

# Fitness & Health News



## UPCOMING EVENTS:

- July 1<sup>st</sup>: Summer Camp Session 4
- July 1<sup>st</sup>: Jr. Tennis Camp Session 4
- July 4<sup>th</sup>: Club Hours Reduced.
- July 5<sup>th</sup>: Racquetball Intro.
- July 5<sup>th</sup>: Pickleball Event
- July 12<sup>th</sup>: Pickleball Event
- July 12<sup>th</sup>: Parents' Night Out
- July 26<sup>th</sup>: Sharks' Home Meet
- July 26<sup>th</sup>: Parents' Night Out

## Up Front

### Club Hours July 4<sup>th</sup>

- Club Hours 7 AM–2 PM
- Babysitting: 8 AM-12 PM.
- No Sports 'n' Splash Camp
- No Jr. Tennis Camp.

### Sharks Home Swim Team:

The Sharks Swim Team Practice times are: Tuesday-Friday: 8:30 AM-12:30 PM. *Lap Pool 2 will be closed during this time.*

### Sharks Home Meet in Lap Pool 2:

- July 26<sup>th</sup>: 7 AM-1:30 PM

**NO SHOES:** Please remember to remove your shoes when entering a sauna. Our shoes carry toxins and we must be mindful of this and its effect on others.

### Half Pint's Kitchen:

Please support Michelle and purchase your meals at the Smoothie Bar or the Snack Shack, located on the pool deck. She offers a wonderful outdoor BBQ and healthy smoothies throughout the day.

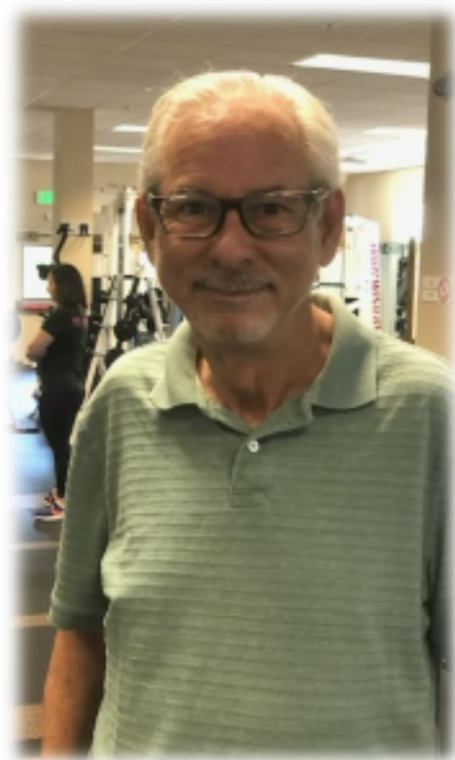
## CONGRATULATIONS TO TIM HOLECEK OUR JULY MEMBER OF THE MONTH

Tim Holecek grew up in Sonoma County and moved to the foothills three years ago. He fell in love with quiet mountains, pine trees, wildlife and hot summers. Tim is retired after a 20-year career with the TSA, and loves spending time with his dogs and working in his garden.

Tim began personal training in June 2024. He had suffered injuries from a car accident that left him physically limited and in pain. He needed to get stronger, build muscle and improve his balance, mobility, posture and general physical capabilities.

Over the last year, working with fitness director Desmond Cullen, Tim has dramatically improved and has gained the confidence and knowledge to continue his fitness journey for a lifetime. He has made health and fitness a big part of his lifestyle and continues to make progress each week. "I feel much more confident and am no longer too intimidated to come to the gym and work out on my own," said Tim.

When Tim is not training, you can usually find him in the pool, hot tubing or just sitting in the sun. "I just



love this place and its people, they have everything I could want." Congratulations Tim on being ARFC's member of the month.



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# AQUATICS

Bree Renz  
530-885-1602 ext. 107

Summer by the pool is the ultimate way to soak up the sun and have a blast! But remember, keeping your little fish safe in the water is our top priority. Swim lessons are open for all ages and skill levels, so let's make those splashes safely!

**Lifeguard Alert!** Our awesome lifeguards will be on duty starting June 6<sup>th</sup>, keeping a watchful eye from 12 PM to 8 PM, every day of the week. They'll be enforcing our pool rules, so give them a quick review before coming to the pool! Here are a few rules to keep the kids safe:

- No hanging on the lane lines.
- Keep all children under 14 within arm's reach—no wandering off! Don't leave kids under 14 unattended at the club or pool.
- Shower after using the sauna and before splashing into the pool.
- Please leave large float devices at home.

