



OJAI VALLEY ATHLETIC CLUB

Your Health

TEAM 100 BANQUET

Save the date...the Team 100 Banquet will be held on Monday, January 25th at 6:00pm. Cost is \$15 per person. Please RSVP at the Front Desk if you plan to attend.

Your Life



Your Club

NEW BEGINNINGS SPIN

Tuesday, January 12, 6:15pm to 7:30pm, Wednesday January 13, 10:30 - 11:45am. Come and learn how Spinning can change your body and your life. An intense workout with no impact, Spinning will enable you to burn as much as 600 calories an hour. These two Special Event classes will give you an introduction to Spinning and tailor any Spin class to your specific weight loss needs. You can come to one or both classes. Free for Members.



MEMBER OF THE MONTH

Is there an easy way to naturally elevate your mood?

When Marcy Ross, our January member of the month, walks into the locker room in the morning from the pool she seems to bring in the sunrise. She enters with a light of a smile, a warm, kind greeting and a ray of peaceful happiness.

Originally from Michigan, Marcy became a member of Ojai Valley Athletic Club as soon as she moved to Ojai ten years ago. Due to various injuries and health issues Marcy has had to reinvent her exercise routine many times to accommodate her situations. Her attitude is, "Never give up! No matter what happens!" When Marcy hits a roadblock she finds another way to keep exercising. She calls it "finding happy accommodations". She says OVAC has always given her what she needed in terms of offering a great variety of options for exercise for all fitness levels and needs.

In 1982 she bought an Aqua Jogger, a floatation type belt developed for rehab patients. Now every morning Marcy is in the pool running laps (wearing the same Aqua Jogger) and watching the sunrise. Marcy tells us the pool is her favorite place to be now in the mornings. She loves how well her body feels in the water and finds it very meditative.

What else makes Marcy feel fit in mind, body and soul? Besides regular exercise, she believes in fresh and healthy foods. And she has a passion for staying in touch and spending time with family and friends. Marcy's professional background is nursing - the practice of caring - and caring is an important part of her life. She enjoys visiting residents of the local nursing homes and hearing their stories. For Marcy this is a big part of keeping her soul fit.

So is there a way to naturally elevate your mood? Yes! Thank you Marcy for being our January 2010 Member of the Month, and elevating our mood at Ojai Valley Athletic Club.

January 2010

409 S. Fox St. Ojai, CA 93023 805-646-7213 FAX 805-640-1530



Tennis News

Can you believe it is finally here...2010! As most people know, 2009 had its ups and downs with the economy and all, but now we are looking enthusiastically to a great new year full of great times and happy bank accounts! Ok, on to some tennis news. I am putting together a Mixed Doubles USTA team for the winter and we need a strong 4.0 men's player to add to our roster. You will be playing with a 5.0 lady (Chris Mazzola) against some very tough competition. If you think you fit the bill please contact me ASAP. The first match will start mid January. I also want to give a big shout out to all the inter ladies as they tackle the second half of the season. We have had some very exciting matches the first half and I look forward to an even better winter and spring season. Best of luck and look forward to working with you guys! Everyone bundle up and have a great January!

See Ya on the Courts!
Ryan



RACKET STRINGING AT THE CLUB

Over the past month I have had a few members show surprise when I told them that I do the racket stringing here at the club. As most know, in the past Dimitar from the Weil Academy strung the rackets. Now that Dimitar has moved on, I have purchased a new stringer and have been stringing for the club over the past year. For some of you members who have not tried us out please do so. Our rates are very competitive and we have a special deal on Luxilon Big Banger and Wilson NXT Strings. Our price of \$15 is about as cheap as they come. If you have ever been interested in trying these strings now is a great time. We also carry other Wilson strings for \$10. Give us a try!



WINTER TENNIS CLINIC SCHEDULE

Pee Wee Clinic

Ages 5-7

Thursdays 4:00 – 4:30pm

Cost: \$8.00

Beginning/Intermediate Clinic

Ages 8 & Up

Tuesdays 4:00 – 5:00pm

Cost: \$14.00

Advanced Clinic

Contact Ryan

Mon. & Wed. 4:00 - 5:00pm

Cost: \$14.00

High School Clinic

Contact Ryan

Mondays 5:00 – 6:00pm

Cost: \$14.00



JUNIOR SWIM PROGRAMS

JUNIOR SWIM TEAM AND STROKE DEVELOPMENT!

\$50.00 per month or \$10.00 drop-in fee
Mondays, Wednesdays, and Fridays from

3:30-4:30pm

NEW SESSION

BEGINS

JANUARY 4TH!

