the years that I have been in Ojai. I especially want to thank my OVAC family without whom this great event would not have been possible. Thank you everyone for your love and support."*



## THE SUMMER SCHEDULE IS COMING!

Beginning June 4<sup>th</sup> the Fitness Department heats up some of your favorite classes and will be adding some new sizzling hot additions for your fun and fitness.



## JUNE'S MEMBER OF THE MONTH MARLENE MALIN

When Marlene Malin, our June Member of the Month, analyzed the data she could clearly see that the results were positive! Marlene noted the weight and inches she lost. She has gotten markedly stronger and has found that her balance and co-ordination have greatly improved. She also reported that her blood sugar levels seem more balanced contributing to decreasing her cravings for chocolate chip scones!

Marlene is a Clinical Licensed Scientist who describes her lifestyle as active, and basically healthy. Growing up in Indiana, Marlene remembers her mother providing healthy meals including fruits and vegetables. Soda was considered poison.

When Marlene moved to Ojai with her husband, Tim Peddicord and their two sons, Aaron and David they joined Ojai Valley Athletic Club. Marlene has enjoyed a lifelong love of swimming and she enthusiastically jumped back in the water. She added in horseback riding and began working out in the gym. Marlene began to see evidence that weight training was improving her swimming. She also began to notice that she was seeing the same people doing the same thing day after day in the gym and their bodies never changed. Marlene wanted to learn more and find a way to get better results.



That's when she discovered OVAC's Dream Jeans Challenge. Marlene saw this as an investment in her health. The results for Marlene are conclusive. She is changing her body in ways she was never able to before. She is more fit, feels great, and she looks fabulous!

# OVAC SUMMER TENNIS CAMPS



**PEE WEE CAMP**  
Ages 4-7 Time 9:00-11:30  
Cost \$100

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 end the day with swimming.

**JUNE 11-15**  
**JULY 9-13**  
**JULY 30-AUGUST 3**

**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. They will be grouped with others in their skill/age level. It will be a great time and of course some swimming at the end of the day!

**JUNE 18-22**  
**JULY 16-20**  
**AUGUST 6-10**  
**AUGUST 20-24**

**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 tennis and a little pool time at the end of the day!

**JUNE 18-22**  
**JULY 16-20**  
**AUGUST 6-10**  
**AUGUST 20-24**

**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 25-29**  
**JULY 23-27**  
**AUGUST 13-17**



# Dream Jeans

## 8-WEEK FAT LOSS PROGRAM

June 26<sup>th</sup>-Aug 16<sup>th</sup> Tu & Th 9:45-10:45am with Danielle  
June 25<sup>th</sup>-Aug 15<sup>th</sup> M & W 6:00-7:00am with Brooke



Non Members Welcome

Questions? Call 818-219-4835

**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 more solo workouts designed by a certified personal trainer (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. **\$198.50 billed July + \$198.50 billed Aug** for members and \$417 pre-pay for non-members.



**VOTED 2011 BEST EXERCISE CLASS IN THE OJAI VALLEY**



### TENNIS UPDATE

Hope everyone is enjoying the great weather and tennis at OVAC. We are in the transition part of the season where leagues are ending and Summer Tennis is just around the corner. We just got done completing one of the upper clay courts and it is in great shape! With the weather getting hotter and hotter, now is the time to check out the upper two clay courts and feel the difference in temperature from a hard court. With clay being watered underground throughout the day, it can be a difference of 10 degrees from the lower hard courts. It can also help with longer rallies and footwork....something we all need!

Hope you guys enjoy the start of a great summer. Drop by for beer and chips Tuesday/Thursday or come hit Saturday/Sunday on courts 1 and 2. If you have kids, make sure to sign them up for our great Summer Camps!!

See Ya on the Courts!

*Ryan*

# SHOULD WOMEN TRAIN DIFFERENTLY THAN MEN?

By Danielle Williams, PES, CES, CPT

To begin I want to address the #1 concern that I hear as a trainer from women who start weight training – no, you do NOT need to worry about getting “bulky”. Women just don’t have the same physiology as a man, so we simply can’t turn into the Incredible Hulk. And I am going to assume that we all now understand that being a “cardio queen” will not get you the body you want. Now we can move onto the question at hand: *Do women need to train differently than men?* The answer is NO, but you probably would like a little more than this simple answer.

Although women don’t need to train differently than men, there are a few reasons that they should at times. I would even go so far as to say that 90% of training should be done the same as men. So that leaves 10% for “detail work”. Why the 10% difference? Well, because women usually have different training goals. Let’s talk about two areas where a women’s desire for a particular appearance would lead to tweaking her workout.

Most women want sexy legs, not muscular, athletic legs. As discussed earlier, women don’t get “huge” from lifting weights, but all muscle reacts to weight training with a mild hypertrophic response. Adding even a ¼ inch to a woman’s legs can be traumatic if the skinny jeans no longer fit. To help, women should not make forward lunges a mainstay of their workout. Instead, perform backward lunges. The forward lunge is not evil, but it does put more emphasis on the portion of the quadriceps that is located at the base of the knee (the vastus medialis). As you lunge forward, your lead leg has to stop your entire body weight, and any external weight you are carrying, and absorb your momentum, meaning the muscles around the knee will be doing the majority of the work. On the other hand, in a backward lunge, your bootie does more work on both sides and the portion of the quadriceps that runs up and down the femur (the rectus femoris) does a bit more work. This does NOT mean women should never forward lunge. Exercise variety is important and forward lunges are a really good exercise. Everyone should train the muscles around the knee; however, women just don’t need to over emphasize it.

Another point of distinction between men and women would be in the midsection. Women don’t need to perform weighted abdominal work with any high level of volume, at least with dynamic movements (exercises that take you through a range of motion). As with all muscles, placing the rectus abdominus muscle under heavy load and/or high volume will lead to thicker and more developed abs. Women don’t want to look thick and blocky through the midsection. In fact, this type of physique will only look good on a women who is below about 14% body fat, which is crazy, off the wall hard to maintain. Instead of weighted ab work or dynamic work, focus on stability exercises (think planks, Palloff presses, etc.) to develop a strong, lean, attractive female core.

Women en masse should be training with weights to achieve the body they want. And yes, women should train like men, but keep in mind the minor details mentioned above. Small changes can lead to big rewards.

Source: John Romaniello

