



# OJAI VALLEY ATHLETIC CLUB

## AQUA SPLASH IS A BLAST!



## SEPTEMBER 2010

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



## FREE SGT IN SEPTEMBER

### OPEN TO DECONDITIONED TO AVERAGE FITNESS LEVELS

We have overhauled our SGT (Small Group Training) Program to ensure that we have classes suitable for all fitness levels, not just for the elite level athletes. OVAC's Personal Trainers are offering a **FREE SGT TRAINING SESSION** to all members in the month of September to allow you to the opportunity to learn functional exercises and how they can benefit you and help you to get stronger, tone up or lose weight. See this month's newsletter article *REAL LIFE WORKOUTS FOR PEOPLE JUST LIKE YOU* to learn more about functional fitness. Even if you have tried SGT in the past, come in and try a different trainer. Each of OVAC's personal trainers offers a completely different style of SGT exercises based upon their individual background and personality. There will be no hard sell to get you to buy anything, so please take advantage of this opportunity to take your body to the next level. To schedule an appointment, please contact Fitness Director Danielle Williams at 818-219-4835 (cell) or 805-646-7213 (work). Or, check out our September SGT schedule board in the lobby to sign up for an appointment. *Free session not available to those members currently working with a trainer in the SGT program.*



## DOLPHIN CLUB BANQUET

**MONDAY AUGUST 27<sup>TH</sup>**

**AT  
6PM**

**COST \$15.00 PER PERSON**

Menu: BBQ Salmon Stuffed Baked Potatoes,  
Roasted Asparagus, Beverage and Dessert.  
Significant others welcome! Please sign up at  
the front desk!

## DO WE HAVE YOUR EMAIL ADDRESS? PAPERLESS STATEMENTS ARE COMING!

Each year millions of acres of trees are harvested for the production of paper. Most of this paper eventually ends up in Land Fills. At Ojai Valley Athletic Club, we've been looking for ways to reduce our paper consumption, and our next step is to offer paperless statements. Paperless statements will save hundreds of pounds of paper each year. In the next few weeks, look for an email from the club giving the details and timeline for this program. If you don't wish to receive your statement online, you still have the option of receiving a paper statement through the mail. Thank you for helping us conserve our natural resources! Please stop by the Front Desk and give us your email address so we can make sure you get your statement!



## JOIN NOW!

### JUNIOR SWIM TEAM & STROKE DEVELOPMENT

**Mondays-Wednesdays-Fridays**

**3:30 to 4:30pm**

**Cost \$60.00/Month**

**Or**

**\$10.00/Drop In**

Non members welcome for Stroke Development  
Junior Swim Team participants must be members  
See membership for our special Junior Swim Team memberships!



## 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





### TENNIS UPDATE

I think everyone has to admit that we had one of the best summers on record here in the Ojai Valley. It was perfect tennis weather and I hope everyone had a great time on the courts. We had another great time with our Junior & Ladies Summer Camps. It was a blast working with everyone. I want to thank all the players who attended our Beer and Brats. We had some very interesting beers along with some Brats....but the BIG THANK YOU goes out to Greg Cavette for bringing some amazing Tri Tips! I hope everyone had a great time. Now since we are in fall that means Ladies Interclub is here! I'm very excited about the new season. All of our teams are looking great and I wish all of them the best of luck this season. Every Wednesday morning we will be having matches so please stop by and support your OVAC Team!

See Ya on the Courts!

Ryan



### RACKET STRINGING AT OVAC

Some members did not know that Ryan does the stringing here at the club. We have some of the best prices around and a great deal on Luxilon Strings.

Stringing Labor	\$13.00
Wilson Synthetic Gut/Super Spin/Stamina Strings	\$10.00
Luxilon Big Banger Strings	\$15.00

### FALL CLINICS AT OVAC Junior Tennis

#### PEE WEE CLINIC

Ages 5-7

Thursdays 4:00 – 4:30pm

Cost: \$8.00

#### FUTURES 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

Contact Ryan for more information or to sign your junior up.





