

Yuba City Racquet & Health Club CLUB VENTURES

MARCH / APRIL 2008

THE BEST SHOW IN TOWN

**A big Thank You to the "Morrison Family" and "Sunset Moulding"
for leading the 6th Annual \$50,000 Sunset Moulding-Yuba City Racquet Club Challenger.**

The USTA Men's Pro Circuit will be coming back to the Yuba City Racquet Club to compete for world ATP points and of course the \$50,000 purse. This event is the highest level Professional sporting event in the North State so please be sure to catch the next rising tennis star who passes through our doors and community.

Yuba City is one of only 22 cities throughout the entire country to host this prestigious event. YCRC is proud to be a member of the Yuba-Sutter Community and the \$50,000 Sunset Moulding-YCRC Challenger Event is our way of showcasing our community to other towns and cities throughout the U.S and the World. We hosted over 15 players that entered the four Grand Slam events last year.

"Catch a rising star" is the theme to the Challenger Circuit. We met Sam Query two years ago when his biggest worry was missing his High School graduation because he was in the Finals at YCRC. This kid went from 660, decided to turn Pro at our club and in a course of 18 months he is ranked 63 in the world and backed up Andy Roddick on the Davis cup team. Did you "catch" Donald Young? He was at our club but lost in the first round. Well, he went on to win three rounds in the US Open and is now ranked 100 in the world.

One of the biggest thrills is how our junior kids take to the courts as the "Best Ball kids in the World". What a great experience for our kids to see, hear and be up close and personal with a world class athlete...Priceless. Our Yuba City hospitality is second to none. Linda Rogers makes sure that the guys in the "Players Lounge" are well fed and our local restaurants (City Café, Great Harvest Breads, Casa Carlos, Marcellos, Dancing Tomato, Teriyaki House of Marysville, Hillcrest Catering) brought over the best of what they have to offer. How about Kristi and her crew for at Headline's for cutting the players hair so they look good on and off the court. Our community houses these players from far away places and keep contact with them throughout the year.

Media coverage, local, regional and national allows the Racquet Club and our business partners to promote our community and businesses to a broad and diverse audience. At the local level, the Challenger allows our sponsors to advertise their business, entertain clients, family and friends with an exciting 10 days of world class tennis, incredible food, drink and entertainment. Most importantly, The Challenger allows the Racquet Club and our business partners to support the youth and charities in our community. We have introduced tennis to hundreds and hundreds

of elementary school aged children and have provided summer tennis scholarships to deserving children in our public schools. Each "Advantage" sponsorship grants a two week tennis camp in the sponsor's name to a child picked by a local teacher in the classroom. The Challenger has teamed with the Yuba-Sutter Make-A-Wish foundation rising over \$25,000. This partnership has granted three Yuba-Sutter youths their wish of a lifetime. Other charities that have benefitted are Yuba-Sutter United Way, Relay for Life and Pink October.

We would like to extend an invitation to all businesses to become a partner of this very special event. For as little as \$500 you can help keep this event in Yuba City and enjoy 8 days of "The Best Show in Town". The Sunset Moulding-YCRC Challenger is only possible by the sponsorship money and volunteers to host this world class sporting event. Please contact Jim King in the tennis department at 673-6900 ext. 121 or jimking@ycrc.com.



2005 Champion
Cecil Mamiit

2006 Champion
Sam Query

2007 Champion
Kevin Kim

WE WANT YOU!

The success of the 2008 Challenger Tournament depends on our volunteers. We want you to be involved in this exciting world class event. We have several committees forming and welcome your participation. Please contact the tennis department and toss your hat into the ring.

DIRECTORY

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pete@ycrc.com

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YUBA CITY RACQUET CLUB

825 Jones Road • Yuba City, CA 95991
Phone: 673-6900

RANCHO CORTEZ

1471 Richland Road • Yuba City, CA 95993

CORNERSTONE WEIGHT LOSS PROGRAM UPDATE

by Beth Tortosa

As you read in our previous newsletter YCRC has recently launched a weight loss program. This has been something we have needed for a long time but have never found the right "fit" for us. Since its launch we have had amazing success. It is a very structured, safe and healthy program and the fact that it is doctor supervised makes all the difference to us and our clients. Below is a letter we received (unsolicited) from a person who is not a member, but merely heard we may introduce the program and wanted to encourage us to do so.

