



Sunset Athletic Club

Volume XX • SPRING 2003 • Number 2

Explosive Speed & Strength

Hi, my name is Dan Hughes. I am a personal trainer here at your facility. I am excited to work here, hopefully I can use my knowledge and experience to help you on your way to your fitness goals! I am also bringing on a new athletic development program.



Are you ready to be a winner?

Then you are ready for ESS!

The Explosive Speed & Strength program (ESS) was designed to help athletes of all ages and experience levels improve their athletic performance. ESS teaches everything from safe lifting techniques to proper running form and even nutrition!

Everyone from middle school and high school athletes, to weekend golfers looking to improve their drive, will benefit from this program. ESS offers individualized workout and nutrition programs designed just for you and your sports specific needs!

ESS will help you:

- Improve vertical leap
- Decrease injury potential
- Increase power output
- Increase acceleration
- Improve over all speed and agility

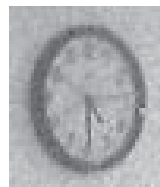
So if you are up to the challenge and ready to take your game to the next level, sign up at the service desk or contact Dan Hughes at ext. 505.

Check in with Member Merle Aden...



Which of the following is true about respected member Merle Aden?

1. He celebrated his 80th birthday recently.
Best wishes for many more!
2. Those are Merle's bowling trophies in the lobby case.
3. Here's Merle checking in for his usual 5:30 am daily routine. For a warm-up, he just got done sweeping the entire Sunset High School running track like he does every weekday.



Anyone named Merle who can identify the correct response, wins a hug from the morning staff person of his choice!

SAC Notes

Spring Fitness Challenge

Did you enjoy our Fall Fitness Challenge "The Civil War"? Watch for the signs of spring, and with it our latest challenge...

"Fitness First - Spring into Shape!"

Coming Soon!

The Club Connection

- Owner/General Manager
Chuck Richards
- Operations Manager
Carleen Prentice
- Bookkeeper
Nancy Johnson
- Special Projects
Kathi Marcus
- Systems Support
Ron Daley
- USPTA Tennis Staff:
Director of Tennis
Rob Peterson
- Racquetball Director
Al Howard
- Group Fitness Director
JoAnne Kehagiaras
- Maintenance Director
Mark Boyce

Visit our website at:
www.sunsetac.com

SAC is proud to be a member of



Kids Korner



"Easter Egg Scramble " Saturday April 12th



12:30 Sharp
Ages 1-10
\$5.00 per child

"Bring out the Bunny in your child at our annual event!"

As always, each and every young bunny that signs up will be greeted with a surprise at the check-in counter. We will have mystery eggs that can be traded in for prizes. There will be plenty of candy for all at our Easter Egg Scramble! This event will be held rain or shine, indoors if needed.

Don't forget to register ahead so the Easter Bunny knows ahead of time how many treats to purchase.

Register today at the Service Desk.



Take a Break with Mr. Bubblehead! SPRING BREAK MINI-CAMP March 27th & 28th - 9 am to 1 pm Ages 6 - 10

\$29 members - \$35 non members

Mr. Bubblehead has got 2 days of jam-packed fun in store for all kids who want to wrap up their Spring Break with games, laughs and physical activities! Rain or shine, fun will be had by all! Don't wait to sign up for this camp as space is limited.



Our Mini Camps are always popular

Contact the Service Desk to make your reservation today!

Racquetball News



Racquetball Party...

Winter Racquetball Leagues will have their League End Party on Wednesday, March 5th. All League participants are encouraged to set that date aside and join your fellow players for a night of camaraderie and fun!

Spring Leagues...

... begin March 31st. Sign-ups will be available at the racquetball corner beginning the night of the League Party, March 5th. Monday night will be Mixed League Night, Tuesday will be Ladies Night and Wednesday will be Men's Night. The leagues start at 6:30 pm and run for 7 weeks, with a League End Party on the Wednesday following the last league night. Improve your game by meeting and playing against those with different playing styles. A great way to meet new and challenging players!

Doubles Tourney?

Al Howard would like to know if members would be interested in an in-house Men's, Women's and Mixed Doubles Tournament. The plan would be to hold this in May, after the leagues are over. Please contact Al to voice your support!

The Party's Over, or Just Begun...

Member Dave Robbins hit the ceremonial 'last ball' in court four before demolition was begun to make way for the Fit Center upgrade. Dave is rumored to have a serve that can "raise the floorboards"!