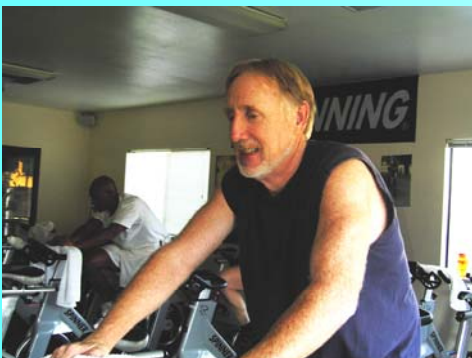


Starting January 4th, 2010, Coach Rick will be passing our Junior Swim Team over to our Aquatics Director Jen Scarminach. Thank you Coach Rick for 23 years of great coaching, our kids will miss you greatly!



OUR SPIN PROGRAM JUST GOT BETTER

We are kicking off 2010 with a fully periodized Spin program. Periodization in the concept of dividing the calendar year into periods characterized by different types of training. Periodization reflects your body's need for balance. What's that mean for you? Results for your body! The periodized Spin schedule will start with four weeks of Aerobic, base building training, from January 4th-January 31st and will then increase in intensity in the weeks that follow. **This means January is a great to try Spinning for the first time.** For more details, visit the News and Announcements section of the Ojai Valley Athletic Club website (www.wcaclubs.com).



AFRO-BRAZILIAN-SAMBA DANCE WITH JOANNE TERRY

Come join in the fun and move to the delicious sounds of Afro-Brazilian music, while learning and refining samba moves, turns, rhythm, and the unique style that make this South American dance so exciting and fun. This six consecutive week workshop is only \$59 non-refundable (\$69 for non-members). Stop by the Front Desk today to reserve your spot. Questions? Contact Joanne at (805)798-1875. Sundays from 11am-12pm starting January 3rd.



**NEW YEAR! NEW YOGA! NEW YOU!
2 NEW SPECIAL GUEST INSTRUCTORS!**

at
Ojai Valley Athletic Club



Join Robert and Sherry Sidoti
from
FLY Yoga on Martha's Vineyard

Monday, JANUARY 4th
2!!! SPECIAL WORKSHOP PREVIEWS!!!

(These two classes are a preview of Sherry and Robert's 4 week workshops.)

9:30-10:30am FLYfusion with Sherry. This 60 minute barefooted high energy practice is the perfect blend of yoga postures, functional fitness, balance training and strengthening with light weights all to help the mind, body and spirit FLY.

5:00-6:00pm BROga with Robert. Yoga and Strength for real men (and women who dare!). Get the benefits of yoga- stretch those tight hamstrings, low back and hips, and the get the POWER of strengthening from pushups, squats and more all in one class!

Workshop preview classes: FREE to OVAC members.

(Guest fee applies for non-members.) For more information see www.flyyogamv.com or call 774.238.0176)

2 FOUR WEEK WORKSHOPS!!!

"Barefoot Camp"
with Sherry Sidoti

Mondays

January 18th & 25th And February 1st & 8th

9:30am

This four week program is much more than a 'work-out'...
it is also a work-in!

Sherry weaves the spirit into her classes that are already so complete with groovy music, contagious energy and calculated movement. She encourages her flock to consider that our minds, spirits and bodies, which we already know to be inextricably linked, can both blossom by carefully crafting a healthy and free spirit. She offers this simple reminder in each class she teaches with fresh, innovative and inspiring guidance. Along the way your body strengthens and your mind learns to let go. All levels of practice welcome!

Originally from NYC, and transported from Los Angeles, CA, Sherry has lived on Martha's Vineyard, MA since 2002. Sherry is particularly drawn to the change within that is experienced through physical activity - to "play" within muscles, skin, bones and organs; to use breath and movement to get to know herself and her divine nature better; and to purify the body and mind so that the true Self has a place to call home. Sherry says, "It is pure joy to take part of others' transformations- to watch as clarity, compassion, discovery, energy and growth unfold in sessions, to share laughter and song and reach new heights with a group during classes". Sherry is grateful for her teachers- Saul David Raye, Ana Forrest, Shiva Rea, Gurmukh, Lauren Hanna, Jonathan Fields, Pradeep Teotia and many others. She is particularly excited to bring her delicious program to the Ojai Valley Athletic Club!

Four week workshop \$50.00

(*\$60. for nonmembers*)

Single class price: \$15.00

(*\$18 for nonmembers*)

(*Guest fees apply for non members*)

BROga™

**Strength and Yoga for (real) Men (and women who dare!)
with Robert Sidoti**

Mondays

January 18th & 25th And February 1st & 8th

5:00pm

Growing up outdoors in Southern California made Robert an avid athlete/ outdoors man since childhood. Robert was surfing by five; spent family vacations hiking, fishing and biking, was a star player on his school age baseball, tennis & soccer teams, and took up basketball and golf in early adulthood. Robert was certified as a personal trainer through National Academy of Sports Medicine (NASM) in 2002, where he began helping clients improve their athletic performance through strength training and functional fitness techniques. He discovered yoga around this time and was amazed at how yoga helped him improve his own game and stay in the "zone", helped with concentration, and his breath capacity.

