

Ojai Valley Athletic Club

December 2010





JOIN US FOR OVAC'S
PEACE ON EARTH
HOLIDAY PARTY

Friday, December 10, 2010

from

6-9pm

Crafts for the kids and pictures with Santa too!

Complimentary beverages and tasty treats from around the world

Also featuring the Grand Opening of The Nook

Stop by to help us spread some holiday cheer!



**OJAI VALLEY
ATHLETIC CLUB**

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GIVE TO NEEDY FAMILIES THIS HOLIDAY SEASON

Once again OVAC is adopting two local families for the 2010 Holiday Season. We are asking members to donate a can of food for our food drive. In addition, members will have the opportunity to sign up to donate small gifts to the children of our needy families. In these tough economic times many families are struggling and this is the perfect opportunity to donate food or a gift to a child who might not get any other presents. We have a sign-up sheet in the lobby, next to the decorated tree. All food and gifts are due by December 9th. Please drop off gifts at the front desk. Thanks for your generosity!

WE HELP PEOPLE JUST LIKE YOU!

DECEMBER ONE-ON-ONE PERSONAL TRAINING SPECIAL

3 FOR \$99 One-On-One

If you are not currently working with a personal trainer, take advantage of this rare opportunity to see what strength training can do for you – your health, your appearance, your energy level. All sessions must be completed by January 31st, 2011. Special pricing ends December 31st, 2010. Need help selecting a trainer? Contact Fitness Director Danielle Williams (cell 818-219-4835). What a great holiday gift!!!



www.wcclubs.com/ovac



Tennis Update

Put on your tennis gloves and jacket...it's cold out there!! The cold weather is upon us and it's great to see we are still filling up the courts! One thing to keep in mind when playing in the colder weather...make sure to get a proper warm up so we have no pulled muscles. Also if you are getting your

racket re-strung in the near future, think about dropping the tension a few pounds. It will help with the colder temps and harder balls. It's worked wonders for me and might help you keep an edge on your opponents. Just a thought!

Hope everyone has a happy and healthy Holiday Season!!

See Ya on the Courts!

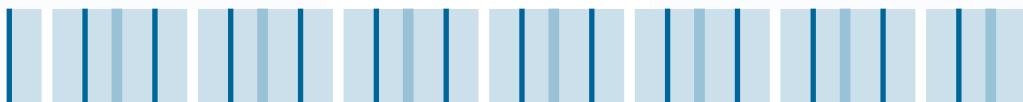
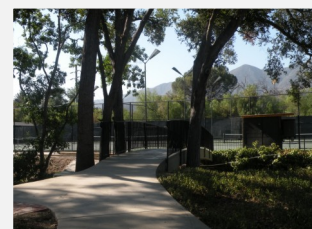
Ryan



Turkey Trot Winners Paul & Kathleen Rogers!!!

Want to give a big congrats to our 2010 winners Paul and Kathleen Rogers. They had a great battle against Howard and Rhonda Cho for the Turkey. We had a

great turnout and want to thank everyone that showed up for the event. It's always one of the clubs best events and this was no exception!!



FALL CLINICS AT OVAC

Contact Ryan for more information or to sign up!

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

Our member of the month for December is Rhoda Martin. Rhoda is over eighty years old and has a life most of us would struggle to keep up with. Every morning Rhoda arrives at the club at five thirty on her zippy red scooter, takes off her helmet and heads to the pool for her water exercises. After she has finished in the pool she hits the gym for some weight bearing exercise, gets dressed and enjoys a cup of coffee with her friends in the lounge. She says that starting her day this way is one of the most important things to her. Rhoda then hops back on her scooter and makes her way into town for her volunteer work. She loves to help the first graders at Mira Monte Elementary School with their reading and also volunteers at Ojai's Little House and the League of Women Voters. She is a long time member of the Ojai Women's Club and the Garden Club and also loves to stay socially active by playing bridge and mah jong with her friends.

When we asked Rhoda to share her wisdom on wellness with the members of the Ojai Valley Athletic Club she stressed the importance of staying active physically, mentally, and socially. She enjoys starting off her day with exercise and socializing with her friends and loves the enjoyment she gets from volunteering. She feels that maintaining a good attitude is important and attracts positive people into her life. Thank you, Rhoda, seeing you in the club every morning inspires all of us to have a fit and active lifestyle with a positive attitude. You are a wonderful gift!

December Member of the Month



RECOMMENDED FITNESS HOLIDAY GIFTS

For more recommendations or questions about those listed below, contact Fitness Director Danielle Williams at 818-219-4835.

1. A gift certificate for One-on-One Personal Training at OVAC (3 for \$99 in December and available at the Front Desk).
2. A gift certificate for a SGT Personal Training session (FREE in December and available at the Front Desk).
3. A gift certificate to OVAC's new pro shop, the Nook, for clothes, purses and jewelry.
4. A TRX system or video (www.fitnessanywhere.com)
5. A heart rate monitor (Polar and most other brands available at www.amazon.com).
6. A foam roller (available at www.optp.com).
7. "The Impact! Body Plan" book by Todd Durkin (www.amazon.com).
8. A massage.