## REAL LIFE WORKOUTS FOR PEOPLE JUST LIKE YOU

The latest fitness buzzwords are “functional fitness”, but for good reason. It’s all about training your body to handle real-life situations.

By Fitness Director Danielle Williams, PES, CES, CPT

You are a regular at the gym and you should be proud of that. But then you go to tie your shoe and you throw your back out. What happened? It’s quite possible that you haven’t been addressing your functional fitness. You may feel like you are doing everything right, but are you ready to lift a 30 lb. toddler out of his car seat or lift the giant spring-water bottle onto the dispenser with risking injury?

Functional fitness and functional exercises like those offered in OVAC’s SGT (Small Group Training) program focus on building a body that is capable of doing real-life activities in real-life positions, not just lifting a certain amount of weight in an idealized position created by a gym machine. The foundation of functional exercise is to teach the muscles to work together in many different directions, like they do in real life, rather than isolating them to work independently. Also, functional exercises require your brain to stay involved with the muscle action. Isolated exercises don’t allow your body to learn anything because you don’t have to activate your core stabilizer muscles and the muscles of the body don’t need to communicate with each other. This means it is too easy for the brain to tune out.

When starting functional training, you might not touch dumbbells at all and you definitely won’t be using a machine. In fact, most of the time you will be standing on your feet, trying to support your body weight as you perform various exercises. This is important because most people can’t control their own body weight. For example, try doing a one-legged squat without falling over. You may be very strong on the leg press machine, but it hasn’t allowed you to address the stability or muscle interaction necessary to make your body truly functional (and able to do a one-legged squat). The result of this can be pain when walking downstairs or reaching to get something from a high cabinet. With functional exercises the body and the brain will learn to control and balance its own weight as the core strengthens.

Do you need to abandon the weight machines or isolated muscle exercises? Not necessarily. If you have isolated areas of muscle weakness, this will be a detriment to functional movement. When you blend the two, functional exercises teach isolated muscles how to work together. But be prepared, functional exercise may feel harder because it is more neurologically demanding than machine or isolated exercises. Your body and brain will be more completely challenged as it learns to correctly move and balance in many different directions. And, if weight loss is your ultimate goal, the challenge of functional training will boost your metabolism like no other workout, including those cardio machines.

Is functional fitness only geared towards the really fit? Definitely not. As with traditional exercises, there is a huge gamut of exercises open to every possible person, goal and fitness level. Each of OVAC’s personal trainers offer a completely different style of SGT exercises based upon their individual background and personality. We all need to move and we all need to be functional, and functional fitness is a must for the average person and the de-conditioned person looking to make a change.

How do you learn functional exercises? OVAC’s personal trainers have volunteered to offer each of our members a **FREE SGT session** to show you the power of functional training. Have you tried it in the past? Well, try it with a new trainer this month. There will be no hard sell to get you to buy anything, so please take advantage of this opportunity to take your body to the next level. To schedule an appointment, please contact me, Fitness Director Danielle Williams, at 818-219-4835 (cell) or 805-646-7213 (work). Or check out the September SGT schedule board in the lobby to sign up for an appointment.

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*Source: “Working out for Real Life Functions” by Gina Shaw on WebMD*



## SEPTEMBER MEMBER OF THE MONTH

### SIGRID BRESSLER

When asked what gift he wanted for his birthday, the yogi replied: "I wish no gifts, only presence." ~Author Unknown

When you meet our Member of the Month, Sigrid Bressler, you can sense her joy of life. She considers herself very blessed and grateful. The inquiring minds of OVAC want to know Sigrid's tips to staying fit, beautiful, zestful and healthy.

Sigrid and her husband Andy moved to Ojai in 1989. Like many of our members they joined The Club as soon as they moved to town. They found a social atmosphere with people who shared at least one thing in common: fitness.