Hello Pete,

I am taking it upon myself to write to you to advocate a product that I understand Dr. Dan Brink may be introducing to you or the club??

I am not a patient of Dr Brink, or anyone else in his practice, and I have no financial interest or anything else in a product that he carries in his office called Cornerstone.


I am actually a patient of Dr. Gross, and he mentioned that Dr. Brink also carried it.

I just wanted to tell you what it has done for me. The protein shake/meal replacement has completely cut my craving for carbs, and has substantially reduced my appetite. It appears to level out blood sugar levels, and I have increased energy to actually want to work out. I am finally losing weight that I have been trying to lose for the past four years. Not that I have a lot to lose - and I can't really tell you if it's the shake, or the increased energy to pursue workouts - but I guess that it doesn't really matter if you consider that you are getting the end result you want. I don't know if it is something that I will need to sustain - but the smoothie is actually something I look forward to. I didn't think I would say that, and was very skeptical. Anyhow - if you ARE considering this product, I think that you and your clientele will be very impressed with the results you get. By the way, no one asked me to write this or even knows I did.

Marsha Henderson

p.s. Rich and Jared are taking us all to Hawaii —hence my motivation to try something new!!

—THE CITY CAFE OFFERS DISCOUNT!



Celebrating a long and wonderful relationship with the Racquet Club of Yuba City, The City Cafe is happy to offer a 10% discount on each meal purchased by a Racquet Club member. Simply show your club I.D. card to a server to redeem your discount. This discount is good through the months of March and April 2008. Thank you for your continued support throughout the downtown construction period and we look forward to seeing you at the cafe soon.

Sincerely,
Jeff Boutilier & Kathy Kolos



INTEGRATED PHYSICAL THERAPY SERVICES

Torben Ulrich
&
Tricia Malone



A Look at Degenerative Disc Disease

The diagnosis of cervical degenerative disc disease (DDD) is not really a 'disease' at all, but more appropriately a term used to describe the normal aging process in spinal discs. As the disc normally ages, it is placed under greater loads. Loading forces cause a decline in the number of arteries that supply the disc which impair the delivery of nutrients to the disc and the removal of waste products from it. These age-related developments cause the disc to lose height, become more fibrous, and less elastic. Eventually, the loss of height and alterations in disc composition lead to a decrease in spinal mobility, spinal stenosis, and degeneration of the spinal facet joints.

People can have DDD and be pain-free as it is part of the normal aging process. It is only when the cascade of degenerative changes is severe enough to cause significant compression in the spinal cord or nerve roots that pain arises and is cause for concern. However, repair of the disc tissue is always a real possibility when given the optimal stimulus for repair: modified tension in the line of stress with compression and decompression. Exercises involving modified tension in the line of stress will stimulate collagen production in the disc, and compression and decompression aid in forcing fluid in and out of the disc for improved nutrition.

There is strong, high-quality research for the effectiveness of manual physical therapy and exercise in the management of mechanical spine disorders. Your physical therapist will guide you in the appropriate type and dosage of exercise to promote optimal repair of the disc with the end goal of eliminating pain and improving functional motion.

MORNING ROLL CALL WITH JULIE & LETI



- Are you ready to push to the next fitness level?
- Is it time to get serious about your work-outs?

If you answered yes (or even "maybe") to either of those questions, then Morning Roll Call is for you! You get high intensity cardio and weights with 2 highly motivating personal trainers to keep you on track! You'll become a calorie burning machine!! It's an all-in-one 45 minute workout and then out the door you go!!

ONE FREE MORNING ROLL CALL



825 Jones Road
Yuba City, CA 95991
(530) 673-6900



Expires 4/10/08



— 2008 WINTER / SPRING JR. TENNIS PROGRAM —

Give us the chance to share what tennis has brought to our lives with your families. Tennis is a sport that teaches fairness, social interaction, being part of a team, and above all else, just playing and having fun.

Bundle up the kids and bring them to the Racquet Club for tennis. If it's not raining, we are playing. If it's too chilly outside we will bring the 4-7 year olds inside the racquetball courts using our mini tennis system.

