

Fitness & Health News



UPCOMING EVENTS:

- April 1st: Stroke Clinic (Ages 5-6)
- April 1st: Jr. Tennis Session
- April 2nd: Stroke 'n' Turn Clinics (Ages 7+)
- April 5th: Water Babies
- April 6th: Racquetball Orientation
- April 6th: Parents' Night Out
- April 13th: Pickleball Clinic (Beginners)
- April 15th: Racquetball Challenge
- April 20th: Parents' Night Out
- April 20th: Pickleball Clinic
- April 29th: Yoga Event

Up Front

DirectTV and Cardio Machines:

We know that many of you enjoy watching TV while on the cardio machines. Sadly we are experiencing black outs on some channels. This is an issue between DirectTV and the network providers.

They are working to get this issue resolved as quickly as possible, but unfortunately, we don't have a timeline for when the networks will be back up and running.

We apologize for any inconvenience this may cause. We'll update you as we know more.

Parking:

Just a reminder the designated parking spots in the babysitting area are intended for families with small children, as well as members with physical limitations who may need to park closer to the building. Thank you for your understanding and support.

Register NOW

SPORTS n' Splash CAMP

June 10th-August 16th
9 AM-4 PM

Pre and Post Camp Hours Offered

<https://www.ar-fc.com/child/forms/CampBrochure2024.pdf>

JR. TENNIS CAMP

June 11th - August 15th

<https://www.ar-fc.com/tennis>

AQUATICS

Bree Renz
530-885-1602 ext. 107

Swim Lessons: A Must-Have for All Ages and Levels Swimming is a fun and healthy activity that can be enjoyed by people of all ages and skill levels. Not only is it a great way to stay cool during the hot summer months, but it is also a valuable life skill that can improve safety in and around the water.

One of the best ways to learn how to swim or improve your swimming skills is by taking swim lessons. Swim lessons offer a structured and safe environment for individuals of all ages to learn and practice swimming skills. Lessons are typically led by experienced and certified instructors who can provide guidance and feedback tailored to each individual's needs and goals.

Whether you are a beginner learning how to float and kick, or an experienced swimmer looking to improve your technique and endurance, swim lessons can help you achieve your goals and enjoy all the benefits that swimming has to offer.

For infants and young children, swim lessons can help develop important water safety skills such as floating, treading water, and learning how to safely enter and exit the water. For older children and adults, swim lessons can help build strength and improve technique, which can lead to increased confidence in the water and the ability to swim longer distances. We offer a variety of swim lessons for people of all ages and abilities. Our certified instructors use the latest swim instruction techniques and equipment to ensure that each student receives the highest quality of instruction and gains the most from their lessons. Don't let fear or lack of experience prevent you from enjoying all the fun and benefits of swimming. Sign up for swim lessons today and start your journey to becoming a stronger and more confident swimmer. For more information please contact our Aquatic's Director, Bree at Bree@ar-fc.com.

See you on the pool deck!



TENNIS NEWS

The overhead is a powerful and essential weapon. The objective of the overhead is to hit the ball with enough height and power to put it out of reach of the opponent or to hit a winner.

The overhead shot is a crucial aspect of the game, as it provides players with a versatile weapon that can be used to both attack and put mental pressure on opponents. Players who can execute the overhead with confidence and consistency have a significant advantage over opponents who cannot.

To Improve your overhead: Proper technique includes a sideways body position, continental grip, elbow pointed back on the backswing and off hand pointing toward the ball. The swing is similar to the serve; pronation of the forearm and racquet from an 'edge on' position to a 'high five' analogy at contact, finishing with the hitting elbow remaining above the racquet head as the racquet continues down and across the body.

The problem many players have, even those with skilled technique, is the initial reaction to the lob. Many players are too slow to determine whether they should hit an overhead. By that time, the lob will usually be too far behind them to be hit well. The solution, make a habit of 'challenging' every lob. The moment the lob is hit, turn sideways and shuffle back quickly to get under the ball. If the lob is too good, you have lost nothing. Since you have already started back, you will have enough time to turn, run it down after it bounces and hit a defensive lob or quality groundstroke. So, while practicing this stroke, work on the proper reaction to the lob...and challenge the overhead every chance you get!

RACQUETBALL

Our annual Gearbox demo racquets will be on sale beginning April 8th! All 2022/2023 models are in excellent condition and half the price of a new racquet. Examine the frame, string bed, grip, bumper guard, and wrist cord to see if one is right for you! Ask any of our racquetball staff for assistance. It's first come, first serve (pardon the pun), and all sales are final!

