



OJAI VALLEY ATHLETIC CLUB



THANKSGIVING HOURS

Thursday, November 22nd
8am to 12:00 noon

November 2012

NOVEMBER'S MEMBER OF THE MONTH...MARTHA D'ESQUER

November is the month for Thanksgiving, a time to be thankful for our family, friends, and our health. The moment you meet our November member of the month, Martha d'Esquer, you see in her beautiful warm smile that she is filled with passion for life and lives in gratefulness.



Family is first for Martha. Martha knits her fingers together to show how closely entwined her family is. After living several places around the world, Martha came to Ojai because this is where her children wanted to be in school. Pablo, her son, is currently enrolled at UCLA as a pre-med student. He is a classical violinist and Martha imagines that with his dexterity learned from playing the violin that he will make a great surgeon one day. Her daughter, Maria, paints and draws and is working for a local physical therapy office. She has dreams to become a therapist. Having lived abroad much of their lives, both Pablo and Maria speak four languages. Martha's husband goes the extra mile to be with his family, literally! For the past twenty years Fernando has commuted to his job in Tecate, Baja California. He makes the trip home each weekend to be with his family. Fernando is the plant manager for a major furniture manufacturing company. Martha and Fernando have been married for twenty-four years - the commute must be worth it!

Martha's passion and mission is teaching children. She found the tools to fulfill her passion with the Montessori teaching method and recently opened Meadows Montessori Preschool here in Ojai. One of Martha's other joys goes back to when she was a child. Her family moved to Tijuana where her father was a physician. Four times a week, her mother would load the family into the car and drive across the boarder into Chula Vista where Martha was on the swim team. Martha says her mother, who is now 70 years old still travels to the same pool every week.

The d'Esquer family has been members of the club since 2008. One of the many things at OVAC that Martha enjoys is our beautiful lap pool. When she enters the water she is home. Martha...Thank you to you and your family for being the perfect example of living a healthy and grateful life.

Wishing you and your family a very Happy Thanksgiving!

THANKSGIVING HOLIDAY

GROUP FITNESS SCHEDULE CHANGES

Please note the following classes will be canceled:

Tuesday Nov. 20, 3:30pm Fit Kids

Wednesday Nov. 21 4:00pm Pilates

Wednesday Nov. 21 5:00pm Dance

**Thursday Nov. 22 NO CLASSES
(Club hours 8:00am-12:00pm)**

**Friday Nov. 23 NO CLASSES
(Regular class schedule resumes Sat. Nov. 24)**

**Happy holidays!
We are grateful for all our fabulous
members.**

**SAVE THE DATE
FOR OUR ANNUAL
HOLIDAY PARTY!**
Friday December 14th

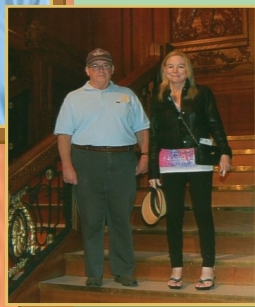
5-8pm.
Lots of
fun for
the
whole
family!



KIDS CLUB NEWS

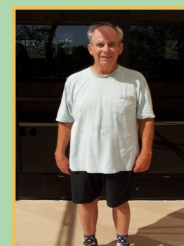
We are extending our hours to 3:30pm until 7pm on Wednesdays! Come on in and play!

CHANGING LIVES, ONE MEMBER AT A TIME MEET PERSONAL TRAINER BARRY PORTNOY



Rockne Before

OVAC member Rockne Green started with me the day after he retired, that was 2 years ago. His goal was to lose weight and get in better shape, but he didn't have any experience with exercise. My goal was to help him reach his goals by taking our time so he would learn to enjoy exercising and make it a part of his life. We have both surpassed our goals and have formed a lifelong bond that can only be categorized as "life-changing" for the both of us. Rockne so far has lost 55 lbs and his doctor has cut his blood pressure medication in half which now enables him to get a good night's sleep. His shoulder and foot which were a problem no longer bother him and he now enjoys swimming and even regularly jogs. Of course with changing your lifestyle comes learning how to manage how and what you eat, and we have also achieved that. I cannot even put into words how proud I am of Rockne and what he has, and continues to accomplish. This is a life-changing journey and I am looking forward to helping others. If you are willing to commit and work hard a new world awaits you, just look at Rockne. To schedule an appointment with me, please call (805)798-0066



Rockne After!