Junior Advanced After School Program: Ages 8-13

Join Anton Talle and staff for up to 18 hours of monthly tennis instruction. This program focuses on proper stroke production, drills, match play (singles and doubles), physical conditioning and travel to tournaments and socials with other clubs.

March Session: T-TH-FRI 4, 6, 7, 11, 13, 14, 18, 20, 21, 25, 27, 28
April Session: T-TH-FRI 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, 25, 29
May Session: T-TH-FRI 6, 8, 9, 13, 15, 16, 20, 22, 23, 27, 29

Times: 4:00-5:30 pm

Cost: Full session: *8-12 classes \$139
Half session: 4 classes \$100
Day Rate: \$25

- Classes are based on 8 held classes and up to 4 rainy days (make-ups are built into the price)
- YCRC member prices. For guest prices please see Jim.

Junior Beginner & Experienced Players: Ages 4-13

This program includes small group instruction (8 per court), drills and game play. This program focuses on proper stroke techniques and physical conditioning and tons of fun!

March Session: M-W 3, 5, 10, 12, 17, 19, 24, 26
April Session: M-W 2, 7, 9, 14, 16, 21, 23, 28, 30
May Session: M-W 5, 7, 12, 14, 19, 21, 26, 28

Time: Ages 4-6 3:40-4:40 pm (Rainy or cold days in Racquetball courts)
Ages 7-10 3:40-4:40 pm (Rainy or cold days in Racquetball courts)
Ages 11-16 4:45-6:00 pm (Rain make-up Saturday's 11-12:15 p.m.)

YCRC Member prices:

Full Session: Ages 4-10 - \$79 Ages 11-16 - \$99
Half Session: Ages 4-10 - \$59 Ages 11-16 - \$69 (one class per week)
Day Rate: \$20

High School Junior Training Center At Rancho Cortez

This exciting program is for the 8th grader to Senior currently or pre-season player going out for their High School Tennis Team. The major focus of this class is training hard to improve the tennis skills needed to compete at the High School level.

*24 hours of court time per month

This is an on going program that meets on Mon-Wed 6:00 to 8:00 p.m. and Saturdays 10:00 am to 12:00 pm.

YCRC Members Price: Full Session \$139 / Half Session \$89 / Day Rate \$30

FREE TENNIS AND PIZZA!

Meet Tennis Director Jim King and Jr. Director Anton Talle. We have the Racquets. New members and new to tennis free group clinics. Get out and try the great sport of tennis. Ages 5-99 years old. Sign up in the Pro Shop.

Dates: March 20th Thursday Night 6:00-7:15 p.m.
April 22nd Tuesday Night 6:00-7:15 p.m.
May 20th Tuesday Night 6:00-7:15 p.m.

TENNIS LESSONS

Private: 1 hour -\$60
5 - 1 hour lesson package - \$250

Semi Private: 1 hour - \$70
(2 players) 5 - 1 hour package - \$145 per person

Group: 5 - 1.25 hour lessons - \$75 per person
(3-6 players)



Please contact Jim or Anton to set up your private or group tennis appointment.

— SPRING ADULT BEGINNER TENNIS CLASSES —

Adult beginner Tennis class begins in March. These fun three week classes will introduce you to the skills needed to hit the courts in style.

Dates: Session I March Mon/Thurs Evenings 3, 6, 10, 13, 17
Session II April Mon/Thurs Evenings 3, 7, 10, 14, 17
Session III May Mon/Thurs Evenings 5, 8, 12, 15, 19

Limited to 12 per class

Time: 5:30-6:45 p.m.

Cost: \$75.00 - Five 1.25 Hour Classes
\$99.00 - Five 1.25 Hour Classes (includes a new tennis racquet)

— SPRING MORNING GROUP & CARDIO —

Tennis Clinics with Anton Talle - Music, Stroke, Drills & Fun

Tue. Morning: 9:15 - 10:15 Cardio tennis, burn the Calories to music and fun drills
Thu. Morning: 9:15 - 10:30 Stroke and drill class
Fri. Morning: 9:15 - 10:15 Cardio tennis
Sat. Morning: 9:00 - 10:00 Cardio tennis

Cost: \$12.50 Drop in per class
\$50 monthly fee and pick any two morning classes per week

— FRIDAY NIGHT YCRC DINNERS —

Get ready for some great tennis and great food. No partner required!

