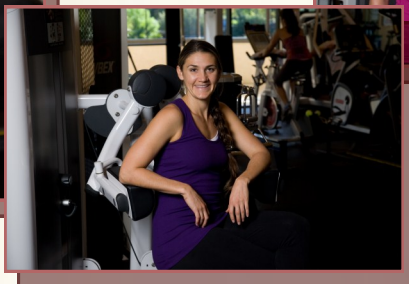
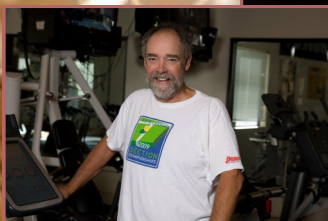
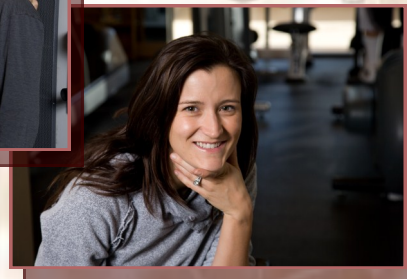


Happy New Year!

*Wishing you and your family all the best this year,
From all of us at*



Make Fitness your Priority in 2012!



January 2012

409 South Fox Street
Ojai CA 93023 (p) 805.646.7213 (f) 805.640.1530

BEGINNING SPIN
Thursday January 12
6:00pm
with
Debora Kirkland

Beginning Spin is the place to go if you've been wanting to get the amazing low impact cardio and strengthening benefits of Spinning but have felt intimidated to start.

Learn how to set up your bike safely and learn all the moves so that you can attend any class with confidence.

Please wear comfortable clothes, stiff athletic shoes and bring a water bottle and a towel.

New High Intensity Interval Spin Class
is here!

Thursdays

11:00 A.M.

Beginning

January 5th

With Tania

High intensity intervals to push your fitness base to a new level by increasing your speed, power, metabolism, endurance, and anaerobic capacity.



SMALL GROUP TRAINING/METABOLIC MANIA

Try A Class For Free This Month

Are you ready for something **different**? Are you ready to get fitter **faster**? January is the perfect time to see how combining the benefits of strength training and cardio into one session will get you stronger, sky rocket your fitness level, and change your body rapidly. Best of all, these **FUN** workouts that **can be done by anyone**.

Monday

6:00am Brooke
 8:30am Emilee*
 9:45am Danielle
 4:00pm Danielle
 6:00pm Jeff

Tuesday

6:15am Val
 8:30am Danielle
 9:45am Danielle
 11:00am Val

Wednesday

6:00am Brooke
 8:30am Emilee*
 9:45am Danielle
 2:45pm Val
 4:00pm Danielle

Thursday

6:15am Val
 8:45am Val
 9:45am Danielle
 6:00pm Jeff

Friday

8:30am Danielle
 9:45am Val

**By Appointment Only With Emilee*

Questions? Contact Fitness Director
Danielle Williams at 818-219-4835



January's Members of the Month: Team Lori

Three years ago Lori Volk's life seemed just fine. She had a wonderful husband, Tom, of 27 years and three beautiful children. She and her husband had a successful worldwide company manufacturing bike lockers and racks.

Lori had always been active and worked out but with her two older kids at college and the other with one foot out the door Lori began to realize she was not sure how to cope with letting her children go. Without her children, she was fearful that she had no direction, focus or real goals. Lori was coming to the gym because she knew she *had to* but she didn't want to any more. She wasn't losing weight, she was gaining weight. She didn't know what to do or even what to ask. She lacked enthusiasm, motivation and confidence.

Lori would sometimes think of trying a triathlon but she knew she was not a particularly good swimmer. The truth was she was afraid to put her face in the water. But Lori took the first step. With some coaching from Rick Goeden, Lori overcame her fear. Lori did know how to ride a bike, so that just left running. In March of 2010 Lori ran for the first time with a group that was training for a triathlon. From that first day she says she was hooked. Two months later Lori braved 5-foot south swells and placed # 3 in her age group in a Super Sprint Triathlon! That's a long way, baby, from not being able to put her face in the water!

Since then Lori has competed in fifteen events in twenty-one months, including an Iron Man event consisting of a 1.2-mile swim, a 56-mile bike ride and a 13.1-mile run. Her family supports her at every event wearing their Team Lori t-shirts.

Each success with her fitness goals brought Lori more confidence in every area of her life. She found herself calmer and more focused and realized that she had another dream, Lori's Organic Lemonade. This dream started from back when she was helping the kids increase sales at their lemonade stand.

Lori has discovered her truth in the Iron Man slogan, "Anything is possible", and how training for an event and achieving any goal are very similar. As with the idea of competing in a triathlon, the idea of starting a new business seemed overwhelming. So Lori took her training tools and put them into action to start her lemonade business. First she just needed to show up and put her face in the lemonade! One step at a time she defined her goals and made a plan. She follows the plan and stays focused. Lori has found her coach, a mentor that she trusts. And she surrounds herself with people that believe in her and help her see her potential. In just one year Lori signed up for an Iron Man event, started a new business, will send number three child off to college, and she will turn 50!

We are so proud to have Lori and her family, Team Lori, as our members of the month for January.

Introducing a brand new class:

BALL FUSION

A fun combination of core and strength training using the physio ball.
Come challenge your core while learning to isolate individual muscles and have fun doing it!

