

# *Ojai Valley Athletic Club*

*August 2011*



*Summer  
Fun  
at OVAC!*



# You're Invited!

August 19<sup>th</sup> @ 6pm



The Fabulous 50's

Steak or Chicken Sliders  
French Fries  
Watermelon Slices

Hula Hoop Fun  
Roller Dice Game  
Bubble Gum Blowing Contest



Live Music by Party of Five  
Free for Members!

## SIZZLING SUMMER SAVINGS IN THE NOOK

20% Off All Regular  
Priced Proshop Items  
Enjoy big \$AVING\$  
on all our great  
clothes and accessories

This savings will  
sizzle out (expire)

August 31, 2011



## Summer Party Update

Thank you to everyone who attended the Friday night happy hours this summer! They were a huge success thanks to Jen Scarminach, Jamie MacLean, and all the employees who participate in making our club the place to be during the summer. Many people were asking for Jen's Chili Verde recipe and she has been nice enough to share it with us!

Chili Verde

Ingredients:

- 1 large package of pork ribs (about 1/4 pound per person)
- 1 white onion chopped
- 1 green bell pepper chopped
- chopped garlic (as much as you want)
- 1 small can green chillies
- 3 or 4 fresh green jalapeno chillies
- 1 can Snap E tomato juice cocktail
- 1 can chicken broth

Cut ribs in to square chunks, add salt and pepper, dredge lightly in flour and brown in a skillet with a small amount of olive oil.

Put in a crock pot (slow cooker)



Add chopped vegetables  
Pour in the can of Snap E tomato juice and chicken broth  
Cook all day (at least 8 hours) on low... the longer you cook it the better it tastes!





**5-DAY SUMMER  
BOOTCAMP**  
AUGUST 15<sup>th</sup>-AUGUST 19<sup>th</sup>  
8:30-9:30am  
ONLY \$57

Join OVAC's weight loss expert  
Danielle Williams for 5 incredible

bootcamp workouts and nutrition information to get you back on track. It's time to blow the lid off your boring and ineffective program and **get more results in less time.**



In addition to 5 super charged workouts with Danielle, you will receive a printout of every exercise you do AND a guide on exactly how to eat to change your body, your energy levels and your life. Nonmembers welcome \$67.



Want better results? Want faster results? Sign up today at the Front Desk.

**WANT \$10 OFF? SIGN-UP BY AUGUST 8<sup>th</sup>**

### THE FIT FAMILY

"It is who we are!", says Lucy Capuano Brewer. Lucy, Scott and their boys Jared (15) and Bryce (11) are truly a picture of family focused on living well. Lucy and her family live by their motto that physical fitness nourishes the mind, and this is how the Brewer's achieve balance.

Scott is a counselor at Santa Barbara City College for student athletes and a professor for college success. Watching Scott practicing speed drills and jumping rope in our gym is pure inspiration. Scott is also a recent survivor of the *Tough Mudder*, otherwise known as "the toughest event on the planet".

Jared plays varsity water polo and basketball and often joins his dad in the gym for training.

Bryce is on the swim team and is currently attending surf camp.

Both of the boys enjoy running with their dad.

Lucy is a professor of psychology at Ventura College, and started swimming just a year ago. She began to tear up a little as she told me that swimming with coach Rick Goeden has changed her life. Lucy says Rick is kind and funny and is an amazing coach. She went on to explain that Rick knows just how to push you to get the best out of you. And he gives you the support you need to push yourself beyond your imagined expectations. Lucy loves getting in the water and letting her mind go, and for her this is pure stress release.

Lucy has been inspired by watching Bryce at surf camp and plans to start taking lessons soon. It sounds like Lucy is taking some of her own advice. "You are the only one setting your limitations." You go, Lucy!

Family, friends, fitness and fun are priorities for this family and that's what they love about Ojai Valley Athletic Club. And this is why we love Lucy and her fit family!





## AUGUST COUPON

### Eleven ½-Hour Personal Training Sessions-\$270

Robert's love of fitness comes through loud and clear as a personal trainer and while teaching yoga, qi gong, Spinning, Aqua Sculpt, and OVAC's popular hiking class. With this broad background, Robert is able to offer a truly unique personal training experience to all his clients, while focusing on creating an individualized program to meet each client's goals. Contact Robert today at 805-798-2810 to book your appointment.