March 21st BBQ Tri-Tip and Chicken and refreshments
April 25th Chico Mixer
May 16th Teriyaki Night

\$15.00 per person.

ROAD TRIP! Chico Racquet Club Mixer

Friday, April 25th
Car Pool to Chico
Leaving YCRC 5:00 pm

Time to beat up on Chico Racquet Club! We are looking for 10 women and 10 men to represent YCRC and have an evening of fun tennis and dinner with our Sister Club.

2nd Annual Bev's Spring Fling

Gents and Ladies
mixed doubles social mixer

“Time for us to simply
enjoy life”

Friday, May 16th
10:00 am - 12:00 pm

Followed by a special
Spring Luncheon

\$15.00 per person

Thirsty Thursday's Burger & Dogs Tailgate & Tennis

Back by popular demand!
Join Jim, Dan & Pete for good
tennis and great BBQ!

\$7 drop in fee
No partner needed
3.0 rating and higher
First 24 players

March 27
April 3, 10, 17, 24
May 1, 8, 15

7:00 pm - 8:30 pm

— YCRC JUNIOR PRO CIRCUIT BEGINNER TENNIS LEAGUE —

Begins May 5 - May 28 • Finals June 1

Ages 7-9 Monday 6:00 pm - 8:00 pm

Ages 10-12 Wednesday 6:00pm - 8:00 pm

Place: Rancho Cortez, Finals will be moved to YCRC

Four week league introducing the sport of tennis in a grassroots little league format.

*Limited number of participants

Cost: \$75.00 (includes new Wilson racquet) \$65.00 (without racquet)

Cost includes instruction with team Coach, team t-shirt, match play

For more information, please contact the YCRC Tennis Department at 673-6900 or Anton Talle at 415-1073.

JUNIOR SPRING BREAK TENNIS CAMP

Dates: March 24 to 27, Monday through Thursday

Times: 8:00 am to 8:50 for 4-5 years old

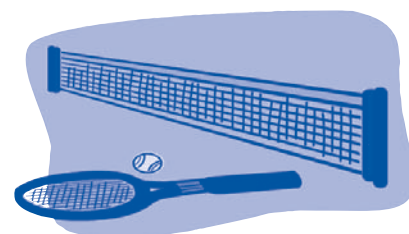
9:00 am to 10:30 for 6-7 years old

9:00 am to Noon for 8-16 years old

Cost: \$45 for 4-5 Years old *

\$75 for 6-7 Years old*

\$125 for 8-16 Years old*



*All prices are YCRC current full club member. YCRC Guest please contact Jim or Anton Contact Anton at 415-1073.

KIDZ KORNER

By Brenda Page

Annual Easter Egg Hunt, Splash, Swing & BBQ!

Yes you read that right, this year we are adding a new splash to our egg hunt! You won't want to miss this fun event for the whole family.

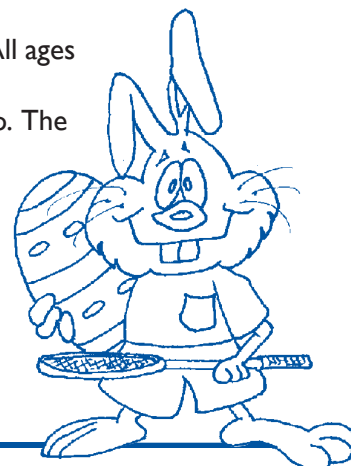
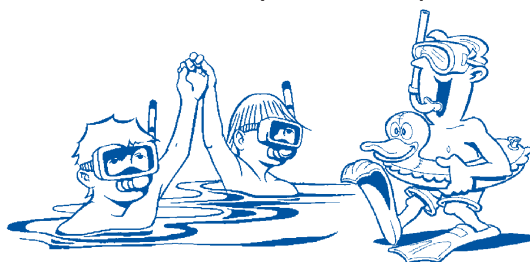
Mark your calendar for Saturday, March 22nd, 2008 from 11am-2pm at Rancho Cortez. Egg hunt starts at 11 sharp; don't forget your Easter basket.

