

FEBRUARY 2013

OJAI VALLEY  
ATHLETIC CLUB



# Zumba!



## **ZUMBA FITNESS!**

### **JOIN THE PARTY!**

*Are you ready to party yourself into shape? It's an exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness party that's moving millions of people toward joy and health.*

### **ZUMBA CLASSES:**

*Tuesdays at 9:45am with CeCe*

*Wednesdays at 9:30am with CeCe*

*Thursdays at 5pm with Joanne*

*Fridays at 5pm with Maria*

*Plus...*

*Aqua Zumba:*

*Wednesdays at 8:30am*

*with Maria - in the pool!*

## **ONLINE SERVICES!**

Beginning March 1<sup>st</sup> OVAC will be offering Online Services to our members! This is a free service that will allow you to pay your bill online, view and print your statements, change your personal info, and check usage. Each month you will receive an email when your statement is ready for viewing. To take advantage of these services all you have to do is have an email address on file at the club and mid-February you will receive an email with a user name and password with a link to log in. This is a great opportunity to go paperless and help our community be a greener place to live.

You do still have the option to get paper statements or go paperless, but if you already get emails from OVAC you will automatically start receiving your statements via email. To opt out of our online statements you have three options; email Sarah at [ssidote@caclubs.com](mailto:ssidote@caclubs.com), come by the club or call and let us know you do not want this service. Please contact Bookkeeping for any questions.

805.646.7213

We hope that you will try this new service and explore all the options our online service offers!



## **BUDDY HOUCHIN IS THE NEW FRONT DESK MANAGER!**

Congratulations to OVAC's Buddy Houchin; our new Front Desk Manager. Buddy was born and raised in Kansas and moved to Ojai in 1995, and joined the club in 2000. Buddy attended Chico State (CSU Chico), and became a Paramedic. In time, Buddy left that profession to become a Construction Superintendent for a large firm, and then moved on to create his own construction company. Recently Buddy retired from the construction business to spend time with his family and pursue philanthropic projects (you'll see more about that in upcoming newsletters).

Buddy has been a life-long exerciser and has competed in biathlons and triathlons. Recently Buddy increased his workouts from two days a week to six days a week. He's been surprised to experience increased energy, lower blood pressure and weight loss as a result of stepping up his fitness commitment. Buddy's goal is to bring even more positive energy to the front desk. He feels we're all here to have fun and encourage each other to exercise.

## **THE 30-DAY MUFFIN TOP MELTDOWN IT WAS SO POPULAR, WE ARE BRINGING IT BACK**



Are you ready to challenge yourself? How about a do-it-at-your-own-pace workout system delivered to your e-mail in-box?

**METABOLIC WORKOUTS** – You will receive 4 weeks of bodyweight workouts via e-mail that can be done in the gym or at home. The workouts will contain video links with demonstrations of how to perform each exercise. You will be doing these workouts on your own, not with a trainer. (Note: These are also great travel workouts to have if you will be away for the holidays).

**NUTRITION GUIDELINES** – You will also receive via email the basic principles you need to know to lose fat.

**MELTDOWN MENU** – A menu is spelled out for you consisting of five meals per day for 7 days, as designed by weight loss expert and best-selling author Rachel Cosgrove. You will follow this meal plan for each week of the Challenge. Note that this menu contains meat.

**MEASUREMENT SHEET** – For you to track the measurements of your waist, hips, thigh, arm and calves.

**ACCELERATED FAT LOSS REPORT** – Inside this content rich report, you will read: How the right training can help you burn fat for 48 hours straight; one thing you should NEVER eat with carbs; and when it is safe to eat carbs if you care about rapid fat burning. This cutting edge information may be the missing ingredients that you need for successful fat loss.

**TOP 3 GLUTE EXERCISES** – A report with pictures and great description of how to really work the largest, most powerful muscle in the human body (which means the muscle with the ability to burn A LOT of calories).

**EXERCISE BASICS GUIDE** – A guide written to help you understand exercise lingo and concepts.

**SUPPLEMENTATION BASICS GUIDE** – A guide explaining how targeted supplements can accelerate your progress even faster.

**GOAL SETTING REPORT** – Learn to create a successful fat loss plan. With the right plan, your potential becomes limitless.

**DATES & COST** – The Challenge is **ONLY \$17** and will be available for purchase during the month of February only. To enroll, please send an email to Fitness Director Danielle Williams at [dwilliams@caclubs.com](mailto:dwilliams@caclubs.com).

## THE SMITH RACK SQUAT

*Danielle Williams, Fitness Director*

You can't work in the fitness industry without developing a philosophy about particular exercises, equipment, or training methods. However, new information and research is released constantly so I find my fitness philosophy is constantly in flux. In other words, I am constantly learning. Everything I have absorbed up to this point has led me to the conclusion that Smith Rack Squats are an unnatural movement that do not allow for necessary assistance from our strong supporting muscles.



When performing a Smith Rack Squat, you are holding your trunk vertical, a technique that minimizes the involvement of the hamstrings. Also, leaning back against the bar increases the stability of the trunk, further reducing the involvement of the hamstrings. This is not desirable, as hamstring activation is in direct opposition to quadriceps activation at the knee, and this "co-contraction" neutralizes the harmful forces of the upper and lower leg bones. Canadian

researchers found that traditional barbell squats produce almost 50% more muscle activity in the quadriceps than squats done on a Smith Rack.