**Dive into Lessons!** For our littlest swimmers, join Water Babies every Tuesday at 10 AM for ages 6 months to 2 years. We also offer PRIVATE, GROUP, and SEMI-PRIVATE SWIM LESSONS year-round—for all ages and abilities!

**Go, Sharks!** The Sharks Swim Team have practice: Tuesday to Friday from 8:30 AM to 12:45 PM. Cheer on our Sharks at our two dual meets this season—mark your calendars for the home meet on July 26<sup>th</sup>! **Note:** Lap Pool Two will be busy from 7 AM to 1:30 PM on those days.

Grab your goggles and sunscreen, and we'll see you on the pool deck!



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## COURTSIDE NEWS

Watching pros play, it is helpful to look at how points are won through winners, forced, and unforced errors. However, there is another overlooked statistic, and this is how many mistakes are made by hitting balls into the net. At the professional level, the ratio is almost 4 to 1. Yet, at the recreational level we see an almost inverse proportion of this statistic.

So why do recreational players hit so many balls into the net? Recreational players tend to hit a lot more slice and flat strokes, and those shots tend to be hit lower, especially when players try to add pace. So it makes sense less skilled players will encounter the net more often.

Consider this: players seldom berate themselves when they hit short balls because the ball is landing in, and the opponent must make a shot. Yet, when they hit a ball long by as little as one foot, they are usually dissatisfied as the point is lost.

However, if the goal is to become competitive against more complete players, we need to hit more effective shots. Again, hitting a ball a foot long tells me a student is usually on the right track. Players who consistently hit short balls never break through their current level.

Try these three tips to develop greater depth and added height:

- Exaggerate the height of your finish or follow-through
- Open your stance
- Drop the shoulder

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## RACQUETBALL

At ARFC, safety is a major emphasis of our racquetball program. That's why we insist all members wear racquetball-approved eye guards. Proper eye wear is functional, lightweight, very inexpensive and definitely part of the equipment required to play the game at any skill level. We carry several models and styles, including an excellent club warranty. Remember, *safety first!*

One of the many perks of ARFC's racquetball department is our friendly and experienced instructors. They are on site Monday through Saturday to assist anyone who wishes to get involved with this fast paced sport. In addition, we provide racquetball racquets upon request, or you can demo one of our 2025 Gear-box models. As a reminder, ARFC still sells high-end racquets for less than anyone online or in stores!

Interested in learning our exciting sport that offers tremendous workout benefits? Our monthly orientation is Saturday, July 5<sup>th</sup>-1-2:30 PM for kids and 3-5 PM for adults.

Please note, this orientation is the only requisite for participating in our junior racquetball program! Sign-ups are required at the front desk. Fun *will be* automatic!



## FITNESS NEWS

It's summer, the kids are out of school, and a great time for families to enjoy all ARFC has to offer. Some of the kids may show interest in the weight room. When I was young, I was a huge fan of pro wrestlers, athletes, and bodybuilders. I couldn't wait to start lifting weights and building muscles to be just like them. I started lifting dumbbells in my room at age ten, and by high school, I was a full-blown weightlifter. Since then, I've made a career out of sharing my passion with others! The gym had a massive, positive impact on me, and strength training can do the same for your kids. Benefits include:

- Stronger muscles and bones
- Improved balance and coordination
- Increased athletic performance
- Increased confidence

BEFORE your child uses the weight room, please understand ARFC has a strict weight room policy. You must be 16 and over to use the facilities. There is, however, an exception. If your child is below 16 but AT LEAST 13 years old, and cleared by a personal trainer, they will be permitted to use the gym.

A personal trainer will teach them gym safety, as weight lifting can be dangerous. They will learn the rules of the gym, proper weight room etiquette, and the basic concepts of strength training before lifting weights. These policies are important to ensure the safety and the quality of experience for ALL members. If you have a child between the ages of 13 and 15 years of age, please contact Desmond at [desmond@ar-fc.com](mailto:desmond@ar-fc.com) to schedule a weight room clearance. Thank you!

## PILATES STUDIO

To see improvement in strength, flexibility, and overall well-being, it is generally recommended to take 2-3 Pilates classes per week. For Weight loss, increase frequency to 3-4 times per week.

Experienced practitioners or athletes practice up to 4-5 times per week to help maintain peak performance. Regardless of the frequency, whatever your fitness regimen, consistency is crucial for the best results. Listen to your body and adjust your frequency accordingly, and take a rest day to help with recovery.