Featuring our new instructor:

EMMANUELLE "EMMA" LOUSTAUNOU

Come see for yourself!

Tuesdays 5:15-6:00

(Beginning Tuesday, January 3rd, 2012)

TEAM 100 BANQUET

It's time to celebrate the significant achievement of those members who performed 100+ workouts in 2011. We are honored to invite the 2011 Team 100 members to join us on Monday February 6th at 6:00pm for a banquet in their honor. Please RSVP to the Front Desk. Cost is \$15 per person.



Kids Club has

NEW

hours!

MORNINGS:

Monday through Friday
8:30am-12noon
and
Saturday
9am-12noon

AFTERNOONS:

Monday, Tuesday, Thursday
4-6pm
and
Thursday
4-7pm

NEW TENNIS BOARD!!

Nancy was nice enough to make us a beautiful new tennis board in the adult lounge. It provides all the information you need to get started at OVAC. If you want to know about our junior or adult clinics or about racket stringing, we will have that information for you. Any further questions, don't hesitate to contact us!

TENNIS NEWS

I hope everyone had a great new year! I am very excited about the upcoming events for 2012 OVAC Tennis! We will start the new year with a fun mixed doubles social to make up for the Turkey Trot rainout. We also have a new addition on court 10...I am pleased to announce that we will have a new ball machine for 2012! It is a great tool for everyone looking to improve their game. This machine is a huge step up from the previous one. Once we get it here, I will have a demo day to get everyone comfortable on how to use it! I am very excited to have this new addition. I look forward to seeing everyone on the courts this new year!

See Ya on the Courts!

Ryan



MIXED DOUBLES MIXER (TURKEY TROT MAKEUP) JANUARY 13TH

Since we were not able to have a fun Turkey Trot this year, we are going to have a fun mixed doubles mixer this month! I wish I could come up with some cute name but I'm just not that creative. This will be a fun round robin format where the winning team will receive a nice bottle of wine. The best part is that it is FREE to all tennis members! It is also ONLY for OVAC tennis members. The fun will start Friday, January 13th @ 5:00 pm and last till around 7:00. It's a great date night for your spouse or friend! We will have a sign up in the lobby the first week of January. Hope everyone can make it!!



DREAM JEANS CHALLENGE

8-WEEK FAT LOSS PROGRAM

Jan 10th-Mar 1st

Tu & Th 9:45-10:45am
with **Danielle**

&

Jan 9th-Feb 29th

M & W 6:00-7:00am
With **Brooke**

Non Members Welcome
Questions?

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 more solo workouts designed by a certified personal trainer (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.

\$198.50 billed Jan + \$198.50 billed Feb for members and \$417 pre-pay for non-members.



VOTED 2011 BEST EXERCISE CLASS IN THE OJAI VALLEY



OPTIONS FOR A PACKED GYM

By Danielle Williams, Fitness Director

You know the crowds are coming in January as New Year's Resolutions are attacked with a vengeance. Be ready for the crowds with these tips:

1. **Explore your training schedule options.** The gym at OVAC is generally very quiet from about noon to 3:30pm

2. **Get started at home if possible.** Foam rollers are inexpensive and can be kept at home for use before heading to the gym.

3. **Always have options.** For each exercise that you plan to do in the gym, you should have two alternatives in mind. For example, if your workout calls for a barbell bench press, be ready to do pushups or dumbbell presses on a bench, physio ball or the floor. If your goal is to gain muscle and/or lose fat, it is not necessary to worry about any one PARTICULAR exercise. And, the added benefit of mixing up your workout with new exercises may even lead to new changes in your body.

4. **Stay positive and keep a list of bodyweight exercises handy.** With bodyweight exercises you don't need to worry about crowded machines or lack of equipment. Find yourself a little floor space and get to sweating! Here is a great sample workout to try if you need ideas:

Prisoner Squats(15 reps); Push-Ups(10 reps); Jumping Jacks(25 reps); Single Leg Deadlift (15 reps per leg); Inchworms/Hand Walkouts(10 reps); Alternating Overhead Reverse Lunges(15 per leg); Push-Up Position Plank(hold for 30-60 seconds); Mountain Climbers(30 reps per leg). Perform this circuit 5 times, resting 15 -25 seconds between circuits. No rest between exercises. Need more ideas? Contact me at dwilliams@caclubs.com.

5. **Trying pairing exercises that will allow you to use the same weight so that you are not worrying about searching for weights that are in use.** A classic superset would be a dumbbell chest press exercise and a dumbbell row using the same weight (you'll need to increase the number of reps per set in the dumbbell row). You can also try high rep dumbbell lunges (15 reps per side) superset with moderate rep standing one-arm dumbbell shoulder presses (8 reps). Dumbbell squats and dumbbell chest presses are another good combo – high reps on the squats (15 reps) and moderate reps on the chest presses (8 reps). An arm example would be dumbbell curls and lying dumbbell tricep extensions (expect to do 30-50% more reps with the tricep exercise when using the same weight). And remember, you can pair a dumbbell move with a bodyweight move in a superset to make life easier in a crowded gym: One-leg squats with dumbbell shoulder press; dumbbell row with decline push-up; dumbbell Romanian deadlift with spiderman push up. Finally, don't forget about the power and convenience of a single kettlebell. Kettlebell swings, snatches and one-arm press with the same weight make for a great workout.

