

August 2012



OJAI VALLEY
ATHLETIC CLUB



AHOY THERE MATEY...

Join us if you dare to a pirate adventure filled with grub and grog. Bring ye lass and ye children for a thunderous good time in search of booty. Last summer happy hour, so don't forget your pirate costumes!

Friday August 31st 6-8:30pm

- Live band.
- Pirate ship photo booth compliments of Ajah Photography.
- Free for members and their guests.
 - Raffle and lots of pirate booty.
 - Dinner and dancing.

Aye, it will be a good time for all!

Yo ho ho!



INNER THIGH FITNESS TIP

By Danielle Williams, PES, CES, CPT

As a personal trainer, people often approach me to ask, “What can I do about (fill in a body part) this area?” And often as not, if it’s a woman, she is asking me about her inner thigh. It takes some strategic, intelligent and intentional work to get the inner thighs slim and wiggle-free, but it can be done.

First you need to understand that our body is very smart about where it chooses to store the most amount of fat, based on our genetics. For me, my so-called “problem area” is 100% my inner thighs. Even when I am lean at 14% body fat, my legs are still not where I would like them to be.

Also, when you lose fat, you lose fat from all over our body. Because your “problem areas” have more stored fat, it takes a longer time to see that area become lean. What you can do is develop muscles that will help to speed up fat loss and cause less fat storage.

In order for me to get this area to look the way I want it to look, I have to build some solid muscle in my quadriceps, hamstrings and glutes that will shape my legs and increase fat burning throughout the day.

Our inner thigh muscles are called Hip Adductors. You don’t want to necessarily build these muscles (that’s right ladies, get off the Hip Adduction machine). The hip adductors get plenty of work when training the legs especially when performing compound exercises such as squats and lunges which will have a greater effect.

FITNESS TIP: TRY THIS: When squatting, think about internally rotating your inner thighs towards each other throughout the entire movement. **KNEES SHOULD ALWAYS FOLLOW YOUR THE DIRECTION OF YOUR TOES!** Stand up right now and try this. Feel that? This is a great way to initiate more of the hip adductors in the squat.

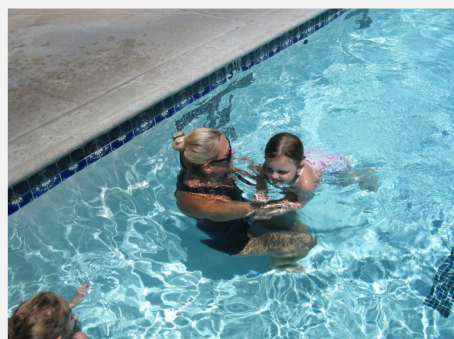


YOUTH SWIM TEAM

Ojai Heat Youth Swim Team has enjoyed a great summer season. We will finish up our Summer season at the Channel Islands Swim League Championships August 11.

GOOOO OJAI!

We welcomed our new A’s Coach **Merv Van Auker** at the end of June. Merv has been coaching Nordhoff swimming and we are so lucky he has agreed to stay on board at OVAC for the next season! Fall season starts **Wednesday September 5th . MWF 3:30-4:30.** Please see ovac.caclubs.com and click on Aquatics for more information



SWIM LESSONS

OVAC's little ones made splash at group swim lessons this year with Meg and Matt. Group lessons are over for this summer but Meg and Matt are still offering private and semi-private lessons.

\$180.00/6 30 minute lessons. Groups up to four may split cost.

Mathew Zeltzer: 805-444-7969
Meg McCormick: 805-421-9572



MORE PARENT & CHILD CLASSES ADDED FOR AUGUST!

Water introduction... Learning water safety and water awareness through games and water skills.

Children 3 mo. - 5 years.
Meet at the rec pool.

August 14–Sept 6 Tue & Thurs from 10:00-10:30am

MEMBERS \$ 50/4 weeks \$12.00/drop-in

NON-Member \$62.00/4 weeks

PETER AND ANN COSTIGAN, AUGUST'S MEMBERS OF THE MONTH

Each month the Ojai Valley Athletic Club recognizes a person, couple, or family that we feel is outstanding. Our August Members of the Month show how a healthy lifestyle can benefit people of all ages.

Everyone who knows Ann and Peter Costigan said the same thing, that they "are the nicest people." Even if you don't know them, if you saw them on the street you would notice how happy and full of vitality they are.

Ann and Peter joined the club shortly after moving to Ojai from San Francisco in 2004. The club offers an introductory set of complimentary personal training sessions to each new member. This is when they met Jeff, one of OVAC's professional personal trainers. Since then, Ann and Peter have worked with Jeff consistently twice a week.

Like that old T.V. commercial "only your hairdresser knows for sure," there are some things only your personal trainer knows. Jeff wouldn't share all their secrets, but he did reveal that Ann and Peter have defied the effects of aging through consistent training with workouts focused on flexibility, balance, and weight training.

Ann and Peter's lifestyle includes many other elements that attribute to their health and overall wellness. They enjoy walking to and from the club, walking their dog Wilson, and enjoy fresh produce from their weekly trips to the farmers market. They say they only garden because it has to be done, but Jeff shared that he thinks they truly love tending their roses. The Costigan's also love spending time with their four sons and seven grandchildren and give back to the community by being active in the Ojai Valley Hospital League.

The Costigan's are an example to all members by consistently practicing the five components of a healthy lifestyle: nutrition, exercise, stress reduction practices, belonging, and purpose and reflection. We agree with their trainer, Jeff, in saying: "They *rock!*"



AUGUST TENNIS CAMPS!

We have our last sessions of camp coming up. We have two Futures Camp (ages 8 and up) and a Tournament Players Camp (contact Ryan) during the month. If you are interested there are a few more spots open. Just contact Ryan (746-5094) for more information.

JUNIOR CLINICS

Future Stars (Ages 5-7)

Tuesday and Thursday 4:00-4:45pm
\$10.00

Beg/Intermediate (Ages 8& up)

Tuesday and Thursday 4:00-5:00pm
\$12

Tournament Players Clinic
(contact Ryan)

Monday and Wednesday 4:00-5:00pm
\$12

Ladies Beginners

Friday 10:00-11:00am
\$14

TENNIS NEWS

The summer season has been amazing. Our Junior Camps have been rocking and we just got done with a fun Ladies Camp last week. It is so great to have beautiful weather two summers in a row! We are just about to get going with our Interclub season. We have a great new crew of "C" ladies and I am very happy to have them out! If you have ever wanted to get back into fun, competitive tennis...now is the time! We also have USTA Fall leagues just around the corner. Should be a very active start to the fall!

See Ya on the Courts!

Ryan



**VOTED
2011
BEST XERCISE CLASS
IN THE
OJAI VALLEY**



DREAM JEANS CHALLENGE

8-WEEK FAT LOSS PROGRAM

Sept 4th-Oct 25th Tu & Th 9:45-10:45am with Danielle

Sept 5th-Oct 24th M & W 6:00-7:00am with Brooke

Non Members Welcome

Questions? Call 818-219-4835

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 Sept + \$198.50 billed Oct for members and \$417 pre-pay for non-members.

