

# Friday, December 14<sup>th</sup> 5:00pm to 8:00pm

Appetizer Buffet Crafts for the little ones *PHOTOS WITH SANTA Bubble Roller FREE FOR MEMBERS!* 

Fun for the whole family!





#### VISIT OUR SISTER CLUBS FOR FREE!

Ojai Valley Athletic Club now has five Sister Clubs in California. OVAC members are invited to use the other clubs up to twice per month with no guest fee! Members must always bring their OVAC barcode tag when visiting other clubs. If you don't have a barcode tag, please ask for one at the front desk.

Here are the clubs to choose from:

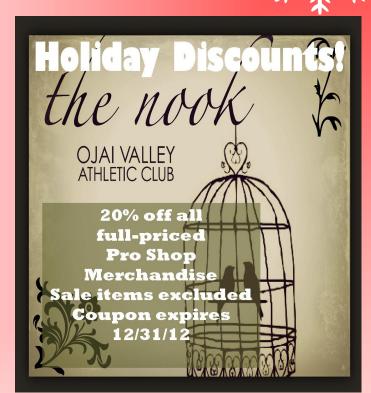
Avila Bay Athletic Club & Spa (805) 595-7600 / 6699 Bay Laurel Place Avila Beach, CA

The Hills Swim & Tennis Club (510) 339-0234 / 2400 Manzanita Drive **Oakland**, CA

La Madrona Athletic Club (831) 438-1072 / 1897 La Madrona Drive Santa Cruz, CA

**Paso Robles Sports Club** (805) 239-7397 / 2975 Union Road Paso Robles, CA

Westlake Athletic Club (818) 889-6164 / 32250 West Triunfo Canyon Road Westlake Village, CA





#### 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 not currently working with a personal trainer. All sessions must be used by January 31<sup>st</sup>, 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 December for **only \$99** (normal cost is \$30 per session). Many sessions are currently being offered by certified personal trainers 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 **OUESTIONS ABOUT THESE SPECIALS?** PLEASE CALL DANIELLE at 818-219-4835.



#### **OVAC FALL CLINICS**

Future Stars Clinic (ages 5-7) Tuesday & 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

#### **TENNIS NEWSLETTER**

Always an interesting time of the year; shorter and colder days along with wet weather makes getting out on the tennis courts harder and harder to do. I know it's been tough but it is great to see everyone out hitting and competing in USTA and Interclub. With the cooler weather approaching, I would like to give some advice on something I do at this time of year, I like to restring my racquet a few pounds looser to deal with the cold mornings. Looser strings help with cold, hard balls and winter conditions. It always helps me so give it a try and tell me what you think!

See ya on the courts!

Ryan

## **HOLIDAY 2012 SCHEDULE**

Dec 24	Mon	NO CLASS	SES CLU	B HOURS 8am-12pm	
Dec 25	Tue	NO CLASS	SES CLU	B CLOSED	
<b>Dec 26</b>	Wed	10:00am	SPECIAL CL	ASS: SANTA'S ZUMBAwith	Maria
- Dec 26	Wed	8:30am	Zumba	CANCELED	
Dec 26	Wed	9:30am	Zumba	CANCELED	
/Dec 26	Wed	10:45am	Yoga	CANCELED	
Dec 26	Wed	6:05pm	Qi Gong	CANCELED	
Dec 27	Thur	3:30pm	Spark	CANCELED	N. (6)
Dec 27	Thur	5:00pm	Zumba	CANCELED	z y V
Dec 27	Thur	5:00pm	Circuit	CANCELED	
Dec28	Fri	5:00pm	Zumba	CANCELED	
Dec 29	Sat	9:30am	Core	CANCELED	NH CON
Dec 30	Sun	8:30am	Dance	CANCELED	
Dec 30	Sun	9:30am	Yoga	CANCELED	
Dec 31	Mon	*	CLUB HOURS	8am-12pm	
*(classes as scheduled during operating hours)					
Jan 1	Tue	NO CLASS	SES CLUB	HOURS 10am- 3:30pm	$\sqrt{N}$

**NO CLASSES** CLUB HOURS 10am- 3:30pm

### **HOLIDAY SPIN SCHEDULE**

Dec 24 - Jan 1 All Spin Classes CANCELED

#### **SPEED DEADLIFTS**



*By Danielle Williams, Fitness Director* Surprise, surprise - deadlifts don't have to be heavy to be beneficial. Speed deadlifts, done at lighter weights, maybe the key to increasing your deadlift in the long run.

So what are speed deadlifts? Any deadlift variation done at a light weight (25-80% of your one-rep max) for 1-5 reps (the higher the one-rep max percentage, the lower your sets should be, and vice versa) with a 30-120 second rest between sets. Your focus during speed deadlifts should be perfect technique coupled with exploding the bar off the floor right on through the lockout.

The next question would be, why? Deadlifts are one of those exercises that absolutely require good technique to avoid injury, especially at heavy loads. Speed deadlifts with gradually increased weight allows you to master the technique safely before slapping heavy plates on the bar.

Speed deadlifts are also valuable for improving

the bar speed off the floor. The explosive strength needed to get the bar off the ground in a heavy deadlift is dependent upon putting a lot of force into the ground quickly at the start. With heavy deads, the intent to lift quickly is key, not the actual bar speed (I mean heavy deads are HEAVY, right?). Speed deadlifts are a great way to practice being explosive because you have the benefit of the feedback of the bar actually moving fast. This will help when you transition to the isometic, explosive action in a heavy dead.