Tennis News

Mixed Doubles Tourney - Twice the Thrill

Excitement and thrills by the pair highlighted this years mixed doubles tournament. Congratulations to the winners and thank you to all of those who participated and spectated. Everyone helped to make this a fun and enjoyable event to play in as well as coordinate.

I felt this years caliber of tennis was exceptionally good. The matches were close and very entertaining to watch.

I hope you all had a wonderful time and will come back next year for an even better one. Tell your friends, the more the merrier!

Happy Tennis! -Kristi

Junior Tennis Program

Beginning/Advanced Beg.	Tues/Thurs	4 - 5 pm
Intermediate	Tues/Thurs	5 - 6 pm
Advanced	Mon/Weds	5 - 6:15 pm
SAC Invitational	Mon/Weds	3:45 - 5 pm
Pee Wee Tennis w/Michelle & Tim	Sunday	1:15 - 2 pm (45 min)

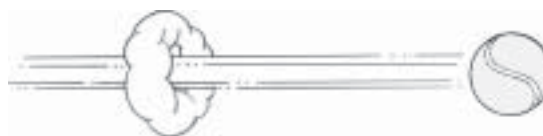
Mixed Doubles 2003

- Tournament Results -

Open Winners:	Marc Milobinski & Kristi Somers, 1st Teri Harishorn & Mike Skillman, 2nd
9.0 Winners:	Sandy Walloch & Paul Garry, 1st Kumi Talmage & Dave Kitch, 2nd
8.0 Winners:	Paul Garry & Angie Hansen, 1st Nancy Perry & Rob Baumgartner, 2nd
7.0 Winners:	Lloyd Labason & Christine Averill, 1st Shauna Kemple & In-nan Li, 2nd
6.0 Winners:	Pat McKay & John Siebert, 1st Tim Feeder & Julie Hansen, 2nd

Consolation Winners:

9.0:	Nancy Allen & Deke Gundersen
8.0:	Craig Walker & Christine Averill
7.0:	Tim Mueller & Sally Mueller
6.0:	JoAnn Huffman & Lorenzo Hernandez



More Tennis on the Next Page...

Tennis News

Noteworthy Tennis Serves...

- Men's Night -** Thursday 6:15 pm. New format with half-hour rotations, 4 courts. Drop in anytime from 6:15 to 10 pm.
- Men's Morning -** 8:00 am to 10:45 am. With partner 4.0, or combined rating of 7,5+
- Men's Morning B level -** 10:45 am to 1:15 pm. Includes 3.5 and below.
- Ladies Night -** Tuesday 7:30 to 10:00 pm. Kristi Somers, USPTA professional, will rotate the ladies and play in if needed.
- Ladies Morning -** Come out and drill with Kristi Somers February 21st and March 7th. This is a complimentary event. Sign up at the tennis office.

USTA Captains -

Please make sure your team starts their home matches on time by not warming up more than 5 to 10 minutes. Have your teammates jog, stretch and use rest rooms before they go on the courts. Good luck and have a great season!

Calcutta's -

Join Michelle Thomas, USPTA tennis professional, for a night of mixed doubles, food and great prizes. Mark your calendars for March 7th and April 25th. This is a great way to meet new members, make new friends and get additional court time. Sign ups will be posted in the tennis office.

New Tennis Center's Expanded Hours -

It's that time of year when SAC's tennis courts are seeing heavy use. To accommodate the need for court time we have expanded our hours for members and flex members. Find our new hours below and remember to make a court reservation to guarantee your court time.

Tennis Center Expanded Hours
Monday - Friday: 5am - 11 pm
Saturday & Sunday: 7 am - 11 pm

SAC Mixed USTA Playoff Teams

Congratulations to the four mixed doubles teams who made the USTA playoffs, held February 15th and 16th. Including Captains:
7.0 Craig Walker, 8.0 Rita Persch, 9.0 Paul Garry and 10.0 Krista Helm.

SAC's Court Reservation Policy/Procedure...