In 2008 Robert was certified by Swami Sitaramananda at the Sivananda Vendantanta Centre in the "Yoga for Athletic Peak Performance" Program. Robert has continued his Hatha Yoga studies to complete the 200 RYT certification with Kira Ryder, founder of Lulubandhas and the Ojai Yoga Crib in his hometown of Ojai, California. Robert also trained and certified with Karma Kids NYC and works in the MV Public Schools bringing yoga to school children. He has created the anticipated program BROga™ Yoga and Strength for Men.

Four week workshop \$50.00

(*\$60. for nonmembers*)

Single class price: \$15.00

(*\$18 for nonmembers*)

(*Guest fees apply for non members*)



ALL NEW PERSONAL TRAINING PROGRAM

Are you ready to be fit and feel your absolute best? OVAC's trainers are ready to help you train for real life using either one-on-one training or group training in our remodeled downstairs fitness facility (you'll love the new functional training tools).

One-on-One Personal Training: \$54 per session

for 5, 10 or 20 sessions (plus a bonus free session if you purchase 20 sessions). Single sessions cost \$65.

Small Group (2-4 people) Personal Training: \$30 per session

for 5, 10 or 20 sessions (plus a bonus free session if you purchase 20 sessions).

FREE DEMO AVAILABLE TO ALL MEMBERS.

Advanced Group (6-10 people) Personal Training: \$10 per session

for 5, 10 or 20 sessions (plus a bonus free session if you purchase 20 sessions). Requires prior approval from an OVAC personal trainer prior to enrollment.

And to make it even better, we are offering incentives to those who commit to 12 months of personal training with an EFT contract. For more details, stop by OVAC or contact your favorite personal trainer or Fitness Director Danielle Williams at (805)646-7213 work/(818)219-4835 cell.



SALMON

Delicious with exceptional nutritional value found in few other foods (omega 3 fatty acids), the lovely pink-hued salmon can be served in a variety of ways. It is a favorite among fish lovers and often enjoyed even by those who are not always fond of fish. Salmon is low in calories and saturated fat, yet high in protein. It has a unique type of health-promoting fat, the omega-3 essential fatty acids. As their name implies, *essential fatty acids* are essential for human health but because they cannot be made by the body. They must be obtained from foods.

HEALTH BENEFITS OF EATING SALMON:

Enjoying salmon or tuna just twice weekly may help raise omega-3 levels at least as effectively as daily fish oil supplementation.

Omega-3s are better absorbed from salmon than a cod liver oil supplement.

Cardiovascular benefits: The omega-3 fats found in salmon have a broad array of beneficial cardiovascular effects. Omega-3s help prevent erratic heart rhythms, make blood less likely to clot inside arteries (the proximate cause of most heart attacks and strokes), improve the ratio of good cholesterol to bad cholesterol, and prevent cholesterol from becoming damaged.

Increases heart rate variability - a measure of heart muscle function.

Provides protection against fatal heart arrhythmia.

Just two servings of Omega-3-rich fish a week can lower triglycerides.

Helps prevent and control high blood pressure.

Provides protection against stroke.

Eating fish daily provides substantially more protection against heart attack.

Just two servings of Omega-3-rich fish a week can lower triglycerides.

HERE ARE TWO EASY, DELICIOUS WAYS TO PREPARE SALMON!

Preheat oven to 400

Place a sheet of foil or parchment paper on a baking sheet

Spray foil with a small amount of olive oil

Place Salmon on foil (about 1 lb.)

Cover with one of the two following toppings. Then simply close up the packet, slide it into your preheated oven and bake for 20-30 minutes depending on the size of your fish.

Topping 1: In a small bowl mix about 2 T Orange Marmalade, 1 clove minced garlic, and ¼ Cup low sodium Soy Sauce. Add fresh ground pepper to taste. This is wonderful served over rice with your favorite vegetables. Top with toasted sesame seeds or toasted almonds.

Topping 2: Smear 2-3 Tablespoons Country Style Grainy Dijon Mustard over fish. Add Salt and pepper to taste. The mustard flavor with the fish pairs great with tomatoes and squash tossed with pasta.

If you have a recipe that you would like to share with OVAC members you may email it to csolow@wcaclubs.com

Wishing you happy healthy eating in the New Year!