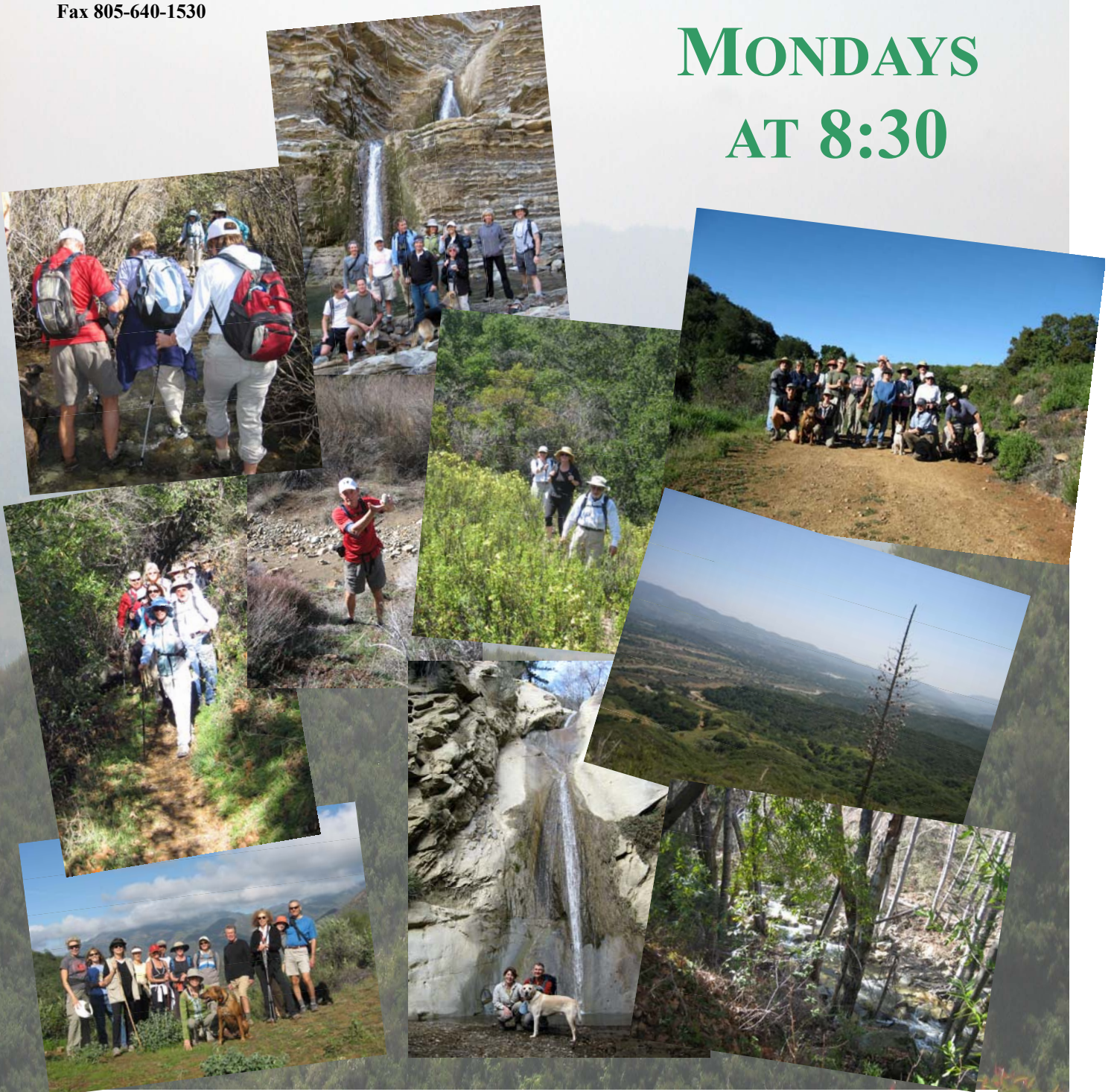


MAY 2010

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

JOIN OUR HIKING CLASS MONDAYS AT 8:30



OJAI VALLEY ATHLETIC CLUB

LIVE BANDS ARE BACK!

By popular demand, we are bringing back live music on certain Fridays this summer. These concerts are **free** for members and everyone in the family is invited. The band starts at 6:00 pm and plays until 8:30 pm. Look for more information in the next newsletter. Party of Five will be playing live on these Fridays:

June 25th
July 9th
July 30th
August 27th



REGISTER NOW FOR THE SUMMER SESSION!!!