Sigrid has made The Club a daily habit. She started Spinning 20 years ago and learned over the years to "switch things up", and that she does! Yoga, Stretch, swimming, tap, Zumba, Body Sculpt, On the Ball, hiking and tennis clinics are a few of the things Sigrid enjoys here at OVAC. Sigrid told us she is very appreciative of all of our fabulous instructors.

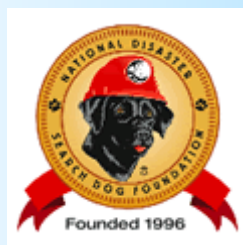
She is the mother of two grown children and has four grandchildren. She loves crafts, knitting, cooking, gardening, skiing and traveling and sailing with Andy. Sigrid says she has also found it greatly rewarding working as a Hospice volunteer for the past 6 years. And if all that wasn't enough to keep her busy, Sigrid loves acting too! Her upcoming show, The Playboy of the Western World, runs September 3-26<sup>th</sup> at The Ojai Valley Grange. Sigrid she says she tries to "keep the kid in me" Her philosophies on health and well-being are simple: have an appreciation for your body. Give your body thanks. And remember the gift of presence.

Thank you, Sigrid, for sharing your thoughts on a healthy, fun lifestyle. Your presence here at Ojai Valley Athletic Club is a gift to all the staff and our members.



### OVAC IS GIVING TO THE DOGS IN OCTOBER!

If you are ever buried under a ton of rubble, trapped where no one can find you, or caught in the aftermath of a storm...*who you gonna call?*



### THE SEARCH DOG FOUNDATION!

Founded and based in our very own town of Ojai, the **Search Dog Foundation's** mission is to *strengthen disaster response in America* by providing the most highly trained Canine Disaster Search Teams in the nation. Beginning October 1<sup>st</sup> OVAC will devote the entire month to ways you can help this very unique and worthy cause.

**Be Part of the Search here at the Club in  
October!**

### BEGINNING SPIN WITH DEB KIRKLAND TUESDAY, SEPTEMBER 7, 6PM

AND

**FRIDAY SEPTEMBER 10, 9:30AM.**

Now's the time to start Spinning! We are offering two beginning Spin Classes this month geared toward members who have yet to try this amazingly efficient low-impact workout. Maybe you've been intimidated to walk into a Spin class feeling like you'd be left behind or you didn't want to stand out. Or maybe it looks like it is too intense and you need to shape up first. Well, these classes will show you that you can train with Spinning no matter what your fitness level in any class with any instructor. Deb will spend the time to set you up on the bike and teach you how to modify any class to fit your desired intensity. You will learn the names of all the positions and understand the different rides that are offered. You will leave with take home materials that will help you feel confident and ready to begin training with Spinning. What are you waiting for...New Years? There's no time like the present!

### KICK-OFF PARTY FOR 2010 TENNIS MARATHON -- SATURDAY, SEPTEMBER 25TH, 2010 AT 5:30 PM!

Live Music, local cuisine, beverages, tennis games, prizes and raffles to celebrate the tennis players committed to playing 50 games of tennis in this year's

**11th Annual TENNIS MARATHON 2010  
SUNDAY, OCTOBER 10TH or (10 - 10 - 10)  
to benefit the  
Ojai Valley Youth Foundation!**

**\*Free for all registered Tennis Marathon players. Guests are invited to attend for a nominal fee.**

**It's not too late to REGISTER to PLAY.** \*Contact Holly Roberts at [ovyftennismarathon@gmail.com](mailto:ovyftennismarathon@gmail.com) or 805-646-3641.

A day of competitive, fun tennis among friends, both old and new, great courtside massages, lunch, prizes and a live auction! Look for the event poster in the lobby and to see a list of players already committed to play in this annual tennis extravaganza.

**Check out [www.ovyf.org](http://www.ovyf.org). We're also on FACEBOOK! Play on!**