



the NewsLine

PRIME TIME ATHLETIC CLUB

MARCH/APRIL 2022



SPRING BACK INTO SHAPE *this edition*

The cold weather and shorter days during the winter often lead to less working out and more Netflixing. Spring is upon us and now is the time to bounce back into shape. Summer will be here before you know it. Here is some information to help get you started.

Set realistic goals – Even if you were running 6 miles a day or dead lifting 200 lbs. before the winter, chances are you are going to need to start slow as you get back into a workout routine. Start by committing to 2-3 times per week and gradually increase the days.

Choose the workout that's best for you – A lot depends on your individual goals and abilities and how much time you have to work out. If you are looking to burn fat and lose weight, full-body workouts are more efficient when using compound movements (using more than one muscle group at the same time). High-intensity interval training (HIIT) workouts are also a great, challenging option. The most important thing is to choose a workout that you will actually enjoy doing. Try a new group fitness class like Zumba or Spin. Not only will being in a group help motivate you, these types of classes are usually set to upbeat music that make the time pass quickly.

Do not skip the warm-up or the cool-down — A proper warm-up is not only essential to your safety, it prepares your body for the exercises you are about to do and loosens up your muscles and joints and gets your heart rate going. Just as important is the cool down and stretching portion of your workout routine. A good cool down will help decrease soreness, and help return your muscles and posture to their natural position.



Find a workout partner — There are many benefits to working out with a friend. Not only will you have accountability to get to the gym if your friend is waiting for you there, you may also be more willing to try new types of workouts.

Make sure you fuel properly — What's the use of a good workout routine if you are not eating properly? Poor nutrition can easily undo all your

hard work in the gym. It is very important to make sure you are eating enough and drinking enough water to safely fuel your workout.

One day at a time — Getting back into a workout routine is not easy. Even if you start out slowly and have a workout buddy, there may be days when you give in to the couch. Do not beat yourself up and decide that it just is not worth it. Reset and get out there and just do it.

Need help? If you find this is still too challenging to get motivated, let us help you stay on track to wellness and staying fit with one of our Prime Time Certified Personal Trainers. For more information contact Fitness Director, Cathy Firkins at ext. 613 or email Cathy@primetimeathletics.com.

PRIME TIME ATHLETIC CLUB PERSONAL TRAINING

- One single session: \$70.00 •Package of six sessions: \$399.00 •Package of twelve sessions: \$769.00

1730 Rollins Road, Burlingame 650.697.7311 www.PrimeTimeAthleticClub.com

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New! SPIN®/YOGA Class

Come join Certified Spinning and Yoga instructor Krishil Ranjit for this new 60 minute workout. If you have not thought about Spinning or yoga before, perhaps now is the time. More important than the tabulated sweat factor are the cardio benefits that Spinning and yoga can bring to even the most seasoned rider or yogi. It is the ultimate balanced workout in that muscles get strengthened and stretched as your heart gets pumping and your mind goes on a calming inner journey. Whether you are on the bike or the mat, both require a solid sense of body position and knowledge. Perhaps the most important physical trait Spinning and yoga share is the use of the breath. The inner experience is always unique and revelatory.

This class will be held every Friday in studio 3 beginning March 4 from 9:00 to 10:15 a.m. with 30 minutes of Spinning followed by 30 minutes of yoga. This class is FREE to all members. **Please bring a mat, towel and water.**

Announcements:



SPRING FORWARD

Daylight Saving Time begins on Sunday, March 13, at 2:00 a.m. Remember to set your clocks forward one hour!



EASTER SUNDAY

Prime Time Athletic Club will be closed on Sunday, April 17, in observance of the Easter holiday.

FITNESS CENTER REMINDERS

Workout bags or purses are not permitted in group exercise rooms or free-weight areas. Thank you for your cooperation.



THURSDAY MORNING BARRE

Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. In addition to building strength, this full-body workout also develops agility and flexibility. The major benefits of this class is to improve posture, increase muscle definition, weight loss, improve flexibility, and reduce stress. This class combines traditional Barre moves with interval training to increase your heart rate and get your cardio in. Whether you want to improve your posture, build your core strength, become more flexible, or just break up the monotony of your normal gym routine, Barre is for you. Since it is low-impact, it is also great for all ages and fitness levels, whether you are new to fitness or you have previous ballet dance experience. Join Certified Personal Trainer, Group Exercise Instructor and Certified Barre Instructor Maria Harper Thursday mornings from 9:00 to 10:00 a.m. in studio 4. Bring a mat and a water bottle. Prepare for a total-body workout and to feel your muscles burn.