Jr. Swim Team & Stroke Development

New!!

Jr. Lifeguard Component

June 21st to August 20th
M W F 10:00am - 11:00am

\$Cost:

Whole Session: \$150.00 (\$30.00 savings)

June 21st - June 30 **only** \$40.00

July 1st - July 31st **only** \$80.00

August 1st - August 20th **only** \$60.00

Daily drop in fees (if space is available) \$10.00



To sign up, call Jen at 6467213 ext 106 or sign up at the lessons table

CECE IS BACK AND READY TO ZUMBA!

(Beginning Wednesday May 12th.)

Zumba

Wednesday's 9:30am

and

Thursday's 5:00pm

Welcome back, CeCe!

and

Many thanks to Susan Bronstein and Maggie Mullen for subbing for CeCe during her maternity leave!



MASTER'S SWIM SCHEDULE

MONDAY-WEDNESDAY-FRIDAY

6:00 am Masters

9:00 am Technique

12 Noon Lunch Bunch Masters

4:30 pm Masters

TUESDAY-THURSDAY

8:00 am Masters I

9:00 am Senior Swim

SATURDAY

7:30 am Masters I

Fit-to-Go!

Dan Kielty has his bag packed with fitness tips and tricks that you can take on the road. Summer vacation and business travel don't have to be an excuse for missing your workouts any more. Dan will show you how you can get a total body workout using your own body weight and items commonly found right in your own hotel room.

No reservations needed!

Monday, May 17th

5:00-6:00 pm.

Tickets are free to members!



MOTHER, MAY I? A FIT KIDS SPECIAL EVENT FOR MAY

Mother, *May* I- invite you for some Fit Kid's surprise afternoon fun?

YES, you *May*!

Tami and the Fit Kids gang have a treat for all moms (grandmother's, aunts, big sisters... are all welcome!)

**Tuesday, May 11th
3:30-4:30pm**

Here's the plan:

Kids, bring your mom, grandmother, and aunts... to the club on Tuesday May 11th at 3:30.

While the Fit Kids prepare their surprise moms can spend some time exercising, or relaxing!

When the moms return at 4:15 the Fit Kid's surprise presentation will begin!

Free to members.



**“MAY-KIT” HAPPEN WITH PERSONAL TRAINING
BUY 5 SESSIONS, GET 5 FREE**

The following amazing personal trainers would like to invite all members who are not currently working with a personal trainer to take advantage of 10 one-on-one sessions for the price of 5 (\$270). That's only \$27 per session!!! All sessions must be purchased by May 31st, 2010 and completed by July 31st, 2010. Contact one of the trainers listed below to schedule your first session.



MIKE PHILLIPS
(915)588-2522

ISSA-Certified Personal Trainer, Military Certified Personal Trainer, and Over 15 Years Experience

“Starting an exercise program can be intimidating, so I will work hard to help you realize how truly exhilarating and fun exercise can be. I will focus on creating a positive and motivating experience that will educate you and make a lasting change in your life. My specialty is making sure that you actually achieve your fitness goals, whether they be increased flexibility, toning and firming, core strengthening, increased muscle mass, or permanent weight loss.”



JULIANA SPROLES
(805)640-5105

AFAA-Certified Personal Trainer and Primary Group Exercise Instructor; USA Triathlon Certified Race Director, Tri Club Ojai Director, OVAC Tri Training Coach; Boku Bootcamp® Trainer; 22 Years Racing Experience: 6 Half Ironman events, 2009 Ironman, and 5 Marathons; USMS member and Ojai Masters Swim Team; Avid Hiker, Backpacker, Sailor, Horse-Back Rider, Geo-Cacher and Outdoor Adventure Guide

“Every day life is the journey...the sky's the limit on your potential.”



RICK WALKER
(760)628-9591

NASM-Certified Personal Trainer, EMT Certified, Far West Ski Patrol Certified, Over 15 Years of Fitness Experience, and Lifelong Athletic Addiction

“The chance is NOW to become health minded! With my follow through programs you will renew the discipline needed to make a difference in your life. Let my strength of dedication bring you results.”