This year we are adding a fun splash in the pool, yes eggs in the pool! Alison Turgeon is our new Aquatics Director at the club and thought we needed to add this to our fun event. So be sure to wear or pack your child's swim suit and your own! The tennis department will be there with tennis for ages 4-10 years old, games & prizes! We will BBQ hot dogs, hamburgers, and serve drinks. Members please bring:

A-M: Salad N-Z: Dessert

Sign up in the Kidz Klub, egg hunt is for ages 0-10 years only. All ages are welcome to come and enjoy the fun filled day.

Age categories 0-3, 4-7, & 8-10. You must pay when you sign up. The cost for this fun is only \$5.00 each person. Sorry no refunds.



MENOPAUSE MADNESS ???

by Chris Litton



What if you could “breeze” through this time of life and look forward to the next half? There is help! The challenge is that “one size does not fit all.”

We are going to be offering you an opportunity to figure out “your size”.

Yuba City Racquet Club along with Chris Litton, CNC, will be offering a six week course on “Shifting Gears for Menopausal Years”. This course is designed to give you the tools you need to make this a successful journey.

You won't want to miss this course! Here are just a few of the benefits:

- You will walk away with an understanding of **what is happening in your body** and how to support it during this time.
- You will receive an **individualized nutritional consultation** to address your particular challenges.
- You will receive a **Saliva Hormone** test that will enable you to see your Estrogen, Progesterone, Testosterone and Adrenal hormone levels so you are not “shooting in the dark” when looking for solutions.
- You will go on a **“shopping excursion”** to a local store and learn how to read labels, make correct food choices, try new foods and quickly and easily learn how to eat to maintain vibrant health.
- You will hear a guest speaker talk about the **emotional changes** that occur during this time and how to support yourself adequately.
- You will receive a **body fat composition test** so you have a starting place to track any weight loss or weight maintenance goals.
- You will enjoy some great food and fellowship with fellow Menopausal Women!

Do to the content, excursions and individual consultations there is a class limit of 15 students so don't miss out. Sign up now!

Deadline to sign up is April 14th

Date: Tuesday, April 22nd through May 27th

Time: 6:45pm - 8:00pm at Yuba City Racquet Club, upstairs

Cost: \$378 (Includes all test kits, body fat testing, consultations etc.)

You will be able to make two payments of \$189 each

COMPLIMENTARY ONE DAY GUEST PASS

Give this coupon to a friend or family member and let them enjoy a day of fun and fitness at the Yuba City Racquet & Health Club!



**825 Jones Road
Yuba City, CA 95991
(530) 673-6900**



One coupon per month only please. Some restrictions apply. Expires 4/30/08.



AQUATIC NEWS

AQUATIC SURVEYS

Thank you to those members who provided feedback on the Aquatic Surveys. The information has been tallied and activities are being structured around the information we received. Your comments, concerns and ideas are taken into account as we move forward with aquatic programming.

GROUP SWIMMING LESSONS

Group swimming lessons are currently underway and will run on a monthly basis. See the monthly group lesson flyer for dates, times and cost. If you would like more information and/or register for a session, please contact Alison Turgeon, Aquatics Director, at 673-6900 x229 or alison@ycrc.com.

WEBSITE INFORMATION

Check out the addition of aquatic information found on the club website. Here you can find pool schedules and program information. If what you're looking for cannot be found, please contact Alison Turgeon, Aquatics Director, with your suggestions. We want to make the website a reliable tool to meet your aquatic needs.

MASSAGE THERAPY

by Jennifer Jones, CMT

Recently, I overheard a young teenager saying to a friend of hers, "Here, just have some of my french fries. French fries make everything better." This statement is true for many people because engaging in pleasurable activities releases endorphins (the body's natural, feel good hormone). Whether you choose french fries, chocolate, gambling or smoking, using vices to elicit feelings of well-being is an unhealthy habit to form. Alternatives to these unhealthy choices include exercise and massage therapy. The importance of exercise in a healthy life-style is well documented. Massage therapy also has many well-documented benefits and can enhance a workout regimen.