ESCAPE WITH OVAC'S VIRTUAL INTERACTIVE TREADMILLS – NO ATLAS REQUIRED

Did you know that you can escape to the lush forests of Hawaii, hike through the Italian Alps or run the infamous Las Vegas strip – all in OVAC's upstairs fitness center? The new Matrix treadmills offer a suite of fully interactive, cinema quality, video based cardio workouts. You will be engaged on all levels as the workouts include audio soundtracks and ambient soundtracks in addition to stunning video footage. Also, the incline will adjust to match the terrain shown in the video. The video will be speed interactive, which means when you speed up or slow down your workout pace, the video playback rate will adjust creating a fully immersed experience. The Matrix Virtual Active treadmill delivers an interactive experience for your senses to give you the power to escape the monotony of a traditional equipment-based cardio workout. Come explore!





WELCOME PERSONAL TRAINER DAVID ROGGE

**DEDICATED TO BEING THE BEST
PART OF YOUR DAY**

"I like to take a creative, integrated and balanced approach to fitness, creating exercise programs that are diverse, dynamic and, of course, FUN!"

David would love to do a complimentary session with you to introduce himself. Please call him at (323)717-6018 to schedule some FUN

REAR RESHAPER WITH FITNESS DIRECTOR DANIELLE WILLIAMS

Start on all fours, knees under hips, hands slightly in front of shoulders. Lift right knee to side at hip level; trace 12 large circles clockwise (as shown), then 12 the other way. Switch legs; repeat.



Source: www.self.com

SOME PEOPLE DREAM OF SUCCESS, OTHERS MAKE IT HAPPEN

Ojai Valley Athletic Club's Metabolic Mania classes made it happen in October with some amazing abdominal plank times. Check out the maximum times below. How did they do it? They were willing to do the things that most are not. They fight against the odds. They sacrifice. They are not shackled by fear, insecurity or doubt. Young or old, it doesn't matter. They are motivated by accomplishment, not pride. When they fall, they get up. When they are beaten, they return. They never stop getting better. They never give up, ever. If you are ready to experience this type of success, we invite you to try a complimentary Metabolic Mania session. Check out the available days/times on the Group Fitness Schedule or contact the trainers directly. Brooke 805-798-4047; Jeff 805-512-1880; Danielle 818-219-4835.

| | |
|--------------------------|-----------------------|
| Danielle Williams age 43 | 48 minutes 7 seconds |
| Brandi Crockett age 31 | 20 minutes 55 seconds |
| Corkey Solow age 59 | 16 minutes 10 seconds |
| Jeff Hoefling age 50 | 14 minutes 29 seconds |
| Maria Los age 37 | 12 minutes 26 seconds |
| Fran Christiansen age 65 | 8 minutes 12 seconds |
| Stephani Galgano age 41 | 7 minutes 43 seconds |
| Theresa Sowa age 57 | 6 minutes 43 seconds |
| David Sadka age 56 | 5 minutes 45 seconds |
| Nancy Thompson age 58 | 4 minutes 36 seconds |
| Carrie Rubalcava | 4 minutes 36 seconds |
| Linette Moore age 51 | 4 minutes 14 seconds |
| Sabina McMahon age 49 | 3 minutes 14 seconds |
| Tania Parker age 31 | 3 minutes 7 seconds |
| Jayce Cheldin age 14 | 2 minutes 45 seconds |
| Sheran Becker age 49 | 2 minutes 13 seconds |
| Blossom Beatty age 38 | 2 minutes 1 second |
| Mary Hatch age 58 | 1 minute 1 second |
| Tiese Quinn age 70 | 54 seconds |
| Linda Nugent age 70 | 49 seconds |



DON'T WAIT UNTIL
THE NEW YEAR...



START NOW!

HOLIDAY TRAINING SPECIALS

SPECIAL #1 THE GIFT OF HEALTH:

Share with someone you care for the benefits of exercise with a GIFT CERTIFICATE for 3 ONE-ON-ONE PERSONAL TRAINING SESSIONS for only \$99. Or better yet, treat yourself to this special offer! Valid for members who are not currently working with a personal trainer. All sessions must be used by January 31st, 2013.

SPECIAL #2 UNLIMITED GROUP TRAINING:

Now is the time to give group training a try. Members not currently participating in Small Group Training/Metabolic Mania can participate in an unlimited number of classes offered by any one trainer of your choice in the month of November for only \$99 (normal cost is \$30 per session). Many sessions are currently

being offered by certified personal trainer Brooke Atkins, Jeff Hoefling and Danielle Williams. Check out the available days/times on the Group Fitness Schedule or contact the trainer directly.