1. Based on membership type, the following number of court reservations are allowed per week:
 - Family Memberships are allowed 4.
 - Couple Memberships are allowed 3.
 - Single Memberships are allowed 2.
 - Junior Memberships are allowed 2.
2. Two names are required when making a court reservation. The person who made the reservation should have their name listed first.
3. Members are allowed 1 advance Prime Time court reservation per week, per membership. They may call 6 days in advance. Prime Time is 9:30 & 10:45 am, Monday through Thursday and 6:15 & 7:30 pm Monday through Thursday.
4. Members may make Day of Play court reservations. Please indicate this on the reservations' sheet by marking DOP. Members may make as many DOP's as they would like, however they need to play through their first court time before reserving another court. DOP reservations will not apply toward a membership's reservation count.
5. Juniors cannot make advance reservations during Prime Time unless it is a DOP court.
6. Court reservations are held for 15 minutes. If someone is later than 15 minutes the court may be given away.
7. A NO SHOW fee is charged to members who do not show up for their reserved court. The charge is \$5.00 and is charged to the person who reserved the court (the first name listed). Members need to call at least 1 hour in advance when cancelling a court reservation to avoid a NO SHOW fee.



If you need help getting your heart pumping, consult our motivated and experienced Group Fitness Instructors!

Aerobic Exercise

The Heart of the Matter

Like any muscle, your heart needs regular exercise to maintain its strength. In addition, exercise modifies several heart disease risk factors in beneficial ways: It helps lower your blood pressure, boost HDL cholesterol, control weight and diabetes and even ease stress.

"More Oxygen leads to More Health Benefits"

The American Heart Association considers a sedentary lifestyle to be a major threat to cardiovascular health, equal to smoking and high blood pressure. Studies show that physically active people live longer and face a lower risk of heart disease than inactive folks.

After 6 to 10 weeks of aerobic workouts (30 nonstop minutes, minimum 3 times weekly), your heart muscle will strengthen, pumping more oxygen-rich blood with each beat!

STRESS BUSTERS

Thursday, April 17th
Noon and 7:30 pm
1 hour class, taught by
JoAnne Kehagiaras

In today's high stress world, life has become less of a natural process. With greater and more insistent pressures, we have allowed ourselves to become chronically overstressed. In this practical workshop learn about and practice techniques that will relax the body, calm the mind and reduce overall stress. Learn to identify stress-related physical symptoms, get basic nutritional tips for managing stress and go away with printed handouts on ways to reduce stress. Come prepared to practice breath work, meditation and a variety of relaxation techniques.

Sign up at the service desk for this 1 hour class. Class size is limited. Cost \$30

"Get Fit & Stay Fit"

A Four Week
Program for
Healthy
Living
with
Judith Skinder



4 Thursdays in April - Beginning April 4th, 2003
2 Hour Sessions - Noon to 2 pm
Cost \$60 for members, \$70 for non-members

Week One: Intro to "Get Fit & Stay Fit".
Measurements and Q&A session.

Week Two: Importance of cardiovascular exercise and resistance training to achieve and maintain your personal fitness goals. Introduction to the weight room where a program will be tailored for your own personal workout.

Week Three: What do all of those health-related numbers mean? HDL's, LDL's, triglycerides, etc.? We will answer these questions and relate how you can utilize and incorporate nutritional factors to attain and retain your fitness success. Also included is an outing to explore and locate healthy choices.

Week Four: Staying motivated for the long term.
Make fitness health part of your everyday lifestyle!

This program is offered by Judith Skinder who is a Personal Trainer and Group Fitness Instructor at SAC. She is certified through the American Council of Exercise and the American Institute for Fitness Educators. Judith's 25 year career in fitness has included teaching in government, corporate and civil fields. Her dedication to educating, teaching and training are driven by her own example of healthy living. Judith's enthusiasm for health and wellness will make your 4 week quest for a healthy lifestyle a rewarding and exciting endeavour.

SUNSET ATHLETIC CLUB 2003 WINTER FITNESS SCHEDULE

*Note: Black box and white type indicates "Downstairs"

