



OJAI VALLEY ATHLETIC CLUB



SGT Gets Results Have you had your free trial?

Small group functional training is your key to getting fitter faster. It is all about training for real life - exercises that recognize that your body is in constant motion and thus your training should involve dynamic motion also. Best of all, these FUN workouts can be done by anyone, whether your goal is to be stronger, look better or improve your performance.

**For an appointment call
(805)646-7213 ext. 211**

APRIL 2010

409 S. Fox St Ojai, CA 93023
805-646-7213
Fax 805-640-1530

KIDS AT THE CLUB DAY

Come enjoy a day at the pool!

NO GUEST FEES!

Open to the public

Saturday, April 17th

11-11:30am Free Parent/Child Swim Class

12-4pm Free Swim

1-2pm Free Pizza Party!

Lifeguard Safety Demonstrations Every Hour

Jr. Lifeguard Demonstration

Reservations Required

Call today to sign up at 805-646-7213 ext 106

Or email Jen at jscarminach@weaclubs.com

Bring your swimsuit and a towel and join us for a day of fun in the sun!

All children must be accompanied and directly supervised by an adult.



SUMMER IS ALMOST HERE...SGT FOR WEIGHT LOSS

Join Jeff Hoefling for 10-weeks of hard work and fun. Let Jeff show you how 45-minutes of Functional SGT (small group training) is the key to toning and transforming your body like no other workout you have ever experienced! The first lucky group of 4 to sign-up for this proven 10-week weight loss workout regime will meet with Jeff on Thursdays at 4:00pm April 22nd – June 10th. \$300 per person (members only). You must pre-register for this workshop so please sign up today at the Front Desk to reserve your spot or contact Jeff at (805)512-1880.

MASTER'S SWIM SCHEDULE

MONDAY-WEDNESDAY-FRIDAY

6:00 am Masters

9:00 am Technique

12 Noon Lunch Bunch Masters

4:30 pm Masters

TUESDAY-THURSDAY

8:00 am Masters I

9:00 am Senior Swim

SATURDAY

7:30 am Masters I



GETTING MORE OUT OF YOUR DUMBBELL EXERCISE – THE LATERAL RAISE

By Danielle J. Williams, CPT, CES

Doing shoulder lateral raise exercises (abduction) with dumbbells is a common gym exercise. But understanding your body's biomechanics can help you to improve your results. Your shoulder is strongest when your arm is raised 70 degrees away from the body; however, a shoulder lateral raise exercise offers the greatest resistance when your arms make a 90 degree angle with your body. To adjust for this, try working each arm individually as follows. First, sit on a bench and lean your trunk to the left onto your left arm so that there is about a 20 degree lean to your trunk. In addition to optimizing the tension in your shoulders throughout the exercise, you will even still have resistance at 0 degrees of lift, which is reported to stimulate one of the rotator cuff muscles more effectively (the supraspinatus).

CHECK OUT THE SPIN PLUS CLUB WITH ROBERT EVANS

Start your weekend off right with cardio and strength work. Robert starts with ½ hour of heart pumping Spin work followed by ½ hour of functional training every Friday from 3:30-4:30pm. Come prepared for face-paced fun and start of the art conditioning. Only \$90 per month to become a member of the Spin Plus Club and you can join anytime; however, enrollment is limited to 10 members, so reserve your spot at the front desk ASAP. Questions? Contact Robert Evans at (805)798-2810.



TRX IS BACK

What are those funny yellow straps in the downstairs gym anyway? It's the new revolution in body weight training. TRX=Results. Total-body Resistance Exercise was created by the Navy Seals to develop long, lean muscle, challenge core stability while providing unmatched versatility and accelerate results. It's functional and fun. 45-minute sessions are available Mondays at 5pm with Robert Evans; Rick Walker Mondays at 9:30am; or Fridays at 9:00am with Mike Phillips. Cost is only \$30 per session. Schedule your trial today by directly contacting the trainer of your choice (no drop-ins allowed): Robert Evans (805)798-2810; Rick Walker (760)628-9591; or Mike Phillips (915)588-2522.



DANCE AROUND THE WORLD!

**With Stephanie Hull
Wednesday April 17th
1-2pm**

Free to members!

Dance is in every culture around the world. It is used as an expression of culture, tradition, storytelling and joy. This one hour global tour with Stephanie will introduce you to Dance as a form of fitness for life.

Easy to follow moves set to music from around the world that is sure to leave you smiling and eager to book your next tour!

Stephanie was born and raised in Ojai and grew up dancing at her mothers' studio. She has two beautiful children, a wonderful husband and is blessed to be doing what she loves as a pilates and dance instructor at the Ojai Valley Athletic Club.

WALK THIS WAY

**With Breena
Special Event at OVAC
Tuesday April 20th at noon
Free to members**

Did you know that WALKING is the only full-body, weight bearing exercise that will give you all you need for:

- All over Muscle Toning
- Bone Building
- Calorie Burning
- Lymph Circulation
- Heart & Lung Function
- With little to no damage to your joints (feet, knees, hips, spine)

But only if IT'S DONE CORRECTLY!