Brooke 805-798-4047, Jeff 805-512-1880, Danielle 818-219-4835

QUESTIONS ABOUT THESE SPECIALS? PLEASE CALL DANIELLE at 818-219-4835.

PILATES AT OVAC!

Good News! We brought a new Pilates Instructor on board to offer more private & group Pilates in the OVAC Pilates Studio. Her name is **Pamela Vos**. Many of you have expressed an interest in doing Pilates or learning more about it. Now is your chance!

Pam will be holding **free** demonstrations in the Pilates Studio downstairs in November. The sessions are 45 minutes. Please sign up at the front desk and get a Fitness Profile to complete and bring with you.

A 15% discount on all packages is extended from Now until November 30.



Please call or text Pam directly at 805-832-2020 or email her at Pvos@caclubs.com with questions and/or to make an appointment.

*Pamela Vos Biography
Certified Pilates Instructor (Physical Mind Institute)
Wellness Coach
NASM Certified Personal Trainer
SPIN Certified Instructor
Award Winning Fitness Writer*

With over 16 years as a Fitness Professional, I have the experience and know how to help you achieve what you need...physically, mentally and emotionally. Incorporating Pilates into your fitness routine will transform your body in many ways: You will experience improved flexibility, gain incredible core strength and alleviate pain in the body, especially the back. Many people lack the motivation to do the things they need to do. As a compassionate and enthusiastic instructor, I will make sure your workout is fun and effective and at the level you are capable of.



TENNIS UPDATE

Hope everyone is enjoying the cooler weather (about time)! We have made some nice improvements with some of the courts over the past month. Courts 9 and 10 are resurfaced and playing great. We also purchased an amazing machine that does wonders for the clay courts. It breaks up the clay and makes them like new. Best clay court machine I have ever used! At times during the USTA fall season we tend to have full hard courts over the weekend. Please don't forget to check out the clay courts and give them a try! Hope everyone has a great fall and gets out on the courts!

See Ya on the Courts!

Ryan



Photos from October's Tennis Wine and Dine

OVAC FALL TENNIS CLINICS

FUTURE STARS CLINIC (AGES 5-7)

Tuesday and Thursday

4:00-4:45

Cost \$10

INTERMEDIATE CLINIC (AGES 8 & UP)

Thursday

4:00-5:00

Cost \$14

ADVANCED CLINIC (CONTACT RYAN)

Wednesday

4:00-5:00

Cost \$14

TURKEY TROT MIXED DOUBLES SOCIAL SUNDAY, NOVEMBER 18TH

This is always a great event for our tennis members. We play a fun mixed doubles round robin where the winner gets a frozen turkey! It's a free event so look for the sign up in the lobby!

OJAI HEAT WELCOMES COACH WENKE SEIDER

The Ojai Heat Swim Team is excited to add Wenke Seider to our coaching team! Wenke will be coaching the A's and B's at Wednesday's practice. OVAC is proud to have such an incredible swimmer and coach. Wenke swam for German and French National teams and she currently holds 107 US Master's top ten achievements, 10 All American Honors and 3 All Star Honors. Wenke also coached age group swimming at Cathedral Oaks Athletic Club and Los Banos in Santa Barbara. WELCOME WENKE!



Coach Wenke Seider

PUMPKIN PUSH SWIMMERS HAD A BLAST!

Morgan Mays, Celeste Cheverez and
Nan Bese represent Ojai Heat with
Jack O Lantern swim caps.



Artwork by Quin Seider



DOLPHINS PRE-SWIM TEAM IN NOVEMBER

Stroke development is for swimmers who have completed swim lessons and want to continue on and join Junior Swim Team. Swimmers will learn basic freestyle, backstroke and streamline push-offs. Class is taught in the WARM 85 degree rec pool.

Tuesday and Thursday 3:15-4:00 & 4:00-4:45

MEMBERS: \$60/mo. \$12/drop-in

NON-Members: \$85/mo.

IT'S STILL NOT TOO LATE TO JOIN

THE DOLPHIN CLUB

All you have to do is log your laps swum in the binders in the OVAC lobby from September 1st 2012 through August 31st 2013. At the end of the year you will receive a FREE t-shirt and enjoy a dinner with other motivated swimmers. More information is posted next to the binders.