TERE WIERSON
(323)337-5445

AFAA-Certified Personal Trainer; Certified Yoga Instructor; Certified Southern-Style Traditional Massage (Level 1); Over 19 years Experience as a Personal Trainer; Full Ride Scholarship Iowa State Univ. (5 Time National Champion Team)-Track & Field; Full Ride Scholarship Univ. of Arizona-Track & Field; 3-Rencho Isuata International Road & Track Cycling Team Member; Olympic Training Center Resident, Colorado Springs; State Champion Body-builder and National Qualifier and Completed 5 Marathons (including Boston and Paris); Clients Included: Madonna, Jeff Goldblum, Dawn Robinson (En Vogue), Laura Dern, Marlee Matlin, Micky, Chaka Khan, Cassandra Peterson (Elvira), Gwyneth Paltrow, Craig Ferguson, and Gary Cole

“I believe that physical fitness is an adventure, a mind muscle experience, not a chore. I encourage my clients to not limit their measure of improvement externally, but to be mindful of the internal shifts, where the real process begins.”

OVAC'S MAY MEMBER OF THE MONTH
JASON WOMACK
A PROMISE JOURNEY

Jason Womack is CEO and Co-founder of The Womack Company and recently co-authored a book, The Promise Doctrine: A guidebook and system for consistently delivering on your promises.

Jason seems to have an endless amount of energy, enthusiasm, ideas, focus and boundless optimism. He's the kind of guy that makes you think, "How does he do it all?"

Jason has been a member of Ojai Valley Athletic Club since 1998. At that time he says he showed up out of obligation, because he had paid for a membership. Jason said he was 172 lbs with a waist size of 36" - which may have worked out fine if he was 6'3" not 5'3"!

Jason was just stepping into the world of Workplace Performance Training, Coaching and Consulting. He looked around at the other traveling business people and knew he had to make some changes in his own life to look and feel better. It was time to *Renegotiate* (Step 4 in his book The Promise Doctrine). Be aware. Gain Confidence. Take action.

And he did. In 2000 Jason took action by making a promise. He signed up for his first race, The Tiburon Triathlon in Marin County California. When I asked Jason what was his turning point for health and wellness in his life, he said it was that finish line! *Celebrate!*

We wanted some tips from Jason to help us keep our own fitness promises especially while traveling. Here are a few of the things Jason talked about with us. No surprise, they fit right in with The Six Elements of The Promise Doctrine.

Promise. "Planning, action, and attention"

Perform: "Show up, do great work, repeat."

Jason recommends finding a fitness partner, preferably one that is stronger than you. It should be someone who can support you on your easy days and challenge you on your hard days. Jason says he and Quanah check in with each other several times a day even when Jason is on the road. Check in with your fitness partner regularly. Take advantage of texting or Facebook to connect with your partner.

Hurdles: "View them as opportunities"!

With 200+ days a year of eating in restaurants, Jason's solution to sticking to a healthy eating plan is to simply ask for what he wants rather than order off the menu. Brilliant!

Renegotiate: "When things go wrong, reach out and make them right."

With a scheduled race coming up Jason realized he was not as prepared as he thought he should be. Jason *renegotiated* with himself. He called the Santa Barbara Triathlon coordinator and rationed back, choosing to do a shorter race. (He came in 2nd place! And got to celebrate his win, his winning decision as well as celebrate his fitness partner's (Quanah) 1st place win! Win! Win! Win!

Trust

OVAC is on your team. Jason trusts himself and he trusts OVAC. Jason shows up now not out of obligation but because he has made a promise. And Jason trusts OVAC's commitment to him. At OVAC our mission is to provide the finest club experience, where our priority is your health and well being.

And Celebrate!

We're cheering for you, Jason! Thank you for sharing how we can all use some of the steps from your terrific new book, The Promise Doctrine, and for your personal tips on how we can begin to take the steps towards delivering on our health and fitness goals. You are a winner!

What is on your promise plate?

SPRING TENNIS CLINICS

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

Mondays & Wednesdays 4:00 – 5:00pm

Cost: \$14.00

High School Clinic

Contact Ryan

Mondays 5:00 – 6:00pm

Cost: \$14.00



TENNIS NEWS

I hope everyone had a great time watching the Ojai Tournament this year. Even though the weather kept us on our toes for the first few days, in the end it was a great tournament with beautiful weather. I want to also take time to say how excited I am of our USTA teams this Spring. All teams are starting strong and show how great OVAC tennis is against some very strong competition. Also, our Junior Program is growing strong and looking to have a great May. We are hosting a VCJTA Tournament where our juniors are competing against other players throughout the area. Good Luck to all our juniors as they kick butt this May! Things are booming here at the club, so if you are looking for tennis just contact me and we will get you out there with some great people!

See Ya On the Courts!

Ryan