Massage therapy, or bodywork, is the treatment and practice of manipulation of the soft body tissues with physical, functional, medical/therapeutic, and in some cases psychological purposes and goals. Research has shown that massage therapy can relieve muscle tension and improve range of motion in the joints. Massage can also improve circulation and lymphatic drainage. During physical activity or exercise, the body uses the contraction of skeletal muscles to squeeze the veins that carry blood to the heart. This increase in the return of blood to the heart stimulates the cardiovascular system and improves circulation of blood. Massage therapy mimics this "skeletal muscle pump" through the action of the therapist's strokes. The lymphatic system, responsible for cleaning the blood and clearing the body of toxins, also uses the skeletal muscle pump. Because of the similarity between the lymphatic vessels and blood vessels, massage stimulates and aids in the proper function of the lymphatic system by the same mechanism that improves circulation. Just as importantly, massage is relaxing, stress relieving and stimulates the release of endorphins

Making healthy choices is usually difficult and changing your life-style is even harder. Massage is an easy and pleasurable way to make a healthy choice. It is a win-win choice. Massage will relax you and make you feel better by making you a healthier individual.

CLUB HOURS

THE RACQUET CLUB

Monday - Friday

5:00am - 10:00pm

Saturday - Sunday

7:00am - 8:00pm

*The tennis courts are open until 10:00pm seven days a week.

RANCHO CORTEZ

Monday - Sunday

7:00am - 9:00pm

CLUB CAFÉ HOURS

Monday - Friday

8:00am - 4:00pm

Closed Saturday & Sunday

Snack Bar is always open

IPTS HOURS

Monday - Friday

7:00am - 6:00pm

Saturday by Appointment



Yuba City Racquet & Health Club

**825 JONES ROAD
YUBA CITY, CALIFORNIA 95991**

PRSRT STD
U.S. Postage
PAID
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Zip Code 95901
By BFS Printing,
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Permit No. 46

Effective 2-4-08	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15AM	BODYPUMP	MORNING RIDE	BODYPUMP	INTERVAL RIDE			
8:00AM	BODYVIVE	BODYPUMP	GROUP RIDE	BODYFLOW	BODYPUMP	GROUP RIDE	BODYFLOW
			INTERMEDIATE STEP @ 8:15			BODYJAM	
9:00AM	POWER CYCLE				POWER CYCLE		GROUP RIDE
	BODYPUMP	BODYFLOW	BODYJAM	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	
10:00AM	BUTTS, GUTS & YOGA	BODYVIVE	TOTAL BODY TRAINING	BODYVIVE	BODYFLOW	BODYFLOW	
	WAVE AEROBICS ALL LANES (A/O)	H ₂ O COMBO	WAVE AEROBICS ALL LANES (A/O)	H ₂ O COMBO	WAVE AEROBICS ALL LANES (A/O)		
11:00AM	WAVE AEROBICS		WAVE AEROBICS		WAVE AEROBICS		
		TAI CHI *		TAI CHI *	BODYVIVE		
12:00PM	HEART RATE TRAINING	BODYPUMP	GROUP RIDE	BODYPUMP			
			SILVER CIRCUIT				
3:30PM	Jr. Stroke 3:30-5pm 2 lanes	Jr. Stroke 3:30-5pm 2 lanes	Jr. Stroke 3:30-5pm 2 lanes	Jr. Stroke 3:30-5pm 2 lanes	Jr. Stroke 3:30-5pm 2 lanes		
	Preschool Fitness		Preschool Fitness				
4:30PM	BODYFLOW	BODYPUMP	BODYFLOW	BODYPUMP			
5:15PM	CRAZY CYCLE	PEDAL TO THE METAL	CRAZY CYCLE	PEDAL TO THE METAL	FRIDAY FUN RIDE		
5:30PM	BODYPUMP	INTERMEDIATE STEP	BODYPUMP	BODY JAM			
6:30PM	POWER CYCLE	FOCUS CYCLE	POWER CYCLE	FOCUS CYCLE			
	GENTLE YOGA	BODYFLOW	BODYJAM	BODYFLOW	BODYJAM		
7:30PM	YOGA (A/O)	BODYPUMP	YOGA (A/O)	BODYPUMP			

FAMILY SWIM
12-7:45pm
Sat. & Sun in indoor pool

FAMILY SWIM
12-7:45
Sat. & Sun in indoor pool

LEGEND

CLASSES MARKED A/O ARE ADULTS ONLY

MIND BODY

CYCLING CLASSES

AQUA CLASSES

ALL OF OUR CLASSES ARE FOR MEMBERS 11 YEARS OF AGE AND UP (CHILDREN 11-13 MUST BE ACCOMPANIED BY THERE PARENT) UNLESS THE CLASSES ARE MARKED A/O WHICH ARE FOR ADULTS ONLY, 14 YEARS OF AGE AND UP.