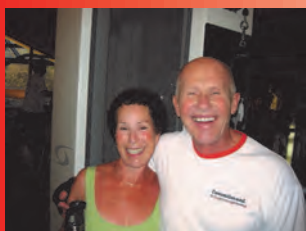
WITH ROBERT EVANS

#### 8 TIPS TO ACCELERATE YOUR FAT LOSS GOALS

1. **Switch to interval training instead of long duration cardio.** Here is a sample workout to try...5 minutes warm up followed by 30 seconds of sprint effort (this can be treadmill, hill, bike, kettlebell swings, whatever you choose, as long as you go as hard as you can) followed by 60 second recovery (this should be at most 50% of the intensity of your sprint effort and is really just for recovering to get ready for the next sprint effort). Repeat the sprint effort and the recovery 8-10 times and finish with 5-10 minutes of a cool down.
2. **Eliminate body part splits and switch to full body routines.** When fat loss is your goal, full body workouts outperform workouts that mirror the old, outdated bodybuilding approach of focusing an entire workout on one body part. For starter, pair an upper body exercise with a lower body exercise with minimal rest in between (squats followed by push ups for example).
3. **Only consume calorie-free beverages.** Bye-bye beer, soda and wine. This also means all fruit juices and similar drinks. You don't need the sugar that will send your body into a fat storing mode. Water it is during your fat loss period, but feel free to add lemon, lime or tea bags for variety.
4. **Save your starches for breakfast and after workouts only.** Carbs are not inherently evil, but you should focus on consuming your carbs from mostly vegetables and fruit throughout the day. If you are going to continue to eat potatoes, brown rice, or whole grain pasta, the two best times to eat them would be at breakfast or after a workout. Then the carbs in these foods will be used to replenish your body's energy stores rather than converted to fat and stored for later use.
5. **Workout with a friend who has the same goal.** This one surprises people, but one of the biggest contributors to success for the average gym-goer is fun and accountability. And you will definitely push yourself harder with a friend. Research supports that those who train with someone will not only stick to a program longer, but will also get better results. OVAC offers various options for training with a friend: Small Group Training sessions in groups of 2-6 at various times with a personal trainer (\$30 per session); Dream Jeans Challenge (see article in this newsletter); solo workouts designed by a trainer that you and a friend can come in to do together whenever it fits your schedule (\$27 for one month's worth of workouts).
6. **Allow yourself some enjoyment.** No one is perfect. There will ALWAYS be a party, holiday or special event coming up. Work it into your healthy eating plan. You are not a failure every time you stray from your goal. If you are doing everything else right, then straying 10% of the time will make no difference in your overall goal.
7. **Sign up for OVAC's 5 Day Summer Bootcamp.**
8. **Sign up for OVAC's Dream Jeans Challenge.**

**Need help getting started?** Contact Fitness Director Danielle Williams at 818-219-4835 or at [dwilliams@caclubs.com](mailto:dwilliams@caclubs.com)

Thanks to Brian Bott, NSCA CPT





## DREAM JEANS CHALLENGE – IT'S YOUR TURN

### 8 WEEK FAT LOSS PROGRAM

In the words of one of our members...

*"I did not expect to lose weight, but I have lost one pound per week. The inches have come off as well - everywhere. I feel great! I have more energy; my back does not ache anymore and the bane of my existence - my right knee - is stronger than it has been in a decade. Best of all, I am eating the healthiest diet of my life and I'm never hungry. I even get my weekly splurges, if I want them. The trainers are very supportive and attentive to my form during exercise - always urging me to try something different when I appear hesitant. There is a real sense of camaraderie within the class. Don't think you are too old or out of shape to try this! You won't be sorry."* -OVAC Dream Jean Participant

Week of Aug 30<sup>th</sup>—Oct 20<sup>th</sup>

Tuesdays and Thursdays 9:45-10:45am

#### **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.



Tiffany Before

Tiffany After



Lisa Before

Lisa After



Sharon Before

Sharon After



## ATTENTION! JUNIOR TENNIS CLINIC CHANGE FOR FALL 2011

We are changing the format for our Junior Clinics this Fall starting September 1<sup>st</sup>. In the past, all of our Junior Clinics were in a drop-in format. At times it worked but it was difficult not knowing whether we were getting 2 or 10 kids per clinic. In the end, we felt we could give our Juniors a better tennis experience by limiting the size of our clinics to 6 kids per clinic. We will also have each student pay per month, not per clinic. The good news is that we will be lowering the cost from \$14 to \$12 per clinic. I will be contacting most players who participated in the past but if you are interested in getting your child involved in our Fall Program please contact Ryan (ext 108) or sign up at the front desk. We will have clinics for all ages and skill levels. We hope to see your kids this fall!



## LADIES SUMMER CAMP

August 15-19

Time: 8:30-10:30

Cost: \$120.00

Jim Kasser and I are very excited to have another great Ladies Summer Camp for 2011. We hope to get a great group together for fun and informative doubles tactics and strategies. If you are looking to take your game to the next level, Jim and I are ready to help! If you are interested please contact the Front Desk or Contact Ryan (ext 108). Hope to see you on the courts!

## TENNIS UPDATE

The summer has been great here in OVAC Tennis Land! The month of August looks to be a very busy one on the courts. With 5 USTA Leagues and Ladies Interclub just around the corner, we should be able to take care of your competitive tennis needs. If you are looking for a fun time and great competition just contact us and we will get you on your way!

Just to give everyone an update, we put new lines and new clay on one of our courts. It looks beautiful and everyone should check it out in the near future. On a much BIGGER note, the man...the myth...the legion...Jim Kasser is back on business! I am very excited to have my main man back in action. Most of you know Kasser got not one but both hips replaced and now he is moving around like a 21 year old! I'm very excited to have Jim back and hopefully everyone will see him on the courts soon!

See Ya on the Courts!

*Ryan*