Current News and Updates

SPINNING® ORIENTATION



On Sunday, April 3rd from 9:00 to 10:00 a.m., join Certified Spinning® Instructor Maria Harper for a Spinning Orientation class that is ideal for newcomers or those who just want to brush up on the basics. You will learn the fundamental movements, hand positions and proper bike setup. Spinning® can be fun, make you sweat and burn calories as well as having health benefits including though not limited to

physical, mental and even social boons. You can slim down while listening to great music. Following are some of the benefits of Spinning.

BURNS CALORIES. Hands down you will burn more calories than any other workout. A 40 minute class can burn between 400 and 600 calories.

STRENGTHENS YOUR HEART. Through aerobic and anaerobic training of Spinning® workouts, you will improve your heart's stroke volume. What does this mean? You want to protect your heart? Hop on a Spinning bike!

EASY ON YOUR JOINTS. Spinning® is a low-impact workout that supports joints and tendons. It puts far less pressure on your knees and your feet than other traditional cardio alternatives. With the ability to work hard while doing a low impact workout, you can focus on results without discomfort.

ENHANCE YOUR MENTAL STRENGTH. Spinning® can release your 'feel-good' hormones known as endorphins. These hormones help to relax your mind and make you feel happier. This boosts your mood and reduces your feelings of anxiety.

SET YOUR OWN PACE. Everyone rides together regardless of age, size, ability or experience. You are in control of your intensity each moment of your ride because you control both cadence (pedal stroke) and resistance on the bike. A beginner can climb a steep hill alongside a professional cyclist and they will reach the summit together.

For more information, contact Assistant Fitness Director Maria Harper at ext. 635 or email Maria@primetimeathletics.com. Space is limited, please sign up at the front desk today.

HEART-PUMPING STEP *and* SCULPT CLASS

Simple, heart-pumping step aerobics routines combined with strength training intervals give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels. You may be surprised at how much fun you will have sculpting your body in combination with a step routine. Come Join Certified Group Exercise Instructor Melinda Lee every Tuesday from 5:15 to 6:15 p.m. in studio 1. This class is free to all fitness levels. Grab some weights, set up a step platform and be prepared to sweat as you strengthen your entire body.



Tennis Updates & Tips



SERVE, SWIM AND PLAY CAMP

Prime Time Athletic Club's Tennis Coach Dan Kelton invites you to a great kids' tennis and swim camp. Your children will spend the morning working on tennis stroke development, drills, and learning the rules of the game. They will also learn how to play matches based on their age and skill level. During the afternoon the camp counselors will take the children to swim, and enjoy other activities and sports games. Tennis rackets, balls, and snacks are supplied daily. Please pack a lunch, swimsuit, towel, sunscreen, refillable water bottle and a face mask. *Please note your child is required to wear a face mask at all times when entering and exiting the building.

The director of the camp, Coach Dan, is a certified USPTA professional and a USTA clinician with fifty years of tennis experience, working with children and adults coaching tennis teams, as well as directing tennis camps.

Camp hours are 9:00 a.m. to 4:00 p.m., Monday through Friday with weekly sessions. The tennis camp is a program that will be an exciting summer experience providing your children with the ultimate summer vacation! Dan will offer extended hours before and after, which are perfect for working parents. Pre-camp runs from 8:00 to 9:00 a.m., and after-camp runs from 4:00 to 6:00 p.m. Activities include tennis, group games, and age-appropriate sports.

The cost is \$399.00 for members and \$499.00 for non-members per week. Ages 5-13 years. Please sign up at the front desk.

Pre Camp is \$100.00 and After Camp is \$125.00 per week.

Weekly sessions are as follow:

- June 20 to June 24
- June 27 to July 1
- July 5 to July 8
- July 11 to July 15
- July 18 to July 22
- July 25 to July 29
- August 1 to August 5
- August 8 to August 12
- August 15 to August 19
- August 22 to August 26

We also offer Half Day Camp Tennis only from 9:00 a.m. to 12:00 p.m.

The cost is \$249.00 for members and \$349.00 for non-members. For more information contact Tennis Pro Dan Kelton at 650-274-9891 or email him at directorof10s@gmail.com.

