

AUGUST 2010

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OJAI VALLEY ATHLETIC CLUB



AUGUSTS BUDDY SPECIAL

During the month of August if a new member brings in another person to join with them, we will give them both 50% off registration fees! It's not only a good idea to save \$\$\$ but how about that you already have a buddy to workout with! Can't beat that! So tell your friends that if they have been thinking about joining the club that August is the month to do it! Contact Kent, Sarah, or Corkey today to get started. 805-646-7213

OVAC PRO SHOP UNDER NEW MANAGEMENT

We're excited to announce new managers for our club Pro Shop! OVAC's Corkey Solow and Danielle Williams have taken over the Pro Shop and they have lots of plans for new merchandise and club fashion events. They also plan to change the look of the shop, so expect to see fresh new colors and displays. Corkey and Danielle really want the shop to reflect the needs of our members, and they welcome your suggestions and feedback. You may contact them by calling 805-646-7213 or email them at: csolow@wcaclubs.com or dwilliams@wcaclubs.com.



LIVE BAND OF AUGUST 27TH!

It's the last live band of the summer. On Friday, August 27th, we're having our Pirates of the Caribbean Party at the Café. The music starts at 6pm and will play until 8:30pm. We have lots of Pirate fun for the kids and music and dancing for adults. Once again, we're giving everyone a chance to win free door prizes. The Grand Prize is a signed book by OVAC's critically acclaimed author, Laurence Shames. Larry lived in Key West for many years and used Key West as a setting for a series of novels. We'll also be giving away free lunches, free smoothies, and a gift certificate to the Deer Lodge. We welcome members to invite their guests with no guest fee. Don't miss this fun event!

SIZZLING SUMMER EVENT CONTINUES!

PRIZES FOR BUYING PERSONAL TRAINING

We are going to raffle off the following great prizes:

2 Weeks FREE Dues
1 Week Guest Pass for a Friend
VO2 Max Test
Resting Metabolic Rate Test
Body Fat Test
Smoothie from the Overhead Café
Free Meal at the Overhead Café

How do you enter the Sizzling Summer Event Raffle?

If you are a member who is not currently working with a personal trainer, all you need to do is purchase at least 5 one-on-one personal training sessions in July or August and you will automatically be entered into the Raffle. Plus, we will give you an additional one-on-one personal training session for FREE.

If you are already doing one-on-one session with one of our amazing personal trainers, you can still be entered into the Raffle! All you need to do is renew your one-on-one personal training package in July or August with a larger package than you last purchased and you will automatically be entered into the Raffle (for example, if you normally buy a 5 pack, renew with a 10 pack).

Need help selecting a Personal Trainer? Please contact Fitness Director Danielle Williams at 818-219-4835 for guidance.

IN JUST 5 SESSIONS A PERSONAL TRAINER CAN TEACH YOU A PERSONALIZED PROGRAM THAT WILL GET RESULTS!



HOW CAN FUNCTIONAL TRAINING BENEFIT ME?

Terms like "functional training" and "functional fitness" are buzzwords for exercises that train different muscle groups to work in unison. The goal of functional training is to train your body to better carry out the activities of everyday life. By contrast, standard weight training focuses on strengthening specific muscle groups using targeted moves with free weights or machines. It is worth incorporating some aspects of functional training into your overall fitness routine. Remember, just because you are toned and taut doesn't mean that you can't hurt your back while hauling a heavy suitcase. Functional exercise has a neurological component that is lacking when weight training on a machine because the machine is supporting your body. There is a missing element when exercising isolated muscles with dumbbells also, as such exercises don't realistically portray the multidirectional way in which you carry your body. Incorporating functional fitness into your workouts will improve your coordination and balance, leading to less risk of injury. Contact Fitness Director Danielle Williams at 818-219-4835 to set up a time with a personal trainer for a FREE session to learn functional exercises and how they can improve your fitness level.

TENNIS NEWS

We have had a great summer and we still have a month to go! All the Junior Camps have been a blast. I really hope that all the juniors will continue their tennis this fall with our great fall clinics. Clinics are a great way to keep their game going on the right track while having fun with other kids their age and skill level.

I also want to give a BIG shout out to our NEW "C" INTER-CLUB TEAM!!! I'm very excited to have a great new set of ladies ready to kick butt this season. I know many of our ladies have started on the "C" team and have moved up the ladder. I can't wait to see all the new ladies develop their game and get better and better each season. I am really looking forward to a great season! I also wish the best of luck to our fall USTA teams that will be taking the court late August/early September.

See ya on the courts!

Ryan



LADIES SUMMER CAMP

AUGUST 9-13

We already have a great set of ladies that have signed up for our Annual Summer Camp. It will be a great time for fun and instructional training where each day we will tackle a different topic of tennis fundamentals and doubles strategy. If you are interested in joining a great group of gals and have fun learning new tennis tips, sign up today! Sign up is in the lobby or contact Ryan @ ext 108.



BEER AND BRATS!!

FRIDAY AUGUST 20TH COST \$20.00

We had a great time with this last year and are very excited to have it again! Jim Kasser will be cooking up the brats and I will be doing something different this year...I'll be bringing some cool and different beers from all over the world. It will be a great time to try different beers and expand your taste buds. Of course, we will be playing some fun doubles while we eat and drink. We hope to get a great turnout so please contact Ryan or just look for a sign up sheet on the Tennis Board in the lobby!



SUMMER 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



AUGUST MEMBER OF THE MONTH

Our August Member of the Month, Betsy Smith, says that her physical life has evolved here at Ojai Valley Athletic Club. After her family moved to Ojai from New Orleans, they became members and her 14-year evolution of fitness began.

The first phase for Betsy was Yoga classes. This was her first introduction to Yoga and according to Betsy, those classes were life changing for her, setting a positive workout foundation.

Phase two: Spinning. Again Betsy tried something new. For many years she was one of the early morning Spinners. Spinning greatly contributed to Betsy's willingness and ability to ride her bike to work. She enjoys biking to and from work for the exercise and her contribution to a greener solution.

Betsy's next phase was recreational swimming.

And then came dance! Betsy confesses she had no background in dance but started sampling the dance classes starting with Nia and moving on to Cardio Jazz and Afro Brazilian Samba.

Trying new classes and activities has given Betsy confidence and choices. Now she can mix up her routine to accommodate her busy life, stay fit, and have fun while including the social element that is so vital to our overall well being. Betsy especially looks forward to Cardio Jazz on Saturday mornings. This is her favorite time to meet up with her friends and dance. What a great way to start the weekend!

Betsy was recently promoted to Executive Director of the Gables of Ojai. Anyone that has the pleasure of knowing Betsy knows what a kind, and thoughtful person she is. OVAC and the Aqua Splash class are especially grateful to Betsy and The Gables of Ojai for lending us their pool during our recent pool closure.

Thank you, Betsy for being our Member of the Month. Your healthy fitness model of trying new classes, incorporating activities that you love and staying socially involved is inspirational. Fitness is as fun as we make it, and Betsy, you sure make it fun!

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