A third great reason to try speed deadlifts next time you hit the gym is that they can make you younger. Well, sorta. As we age, we lose our ability to generate power. This loss of power is much more marked than our loss of strength. Speed deadlifts allow us to train for power with less risk of injury than many other power exercises (jumping, sprinting, Olympic lifts).

Finally, speed deadlifts allow you to effectively use squats and dead in the same workout without making you feel completely crushed. Doing heavy squats and heavy deadlifts in the same workout is just brutal and can increase your risk of injury. Mix up your workouts by doing something like this:

Day 1: Squat for Speed, then Deadlift Heavy

Day 2: Squat Heavy, then Deadlift for Speed

Speed deadlifts should not be the only deadlift in your arsenal, but they are an interesting was to improved your deads, no matter what level of lifting experience you have. Give them a try and let me know what you think. Source: Eric Cressey

### WEEKEND NEWS

Beginning December 8, Saturday Spin Classes will start at 8:30am and 9:30am also Beginning December 8, Saturday Kids Club will now open at 8:30am!





#### DECEMBER'S MEMBER OF THE MONTH... SUZANNE SOULE

Suzanne Soule, our December Member of the Month, says she is living her life backwards. With a PHD in Political Science Suzanne traveled the world with a career as director of research of political socialization for twelve years. In 2009, drawn to the area by the beauty, hiking opportunities, and the friendly and supportive community, Suzanne landed in Ojai. Since then Suzanne made a big career change. She says her new career is very challenging. Suzanne is now MOM of Savanna Soule, her beautiful 20-month-old daughter.

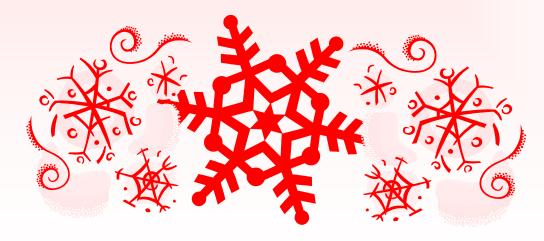
It is clear that Suzanne loves her new job and lives each day with intention to provide the best environment for the growth of her business, little Savanna. Suzanne and Savanna begin each day by going out to their garden on a "food hunt". Suzanne calls Savanna an enthusiastic harvester. It doesn't matter to Savanna if the strawberries and tomatoes are red or green. She is delighted with her bounty. What better way for her to learn about growing and eating healthy, nutritious foods?

A dedicated swimmer, Suzanne swam her way through her pregnancy. And as soon as Savanna was born Suzanne was back in the pool with Savanna bundled up in her infant carrier next to the pool. And now that Savanna is walking Suzanne is able to continue her fitness

routine knowing that Savanna is safe and happy and getting some social time with her friends in Kid's Club. Suzanne is very grateful and appreciative to the great day care staff for providing a safe, calm, loving environment that helps her be a better mom.

Often at OVAC we have the honor of witnessing members reaching their fitness and health goals. What we appreciate most about Suzanne is watching her gracefully modeling a healthy, joyful lifestyle for her child. Suzanne understands the balance of taking care of herself in order to be the resilient, healthy, happy, sane and calm mother that she chooses to be.

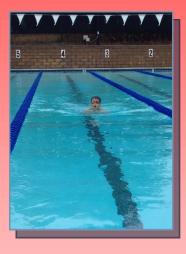
Suzanne and Savanna, thank you for the joy that you bring to Ojai Valley Athletic Club with your beautiful smiles and healthy attitudes.



#### **AQUATICS NEWS**

OVAC's Ojai Heat Hosted Ventura Dolphins and Newbury Park Manta Rays Youth Swim Teams. Congratulations to all the swimmers who attended and many thanks to our wonderful parent volunteers who helped out in the rain!

















#### HAPPY HOLIDAY'S FROM THE OJAI HEAT SWIM!

We will be on winter break from Dec 4-Jan 4

Come swim with us starting Monday January 7

See: ovac.caclubs.com/aquatics for more information or call Elin Cheverez 646-7213 ex 204



#### **DROP A SIZE BEFORE CHRISTMAS**

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#### FREE TRAINING

By Danielle Williams, Fitness Director

What's my New Year's resolution this year? NOTHING! I don't have one this time...well at least not for fitness or nutrition. Why? Because resolutions just don't work!

I've seen resolutions fail oh so many times. So many members find themselves a few months into the New Year with no progress on their resolutions. Some have even gained more weight. I say let's try something different this time. How about we do the exact OPPOSITE of everyone else...If we do the opposite of failure—it should give us success right? What if you could lose 10 lbs. BEFORE New Year's? Now we're talking! And don't worry...you can still enjoy the Holidays.

How? With OVAC's newest **HOLIDAY SURVIVAL KIT!** For just \$15 you will receive via email PDF files with the following (but this isn't even the best part, so keep reading):

The Holiday Survival Kit:

- :: 4 Bodyweight Workouts
- :: Holiday Nutrition Guide
- :: Healthy Holiday Party Guide

:: The Brain Blue Print – De-stress this Holiday Season

But, are you ready for the best part? OVAC is also going to provide you with a coupon for a **FREE PERSONAL TRAINING SESSION** with our superstar trainers David Rogge or Eric Leija(value \$65). You can use it yourself to help you get started or you can give it to a friend as a gift this holiday season.

So if you are fed up with all the guilt-ridden holiday eating where you second guess every morsel you put into your mouth because you fear that you'll get fat and stay that way, just send me an email at dwilliams@caclubs.com stating that it is ok to charge your account \$15 for the HOLIDAY SURVIVAL KIT.

Why not be the ENVY of everyone at the Christmas parties?