PRIVATE TENNIS LESSONS

Take time to work on improving the weak areas of your tennis game. Private tennis lessons will include detailed one on one instruction for those of all levels. Whether you need tips on improving your serve, backhand, forehand, or keeping those ground-strokes in the court, a private tennis lesson is the perfect solution.

MEMBERS

- \$80.00 for a one hour lesson
- \$456.00 for 6 one hour lessons
- \$912.00 for 12 one hour lessons

NON-MEMBERS

- \$90.00 for a one hour lesson



Prime Time Athletic Club would like to introduce you to VANESA ROMANO

Please join the newest member of our fitness team. Many of you already know Vanesa Romano – she has been a consistent sub for our current Zumba classes. Vanesa has been active in Zumba since she tried her first class at the age of 10 and immediately fell in love with it. She feels exercise does not have to be boring or hard. With Zumba you get the chance to dance, sing and smile your way to a healthier version of yourself. We are pleased to announce that Vanesa will now be teaching Zumba on Tuesday and Thursday mornings from 9:00 to 10:00 a.m. in studio 1.

ZUMBA CLASS

Tuesday and Thursday mornings from 9:00 to 10:00 a.m. in studio 1
Free to all members

Zumba, which is a Latin dance-inspired fitness program, is one of the most famous forms of workout routine founded by Colombia-based fitness instructor Alberto "Beto" Perez. He combined Latin and aerobic moves to come up with such an interesting and exhilarating fitness training. You move, dance and workout all at the same time to keep up your heart rate and burn fat. It is also one of the best ways to lose weight and stay healthy and fit. The classes feature a fusion of Latin and international music rhythms, and you will find moves from dance styles like cumbia, merengue, salsa and samba. No dance experience needed, this class is for all fitness levels.



Pasta Bowl Recipe

INGREDIENTS:

- 4 oz whole-grain rotini pasta
- 4 cups baby spinach
- 1 cup canned black beans
- 1 small diced avocado
- 2/3 cup prepared frozen corn kernels
- 1 diced Roma tomato
- 1/3 cup sliced red onion
- 1/2 cup grated cheddar cheese
- 1/2 cup jarred salsa of choice

DIRECTIONS:

Prepare pasta according to package directions in a pot of salted water. Drain well. Divide spinach among serving bowls and top each with an equal amount of pasta, beans, avocado, corn, tomato and red onion. Scatter on cheese and add dollops of salsa. Makes two servings.



NUTRITION

WHAT TO EAT BEFORE AND AFTER A WORKOUT

There is a lot of information out there about what to eat before and after a workout to optimize performance and recovery. So, do you need to eat before a workout? If so, when? How much? And what? Here are some general recommendations that you can personalize to fit your own lifestyle.



Before a workout:

- Eat 2 hours before exercising.
- Eat mostly carbohydrates (100-200g), moderate amounts of lean protein (15-30g) and a small amount of healthy fats (such as nuts or avocado, 1 egg yolk).
- **Examples:** Toast with nut butter and honey with fruit, or rice with chicken plus fruit
- Make sure to SLOWLY hydrate throughout the day before exercising for maximum absorption.

After a workout:

- Eat within 1 hour of the workout.
- Replenish your fluids by continuing to drink water.
- Replenish with carbohydrates (100-200g), protein (20-50g), and antioxidants (from fruits, vegetables, and whole grains).
- **Examples:** beef burrito bowl, turkey sandwich with lots of veggies, or Greek yogurt and fruit smoothie

When preparing your meals around your workout try to pick energy boosting foods:

- Switch mayonnaise for avocado — less calorie-dense and full of healthy monosaturated fats and fiber
- Switch creamy dressings for homemade oil-based/citrus-based dressings — creamy dressings tend to have lots of saturated fats
- Switch candy for frozen or fresh grapes — fruits are nature’s candy!
- Switch French Fries for baked potato wedges — less saturated fats and equally satisfying.

Prime Time Athletic Club is offering our LITE Program.

The LITE Program is a weight loss and fitness program designed specifically for each individual person. Prime Time also offers a complimentary 30 minute session to discuss personal goals and give you a jump start in body wellness. These sessions are held on Tuesdays and Thursdays from 8:00 to 9:30 a.m. We will also be offering a 60 minute LITE session for \$99.00, or blocks of 6 sessions for \$399 and 12 sessions for \$769.

For more information please contact Wellness Coordinator Iván Sznitowski at ext. 629 or email ivanprimenutrition@gmail.com.