### Free Pilates Reformer Demos:

Mondays and Tuesdays, 1:30 PM, Sign up at the front desk, or leave your name and number for Jeri Green at the front desk to schedule a more convenient time.

**Drop into Pilates Barre:** Fridays at 11:30 AM for a Free Demo!

## KIDS' CORNER



**CAMP DISCOUNTS EXPIRE SOON!**

*Sign up for any two or more camps and get \$15 off sign up two weeks before any camp and get another \$15 off!*

### Auburn Racquet & Fitness Club Sports 'n' Splash Camp



#### Weekly Sessions:

June 9<sup>th</sup>-August 15<sup>th</sup>

9 AM-4 PM

Pre and Post Hours Available

Daily Drop Off Available!





## Group Fitness Schedule

### Mondays:

|          |                    |    |
|----------|--------------------|----|
| 8:00 AM  | Water Aerobics     | P  |
| 8:00 AM  | Chair Yoga         | S1 |
| 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  | Balance & Strength | S1 |
| 5:00 PM  | Boot Camp          | S1 |
| 5:15 PM  | Spin               | S1 |
| 6:00 PM  | Glutes & Core      | S1 |
| 6:00 PM  | Water Aerobics     | S  |
| 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 |
| 5:00 PM  | Abs & Back          | S1 |
| 5:15 PM  | Cycle & Weights     | S  |
| 6:00 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  | Zumba             | S1 |
| 5:30 PM  | Cycle & Weights   | S  |
| 6:00 PM  | Water Aerobics    | P  |
| 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  |
| 5:00 PM  | Abs & Back      | S1 |
| 6:00 PM  | Cycle & Weights | S  |
| 6:00 PM  | Water Aerobics  | P  |
| 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 |
| 11:00 AM | Flow Yoga       | S1 |

### Sundays:

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

## GROUP FITNESS NEWS

Moving your body in a way that feels good will improve your health and fitness and just may motivate you to keep showing up for years to come. This is not about insane hour-long workouts or crazy, heavy weightlifting in the gym. You don't have to push yourself to the brink of exhaustion all in the name of "Getting Fit". It's about being kind to your mind and body and working out in a way that's sustainable, maintainable and accessible.

It is important to cross train and experiment with different kinds of movements. In Group Fitness, we offer many different types of classes for all levels. This July, join a class and try something new! You may just find some that are perfect for you.

This month we are welcoming Lana Henderson to our Group Fitness department! She will be teaching Aqua Aerobics on Thursdays at 6 PM. Please give her a warm welcome.

Lana Henderson has been a hairdresser for over 30 years. During that time, she has tried to eat healthy and has made exercise classes an enjoyable part of her life.

Last year Lana attended her first aqua aerobics class and found her new passion right then and there! She is excited to begin her teaching journey at ARFC and looks forward to providing an engaging and fun class for everyone! Why not join Lana and make a splash! We will be offering 4<sup>th</sup> of July themed classes in our water aerobics department on the 3<sup>rd</sup> and 4<sup>th</sup> as well as in Zumba and cycle and classes on the 3<sup>rd</sup>. We hope you'll join us!

## PICKLEBALL NEWS

ARFC will host a 90 minute pickleball 101 clinic Saturday, July 5<sup>th</sup> beginning at 8 AM. Basic stroke mechanics, rules, scoring, and strategy will be part of the lesson with playtime following. Paddles and balls will be provided. A short video is sent to all who sign up at the front desk. The cost is only \$20 for members; \$30 for non-members.

Interested in the next step? Mark your calendar for Saturday mornings July 12<sup>th</sup> and 19<sup>th</sup> at 8-9:30 AM for Bob's 101.1 drills! Cost is only \$20 for members and \$30 for non-members. If you have participated in one of our 101 clinics, there will be a \$5.00 discount. Sign up required at front desk. Playtime follows.

All members are welcome to bring a guest for free pickleball guest day, Friday, July 11<sup>th</sup> from 6 -7:30 PM. Sign-ups are urged at the front desk.

NEW! NEW! NEW! ARFC is very excited to announce, starting July 14<sup>th</sup>, we will be introducing morning pickleball, Mondays and Wednesdays at 8 AM. Details will follow.

If you wish to connect with other players, please contact Richard Martin ([rmartin@ar-fc.com](mailto:rmartin@ar-fc.com)) with your email address and he will assist you. Also, don't forget to register for playtime scheduler app. This is a FREE scheduling tool created exclusively for pickleball and used by many of our members.

Every Tuesday and Thursday at 5 PM ARFC instructor(s) welcome all skill levels. No sign-up necessary.