So you think you know how to walk? Join Restorative Exercise Specialist™ Breena Maggio on your lunch hour for an eye-opening lesson on the optimal mechanics of gait- or rather, come and learn how to improve how you walk. This clinic will teach you how to use the proper muscles, align your skeleton appropriately, use the force of gravity, etc. not just during activity, but ALL THE TIME. And I promise, you'll be using some new muscles. If you have bone density concerns, any pain when you walk or hike short or long distances, you're a runner, or you would just like specific information on how to walk "best", this class will provide you with valuable information. We call ALL benefit from this knowledge and it will be fun too!

Breena Maggio, is an ACSM-certified Health Fitness Specialist and Restorative Exercise Specialist™ who teaches her clients, who tend to be innovative thinkers seeking optimal health, how their bodies work optimally. She teaches how to objectively align one's skeleton for maximum muscle use, bone building, and blood, nerve, and lymph circulation, which will create the least amount of pain, disease, and deterioration.



APRIL'S MEMBER OF THE MONTH

Ana Charolla, our April member of the month is perfecting a recipe for her life.

Ana came to Ojai from Mexico at just 30 days old. You may recognize her name from Ana's Flowers. She and her husband, Frank have been members of Ojai Valley Athletic Club for 15 years. Ana has always been interested in nutrition and fitness.

She and Frank both attended Nordhoff High School. Years later they re-met at a BBQ where Frank was roasting chilies to make salsa. Soon they married and mixed his three children with her one and the result was lots of soccer, basketball, softball coaching for both Ana and Frank.

With the urging of her fellow Boot Camp members Ana launched Ana's Salsa! Hot and Spicy and Spice for Wimps can now be found on grocery shelves! With her busy life Ana needed to find just the right mixture of ingredients and methods to keep herself feeling great!

Recipes like life change over time. Ana began to realize that she needed to make some changes in her life to feel better and keep up with her busy life. She started experimenting with new ideas that would update her Feel Great Recipe. She decided to remove some ingredients including alcohol and sugar. Then she changed the mix to include only what she considered to be clean healthy ingredients creating a vegan component to her recipe.

Next Ana folded in a mixture of lifestyle ingredients to create the overall flavor she wanted for her life. Here are some of Ana's basic ingredients: Ana starts each day in early meditation with Frank. This is her spiritual portion. Exercise is the next key ingredient in Ana's day. Fitness has always been a priority for Ana. Recently Frank gave her a gift, a package of OVAC's new Functional Small Group Training Sessions! This is Ana's new favorite add-in in her healthy life recipe. She saw results immediately using the fun, fast paced structured routine of Functional Training. She "LOVES" the great tools like the TRX. Ana finds the expert coaching of the OVAC personal trainers motivational and educational in the Functional Fitness sessions. There is also a special comradery that Ana found with the other members in her group. You sweat, laugh, encourage, whine (if you can catch your breath!) and congratulate each other.

Time with her husband, Frank and their dogs are key to keeping her recipe successful. One of Ana and Frank's favorite activities is mountain biking. They both keep in shape for this rigorous outdoor sport with Spinning classes and working out in the gym. For a sweet indulgence Ana reaches for a piece of dark chocolate or a couple of dates. And of course to keep her hot and spicy attitude Ana recommends salsa on everything! So what ingredients are you going to put in your recipe for a healthy life?

Ana hopes you'll enjoy the following recipe she developed in honor of Functional Training to share with OVAC members. Thank you, Ana for sharing your ideas for a personal recipe for a healthy life and your powerhouse Functional Training Muffin Recipe.

ANA'S FUNCTIONAL TRAINING VEGAN MUFFINS

Heat oven to 375

In a bowl combine

4 Cups of wheat Bran

2 1/2 C of Coconut Milk

1/2 Cup of Organic Peanut Butter

3/4 C. Raw Honey

2/3 of cup of raw dates

2C of Spelt organic flour

3 Tbls of Baking Powder

1 tsp of baking soda

1 cup raisins

1 cup of coconut

1/2 cup of sliced almonds

1/2 cup of walnuts

1 Cup of crushed pineapple

Put in cupcakes liners and bake for 16 min makes
3 dozens



TENNIS NEWS

Well the wheels are turning here at OVAC Tennis. All of our USTA Adult Leagues are beginning and The Ojai is just around the corner! For those of you planning on weekend tennis, make sure to stop by the side courts and root on our home USTA teams as they compete against other clubs around the area. I'm also very excited about our Junior Program here at the club. We have many exciting events planned for you guys in the near future. If you are interested in getting your kids involved with our program feel free to contact me. We would love to get them started here at OVAC! I hope everyone has a great April and gets in plenty of tennis!

See ya on the courts!
Ryan



JUNIOR INTERCLUB SOCIAL AT CATHEDRAL OAKS! MAY 8TH

A reminder to all our Advanced Juniors that we are having a fun social with one of our sister clubs, Cathedral Oaks, out of Santa Barbara May 8th at Noon! It will be a great time to get some competitive sets in against other players your level. Afterwards we will have pizza and refreshments. Mark this on your calendar or contact Ryan for more information!



SPRING TENNIS CLINICS

Pee Wee Clinic

Ages 5-7

Thursdays 4:00 – 4:30pm

Cost: \$8.00

Beginning/Intermediate 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

High School Clinic

Contact Ryan

Mondays 5:00 – 6:00pm

Cost: \$14.00