



Ojai Valley Athletic Club

March 2011



LUCK OF THE IRISH SALE

With new items arriving regularly, you want to stop by *the nook* proshop often in March. And while you are there, take advantage of the 20% OFF LUCK OF THE IRISH sale all month long. Discount applies to regularly priced items only.



DREAM JEANS CHALLENGE 8 WEEK FAT LOSS PROGRAM

March 15th -May 5th

Tuesdays and Fridays 9:45-10:45am
(see below for other days and times)

HERE'S HOW IT WORKS...

You will bring in a pair of jeans that you would like to fit into. You should be unable to button these jeans. We keep the jeans here at OVAC. In 8 weeks you WILL be wearing those jeans.

HERE'S WHAT IT INCLUDES...

*2 group training sessions per week for 8 weeks led by a certified personal trainer. VALUE \$480.

*8 additional workouts with instructions designed by a certified personal trainer to be done by you (2 per week). VALUE \$240.

*Nutrition program and journal. VALUE \$149.

*Fitting into your dream jeans. VALUE priceless.

HOW IS THIS PROGRAM DIFFERENT?

You will not rely on a scale. This is not a weight loss program. This is a REINVENT your body FAT LOSS program. You will learn the importance of strength training and metabolic training in the quest to lose fat. You will experience breakthrough moments and the feelings of empowerment that come along with such moments.

COST (non-refundable)

Reserve your spot with a payment at the Front Desk.

\$397 for members and \$417 for non-members

OTHER DAYS & TIMES

Contact Fitness Director Danielle Williams at 818-219-4835 for other available days and times, including early mornings and evening times.

ENCOURAGE A LIFE-LONG HABIT WITH YOUTH TRAINING

MONDAYS 5-6PM

\$75 FOR 6-WEEKS
(NON-MEMBERS \$80)

WEDNESDAYS 5-6PM

\$75 FOR 6-WEEKS
(NON-MEMBERS \$80)

Certified Personal Trainer Rick Walker will lead 10-12 year olds on a 6-week fitness journey, focusing on strength training and conditioning, sport training, and/or weight loss. Kids love Rick's playful nature and the camaraderie of a group training setting, not to mention good music and a feeling of accomplishment after each session. Classes are limited to 6 people and require a minimum of 4. Contact Rick Walker today to reserve your spot at 760-628-9591.



COME CELEBRATE GET ACTIVE AMERICA MONTH!

SAVE THE DATE!

Saturday, April 16th, "Kids at the Club Day"

12 Noon to 4pm

No guest fees

Pool safety demonstrations and displays, kids dance class, kids' activities, and a special kids menu at the café!

Bring your friends and come on down.

All non-members under the age of 18 must have a waiver signed by their parent. Go to www.wcaclubs.com/ovac to download a guest waiver.



TRIOJAI TURNS ONE!

The TriOjai Triathlon Training Club at OVAC is celebrating its one-year anniversary this month. We are looking forward to another great season and encourage you to come out and join us for cross-training like none other. The program is ongoing every Saturday from 7-8:30am (meet outside OVAC at 6:50am for "pep talk"). For further details, contact Juliana Sproles at 805-640-5105. Congratulations to the following OVAC members for their participation, energy and enthusiasm this past year: Lori Volk, Kristen Clawson, Elana Daley, Andre Christou, Miles Weiss, Brooke Atkins, Jay McArthur, Quannah Ridenour, Jason Womack, David Ambrose, Kirsten Dressler, Wayne Tate, Bryan Tally, Tara Ransom, Carol McCormick, Tami Holland, Kelley Mays, Ana Rodriguez, Lucy Ford Martin, Lindsay and Taylor Luckenbach, Kyla and Davis Tate, Cristi Thatcher, Maria Halvorson, Rick Walker, Libby Bradley, Brian Monsour and Juliana Sproles.



COURTS CONSTRUCTION NEWS

As the weather gets warmer we will start court re-surfacing on some of the side hard courts here at the club. Court 3 will start construction in the next couple of weeks and courts 6-8 will begin at the start of April. Please excuse our mess as we get these courts looking great for the Ojai Tournament and beyond!

Thanks!

Ryan



TENNIS NEWS

It has been a great Winter Season here at the OVAC. We are having a wonderful time on the courts. It's great to see most of our tennis members getting involved with either the Ladies Interclub or USTA Leagues. If you are looking at participating in a competitive league please contact me and I will get you on your way. With Spring around the corner we will be having a few social events hitting the courts. In mid-March we will have a fun club exchange with Paso Robles Swim and Tennis. I don't have all the info in just yet but please keep an eye out at the front desk for more information. Also, we will have the always fun Whites and Woodies at the beginning of April. Can't wait for that one! I hope everybody stays warm for the next few weeks and what a better way than getting out on the courts!

See Ya on the Courts!

Ryan

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

March Member Of The Month...Janet Jacobs

Janet Jacobs, our March Member of the Month has a formula that helps her keep her life well balanced.

Janet and her husband Allan have been married 39 years. The first gift that Allan gave her was membership to a swimming facility. That gift kept on giving. Janet and Allan "step-stoned" their way to Ojai: from LA they moved to Thousand Oaks and then to Ventura where they raised their three children, Jesse, Sarah and Anzac. Family is one part of Janet's formula for a well-balanced life. The children were all involved with "Club" swimming, which gave Janet and Allan the opportunity to stay very involved in the world of swimming.

Allan is a native of Ojai and his family's business was here.

Twelve years ago the Jacobs' took the step to Ojai and Janet began swimming at Ojai Valley Athletic Club. Another component in Janet's balance formula is taking care of one's self. For taking care of her body's *self* Janet prefers activities that she can do on her own. Her theory on exercise is that it's not what you do as long as you are doing it. She enjoys walking and swimming. Both of these activities give Janet flexibility in her schedule and she enjoys the meditative, centering, and therapeutic results of these activities.

One of the reasons that Janet enjoys being on a flexible schedule is that if a creative mood strikes her she can turn to her passion, pottery. Janet has always loved the arts and Janet Jacob's Pottery is featured at twenty arts and craft shows, on line, and in the Ojai museum. Janet's art fulfills her creative *self*. Her beautiful pots reflect that passion.

Another important ingredient in Janet's life is volunteering. She appreciates seeing the impact of her participation, especially in a small community like Ojai.

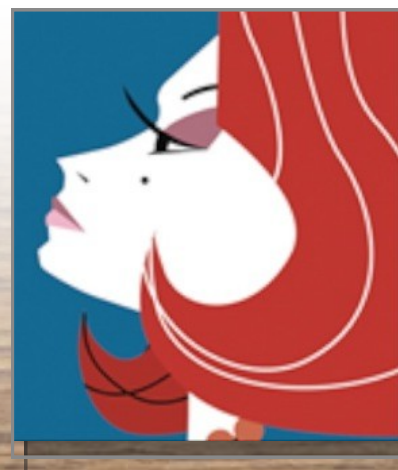
We are very grateful that Janet makes OVAC a part of her balance.
Her presence here is a gift to all of us.



Don't Forget...

TUESDAY, MARCH 8, 2011 FROM 6-8 PM

No More Nylons is sponsoring the Women's Business Socials to promote vibrant, worthwhile conversations between women in business. The intention for the Socials is to create a free, professional net-work, to bring the AMAZING women together to talk, connect and promote the work they love doing. That's what No More Nylons is all about. Doing the work you love... and being who you are. If you're new to town or even visiting, this is a great way to soak up the local flavor and get to know the women that make this town purr... Free. No RSVP required. Life is complicated enough... this doesn't have to be.



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www.wcaclubs.com/ovac