With a Smith Rack, the bar glides up and down on a fixed track. Although very stable, your muscles are no longer needed to these neutralizing and stabilizing muscular functions. This means that your strength gains on the Smith Rack doesn't translate well to a three-dimensionally, unstable environment like you experience with a freestanding squat. It is simply not very "functional". If you do Smith Rack Squats often enough you will develop what is called "pattern overload syndrome". This phrase was coined by Paul Chek and basically describes the phenomena of training in which the same muscles, tendons, ligaments and joints are constantly being loaded in the same pattern. The consistent firing of the same fibers leads to the micro-trauma that results in chronic injury over time. You can't change the pathway because the bar will always be in the same position and is stabilized for you in the Smith Rack. Our joints operate in multiple planes and should be allowed to do so with free weights for real life strength gains.

Smith Rack Squats also places an unsafe amount of shear load on your knees. If you do Smith Rack Squats with your feet under the bar, you get extra flexion at the knee joint which is unduly stressful and can lead to knee injury. However, if you do them with your feet forward to avoid this knee stress, your back takes on more of the weight and is at risk for low back injury as you are more likely to be forced into a rounded position. Plus, your feet feel like they may slide forward in this position, so you push back and up simultaneously, adding more pelvic stress, again creating an unsafe and unnatural movement.

The bottom line is that free-weight squats are a better choice than Smith Rack Squats when looking at the cost to benefit ratio.

## Sweetheart Tennis, Wine, and Dine

Friday, February 15<sup>th</sup>  
5pm Tennis, 7pm Dinner

We have had a great time with these types of events and thought this would be the perfect time to do it again!! Come for tennis, come for dinner or come for BOTH! We will do mixed doubles for an hour and a half then head indoors for great food and wine!

Sign up in the lobby or  
contact Ryan.

**Cost: \$35.00**  
per person



# PILATES WITH PAM



## PILATES IS A POPULAR METHOD OF EXERCISE!

It seems like everyone is either doing Pilates, or interested in starting a Pilates exercise program. Indeed, one of the best things about the Pilates method is that it works so well for a wide range of people. Athletes **love** it (*including swimmers, golfers, and tennis players ~ hint, hint*) as well as seniors and people who at various stages of physical rehabilitation.

The good news is that OVAC now has the Pilates Studio in full swing! You will now see me upstairs where the Pro-Shop used to be. And...I have some fun things planned! You're going to **LOVE** it!

**Coming SOON!** A Grand re-Opening! Food, Beverages, drawings for free gifts! Watch your email for upcoming details. (*By the way, if you have a business you would like to promote by donating something as a door prize, please email me right away*).

**Name the Studio Contest!** \* Pilates with Pam may be fine, but we're looking for a nice new name? Have an idea? Email me [pvos@caclubs.com](mailto:pvos@caclubs.com) and be entered into a drawing for a free gift!

In the meantime.....here's my **February Special:**

**3 Private Sessions for \$149!**

FYI...Here are my regular rates:

### Private Rates

Single Session: \$60  
6 session package: \$330 (\$55 ea)  
12 Session Package: \$ 600 (\$50 ea)

### Duets (Semi Private w/2 clients)

Single Session: \$40  
6 Session Package: \$ 210 (\$35 ea)  
12 Session Package: \$360 (\$30 ea)

Have a question, comment, or would you like to schedule your complimentary session?

Contact me:

**Pamela Vos**

**805-832-2020 (call or text)**

**[pvos@caclubs.com](mailto:pvos@caclubs.com)**



## YOU'VE COME A LONG WAY, WHITNEY!

Our member of the month, Whitney Graves knew he had to do something. He was so deconditioned and overweight that he admits it was difficult to even get out of a chair. He reminisced about days of trout fishing with his grandfather in Colorado and deep sea fishing in Florida. These are some of the things Whitney wanted to do again someday. Whitney is a certified chef. His eating habits and lack of exercise were greatly affecting his lifestyle. Whitney was also a smoker. Three months ago Whitney joined Ojai Valley Athletic Club and began training with Rick Walker, one of OVAC's personal trainers.

Rick told us that watching Whitney's progress has been greatly rewarding. Rick says that they started slowly, jogging just thirty seconds at a time. Rick says it is wonderful when a client goes from dreading their workouts to crossing over into making the workouts part of their routine and then watching them as they start getting "fired up" as they see how much more they are capable of and begin to feel and see the results. Rick knows that the training he does with Whitney counts but Whitney's accountability when he and Rick are not training together is just as important if not more so.

Whitney has been successful in working towards his goals because he has taken ownership of his health and wellness, AND he has been smoke free for five and half months! The rewards of not smoking are many but being a chef, Whitney, rediscovered how wonderfully bright food now smells and tastes. Whitney enjoys better choices in his meals now and is more conscious of his portions. He also follows his own advice for anyone that wants to improve his or her health and wellness and maybe also lose some weight. He suggests doing something every day, trying different classes and varying your workouts.

Whitney may be a new member of the club but he jumped right in and it has paid off. Whitney has lost weight. He is more confident, happier and has more energy for the things he loves; his grandmother, his family, friends, and his music.

You've come a long way, Whitney. Ojai Valley Athletic Club applauds your terrific accomplishments and wishes you continued success.

### JUNIOR TENNIS CLINICS

#### **Pee Wee's**

Tuesdays (Ages 6-8) 4:00-4:45pm  
Thursdays (Ages 4-6) 4:00-4:45pm  
Cost: \$10.00

#### **Intermediate**

Thursdays 4:00-5:00pm  
Contact Jim Kasser  
Cost: \$14.00

#### **Advanced**

Mondays 5:00-6:00pm  
Wednesdays 4:00-5:00pm  
Contact Ryan Gaston  
Cost: \$14.00

#### **Ladies Intermediate**

Fridays 10:00-11:00am  
Cost: \$15.00