AQUA CLASSES

- *Aquatic Rehab Therapy* - A pool therapy program for IPTS (Integrated Physical Therapy Services) patients. One lane only from 8am to 5pm.
- *Aqua Boot Camp* - High intensity cardio workout using upper body and lower body movements with resistance bands, buoys and noodles.
- *H2O Combo* - Combo of wave and kickboxing with stretching also.
- *Jr. Stroke Class* - Stroke lessons for juniors with Dottie Banta. Must be members. Extra fee for instruction. Call Dottie 674-8083.
- *Wave Aerobics* - Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners.
- *Deep Water Aerobics* - Held in outdoor pool using a flotation belt (belt is provided). NO IMPACT! Water specific aerobic exercise to motivating tunes. Walk, jog, kick, jump, rock and scissor your way through a great workout. Great for beginners. These classes are held outdoors during the summer months.
- *Swim Instruction* - Lessons for preschool, youth and adults. Offering private, semi-private and group instruction. For more information contact Alison Turgeon, Aquatic Director, phone # 673-6900 x229 or alison@ycrc.com.

GROUP EXERCISE CLASSES

- *BODYJAM* - Get your groove on in this high energy fat burning hip-hop dance class.
- *BODYPUMP* - Weight training to music... "The Fastest Way in Universe to Get In Shape!"
- *BODYVIVE* - Is a low-impact, 55 minute class, integrating aerobic exercise for heart fitness, resistance training for strength and stability, as well as stretching and mobility work. Using Vive balls, Vive tubes and optional hand weights.
- *Intermediate Step* - A step bench class at intermediate level
- *Low Impact Aerobics* - Great for beginners to advanced, low impact floor aerobics.
- *Silver Circuit* - Senior members work on balance, strength and cardio in the group exercise room. Ask Kim Barrow for details.
- *Total Body Training (TBT)* - Uses weights, bands, bars and balls.

MIND BODY

- *BODYFLOW* - Combination of Tai Chi, Yoga & Pilates mat exercises.
- *Butts, Guts & Yoga* - Lower body conditioning followed by 45 minutes of yoga.
- *YOGA* - Builds muscle strength and flexibility with continuous yoga movements.
- *TAI CHI* - October-May the classes are held in the group exercise room, however June-September the classes are held in the outdoor pool.

CYCLING CLASSES

- *Crazy Cycle* - Cycling class with Cyndi Shatswell-Martin.
- *Friday Fun Ride* - Cycling class with Cyndie Bock.
- *Focus Cycle* - Geared for outdoor cyclists, the focus of this class is on outdoor cycling skills. It will keep cyclists going through the wet and cold months of winter.
- *Heart Rate Training* - Discover your training zones! Class will include drills and relays. Heart Rate Monitor recommended but not required.
- *Pedal to the Metal* - Cycling class.
- *Power Cycle* - Group cycling class, instructor varies.
- *Interval Ride* - Interval training that will include hill climbing, sprints & jumps.
- **For children 11-13 who participate in a cycling class, riders must fit on the bike appropriately according to the instructor, to be in the class.**

JUNIOR CLASSES

ALL OF OUR CLASSES ARE FOR MEMBERS 11 YEARS OF AGE AND UP (CHILDREN 11-13 MUST BE ACCOMPANIED BY THERE PARENT) UNLESS THE CLASSES ARE MARKED A/O WHICH ARE FOR ADULTS ONLY, 14 YEARS OF AGE AND UP.

- *Preschool Fitness* - (The Preschool Fitness class will resume on August 2nd) Ages 3-6 years. This class is designed to teach children endurance, strength and flexibility while having fun! Circuit training, jumping, skipping, dancing, games and more!