Want to burn calories, run miles, and work all the major muscle groups while learning a new fast paced sport? Join us for our racquetball orientation on Saturday, April 6th. Kids are scheduled from 1-2:30 PM with adults to follow from 3-5. Rules, strategy, and safety will be emphasized. Equipment will be provided upon request. Space is limited, so sign up at the front desk. This is also part of ARFC's "around the club in 60 days" program and the *only* prerequisite for participation in our junior racquetball program.

How fast is your forehand or backhand serve? Join us on Wednesday, April 10th as we introduce racquetball's newest gadget—a radar gun! It can track anyone who can hit up to 150 mph! A special prize is offered to the first one who can do that! See our racquetball director for more info.

Our first spring season **Wrong-Hand Doubles Challenge** is slated for **Monday evening, April 15th** beginning 5:30 PM! All participants are eligible for our racquetball raffle.

FITNESS NEWS

Fitness can be defined as the condition of being physically fit and healthy. It can also be defined as being suitable to fulfill a particular roll or task. Do you consider yourself physically fit and healthy? Do you feel as though you are suitable to fulfill all of the tasks in your life, like climbing a ladder or picking up that heavy bag of dog food? Can you do a bodyweight pull up? We all have different minimum requirements and ceilings to our fitness levels, but what is important is that our fitness allows us to live our best lives. What that means for each individual may vary. If you are reading this article, you are probably someone who cares about fitness in some way or another. Let us help you.



The first step is finding your individual adjusted definition of fitness. That is the level of fitness needed to live your best life. To do this, we assess your needs and then set goals. Finding your needs can be subjective (“I just want to feel better”) or measurable (“I want to lose 20 pounds). Try to set at least three fitness related goals. Areas may include, diet, strength, body confidence, mobility, energy, weight, longevity etc. The next step is to find what is needed to accomplish each goal. As a member at ARFC, you have already taken the first step. You also have access to highly qualified and experienced fitness professionals who can simplify this process and guide you toward your goals. Become YOUR definition of fitness, we can help!

Contact Desmond@ar-fc.com and begin your journey today.

PILATES STUDIO

Joseph Pilates developed a form of exercise called Contrology to focus on a mind-body connection, where the mind controls thoughtful, careful movements of the body. This enables you to maximize your efforts because the exercise incorporates the concept of strengthening all of your movements as they are connected to one powerful core.

Pilates Reformer is a high intensity, low impact full body workout! Lying on a carriage keeps the range of movements on a horizontal plane, taking pressure off weak or damaged knees and ankles. The key is to do Reformer multiple times a week to see long-lasting health benefits.

Pilates Reformer can help you shed pounds when combined with a healthy diet. As you perform the movements, your heart rate will increase and stronger muscles will give your metabolism a needed boost!

Pilates Reformer will continually challenge your body and keep you from getting stuck in the dreaded fitness rut!

FREE DEMOS: Tuesday 1:30, 5:30 PM Wednesday 4:30 PM., Saturday 9:00 AM. Drop into Barre Friday 11:30 AM for a free demo! Please leave name and number for Jeri Green at the front desk to set up a convenient demo time, or, call ARFC at 530-885-1602 x 108.

KIDS’ CORNER

Our award winning children’s center is here for our ARFC families. Check your children into babysitting, Kids’ Club, or sign up for Parents’ Night Out and enjoy a few hours working out or going out.

Parents’ Night Out



Saturday, April 6th
3:30 PM-7:30 PM



Saturday, April 20th
3:30 PM-7:30 PM

Game, pizza, and dessert!

First Child:	\$45 members,	\$55 non-members
Second Child:	\$65 members,	\$75 non-members
Family Rate:	\$85 members,	\$95 non-members

Group Fitness Schedule

Mondays:

8:00 AM	Water Aerobics	P
8:00 AM	Chair Yoga	S1
8:30 AM	Spin	S
9:00 AM	Zumba	S1
9:40 AM	Cycle/Weights	S
10:00 AM	Mat Pilates	S1
11:00 AM	R.I.P.P.E.D.	S1
12:00 PM	Rock n Low Impact	S1
4:00 PM	Body Movement	S1
5:00 PM	Boot Camp	S1
5:00 PM	Water Aerobics	S
5:30 PM	Spin	S1
6:00 PM	Dance & Sculpt	S1
7:00 PM	Yoga	S1

Tuesdays:

5:45 AM	Cycle & Weights	S
8:00 AM	Gentle Stretch	S1
8:00 AM	Water Aerobics	P
9:00 AM	Boot Camp	S1
9:40 AM	Cycle & Weights	S
10:00 AM	Flow Yoga	S1
11:15 PM	Low-Impact Aerobics	S1
4:00 PM	Boot Camp	S1
5:00 PM	Abs & Back	S1
5:00 PM	Aqua Zumba	P
6:00 PM	Cardio Fusion	S1

Wednesdays:

8:00 AM	Water Aerobics	P
8:00 AM	Dance Aerobics	S1
8:30 AM	Spinning®	S
9:00 PM	Flow Yoga	S1
9:40 AM	Cycle & Weights	S
10:00 AM	Mat Pilates	S1
12:00 PM	Rock n Low Impact	S1
4:00 PM	Mat Pilates	S1
5:00 PM	Boot Camp	S1
5:00 PM	Water Aerobics	P
5:30 PM	Cycle & Weights	S
6:00 PM	Dance & Sculpt	S1
7:00 PM	Flow Restore Yoga	S1

Thursdays:

5:45 AM	Cycle & Weights	S
8:00 AM	Water Aerobics	P
8:00 AM	Chair Yoga	S1
9:00 AM	Zumba	S1
9:40 AM	Cycle & Weights	S1
10:00 AM	H.I.I.T.	S1
11:00 PM	Dance Aerobics	S
4:00 PM	Body Movement	S1
5:00 PM	Abs & Back	S1
5:00 PM	Aqua Sculpt	P
6:00 PM	Cycle & Weights	S
7:00 PM	Yoga	S

Fridays:

8:00 AM	Water Aerobics	P
8:30 AM	Spinning®	S
9:00 AM	Flow Yoga	S1
9:40 AM	Cycle & Weights	S
10:00 AM	Piyo	S1

Saturdays:

8:00 AM	Butts & Guts	S1
8:30 AM	Water Aerobics	P
9:00 AM	Zumba	S1
9:15 AM	Cycle & Weights	P
10:00 AM	Boot Camp	S1

Sundays:

8:00 AM	Boot Camp	S1
8:30 AM	Water Aerobics	P
9:15 AM	Cycle & Weights	S

GROUP FITNESS NEWS

Group Fitness is known to be one of the most enjoyable forms of exercise provided here at our club for many reasons. One of the reasons why Group Classes are so effective is not so much the workout itself, but the relationships built between you and the people who take the class with you. Your success in a group setting is heavily dependent on the friendships you make with other participants and the instructor during your workout! What brings you back to the class again and again is the experience of connections. So this spring, challenge yourself to get to know your instructor and the people around you in class. They are the key to your success.

Please mark your calendars for our **Second Special Yoga with Meditation and Sound Bath Event. It will bring some serenity and peace to your day.**

Join us on Monday, April 29th at 7 PM

for a one-hour special event guided by Tomo. We will begin with a gentle flow yoga practice to prepare the body for a mindful guided meditation. We will end this delightful practice with a relaxing sound bath using a crystal singing bowl to heal your body, mind and spirit.

Please bring warm clothing and a blanket to make sure you are comfortable and warm during the sound bath. All levels welcome.



PICKLEBALL NEWS

With the amazing success of our pickleball clinics, we will begin a *weekly* hour Monday morning (10 AM) and a *weekly* hour Tuesday evening (5:30 PM) 101 pickleball clinic! These will be a 60 minute version of our popular *monthly* 101 with a limit of 4 players. We will continue our 90 minute Saturday morning 101 (April 13) beginning at 9 AM (limit 8 players). Check with the front desk for details and cost. Sign-ups are required for all at the front desk.

If you would like to "Level Up", then this monthly ARFC Pickleball Clinic is your fast track to improving your game! Join Derek on Saturday, April 20 beginning at 9 AM for a dynamic session focusing on skill development, strategic gameplay, "mental" hacks, and the key "intangibles" that will transform your game quickly. Whether you're a beginner or a seasoned player, get ready to elevate your pickleball experience in a supportive and engaging environment. Details, cost, and sign-ups for this 90 minute session are at the front desk. A \$5.00 discount is given if you have previously attended a 101 clinic. Paddles and balls are provided and play follows!

If you wish to connect with other players, please contact Richard Martin (rmartin@ar-fc.com) with your email address and he will connect you with other player/members. Also, don't forget to register for play-time scheduler. This is a **FREE** scheduling tool created for pickleball and used extensively by our club members to arrange games on their own.