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00 AM							
	5:30 Total Body Wendy	5:30 Step On It Mary Beth	5:30 Total Body Wendy	5:30 On The Ball Al			
6:00							
		6:30 Pilates Mary Beth		6:30 Pilates Mary Beth			
7:00							
	7:00 Fit Walk Linda		7:00 Fit Walk Linda		7:00 Fit Walk Jonnie		
8:00							
	8:30 Zone Connection Judith - Downstairs	8:00 Pilates Mary Beth - Downstairs	8:30 Stretch It Out Judith - Downstairs	8:00 Pilates Mary Beth - Downstairs	8:30 Zone Connection Judith - Downstairs	8:00 On The Ball Kim	
	8:30 Cardio Explosion Michelle	8:30 Flex It JoAnne	8:30 Body Moves JoAnne	8:30 Flex It Michelle	8:30 Cardio Explosion Michelle		
9:00							
	9:30 On The Ball Judith - Downstairs	9:30 On The Ball Judith - Downstairs	9:30 On The Ball Judith - Downstairs	9:30 Zone Connection Judith - Downstairs	9:30 Stretch It Out Judith - Downstairs	8:45 - 10:00 Step & Strength Kristen/Wendy (1 hour, 15min.)	9:00 Total Body Al
	9:30 Flex It Michelle	9:30 Body Moves JoAnne	9:30 Flex It JoAnne	9:30 Cardio Explosion Sheila	9:30 Total Body Wendy		
10:00							
	10:30 Fit & 50 Michelle	10:30 Stretch It Out JoAnne	10:30 Flex It Michelle	10:30 Fit & 50 JoAnne			
12:00 pm							
	12:30 Easy Flow Yoga Joan		12:30 Easy Flow Yoga Joan		12:30 Easy Flow Yoga Joan		
4:00 pm							
	4:30 Core Strength JoAnne/Michelle		4:30 Cardio Explosion Sheila				
5:00 pm							
	5:00 Stretch It Out JoAnne/Michelle	5:00 Cardio Abs Al 5:30 Kickboxing Al		5:00 Cardio Abs Al 5:30 Kickboxing Al			
6:00 pm							
	6:30 Step On It Genny	6:30 Step & Strength Claudette (1 hour, 15 min.)	6:30 Hatha Yoga (Beginners Welcome) Lloyd	6:30 Power Step Shelley			

FIT-WALK

Exercise and Socialize outside with our intermediate/advanced level walking classes. A great way to cross train rain or shine.

STRETCH IT OUT

Feel taller and more relaxed in this class that focuses on various ways of stretching to improve posture and create a balanced body.

TOTAL BODY

This class offers a well-rounded "complete" workout with varied cardio conditioning, strength work and stretching.

CARDIO EXPLOSION

Run, jump and bounce your way to an advanced level of fitness. Balls, bands, weights and more will be utilized for a variety of exercises. If you are looking for a serious blast of cardio conditioning - this is the class for you!

FLEX IT

Learn proper lifting techniques & experience different ways to lift weights in this multi-level class. Build muscle, increase strength, create definition and enhance endurance.

FIT & 50

A gentle paced floor aerobics class with core strength exercises and stretching.

BODY MOVES

You can do it 'high' or you can do it 'low' in this floor aerobics class that offers lots of ways to move your body naturally. Easy patterns with modifications create an effective cardio workout for everyone.

PILATES

A unique system of exercise that strengthens, tones and lengthens muscles to improve posture, provide flexibility and create balance while uniting body and mind.

CORE STRENGTH

Get a stronger "center" in this abs and back class. Improve posture, increase flexibility and achieve core stability.

CARDIO ABS

A challenging and unique set of abdominal exercises that are done at an aerobic pace. This combination of abs and cardio is guaranteed to give you fat burning and sculpting, all in one session.

KICKBOXING

Shadow boxing, kicking techniques, bags, gloves, jump rope and weights! What a FUN-tastic way to get into shape!

STEP ON IT

A variety of routines make stepping interesting and fun. All levels are addressed. This moderately cardio-intense workout also includes ab work and stretching.

POWER STEP

A high intensity workout with "power" moves that will improve overall strength and cardio endurance. Ab work and stretching included.

STEP & STRENGTH

Burn some calories doing varied routines of step, high/low aerobics or combo's of both; Then grab those heavy weights to improve your muscle strength and endurance. Ab work and stretching included.

EASY FLOW YOGA

A combination of yoga postures, breath and energy flow creating a sense of balance and well-being.

HATHA YOGA

Improve posture, strength, breathing and flexibility with yoga poses. Quiets the mind and restores a sense of physical and mental balance.

ON THE BALL

Get on the ball and enjoy a unique way of toning muscle, improving core strength and enhancing flexibility and balance.

ZONE CONNECTION

A unique class featuring a combination of similar movements of yoga and pilates, used to improve strength, flexibility and balance.

SCHEDULE EFFECTIVE JANUARY 6TH, 2003