



The NewsLine

PRIME TIME ATHLETIC CLUB

MAY/JUNE 2023



this edition

MORE THAN YOUR AVERAGE ABDOMINAL WORKOUT

CORE CLINIC MAY 20

Core exercises are an important part of a well-rounded fitness program. Aside from occasional sit-ups core exercises are often neglected. Core exercises improve your balance and stability, along with training the muscles in your pelvis, lower back, hips and abdomen. This leads to better balance and stability, whether on the playing field or in daily activities.

Strong core muscles make it easier to do many activities, from swinging a golf club to reaching for a glass from the top shelf or bending down to tie your shoes. Strong core muscles are also important for athletes, runners, and people who like to work out. Weak core muscles can lead to more fatigue, and less endurance along with being more susceptible to poor posture, lower back pain and muscle injuries



Whether you are a novice taking the first steps toward fitness or a committed fitness fanatic hoping to optimize your results, a well-rounded fitness program is the best way to reach your fitness goals. Consider including core exercises in the mix.

Join Certified Personal Trainer William Lee for a free core clinic. He will introduce a variety of exercises and methods for strengthening core muscles. The BOSU, Resist-A-Ball and medicine ball will be utilized in both demonstrations and hands-on activities.

This clinic will be held on Saturday, May 20 from 9:00 to 10:15 a.m. in studio 2. This clinic is free to all members. Space is limited so please sign up at the front desk to reserve your spot today. If you have questions, please contact Fitness Director, Cathy Firkins at ext. 613.

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GET READY TO RIDE... 6 A.M. SPIN IS BACK!!

Looking for something to motivate you in the early morning before the kids get up for school or maybe you just want to get your workout done early, we have the answer you are looking for. Please join Certified Spin Instructor Joanne Czarnik Wednesday mornings at 6:00 a.m. This class will begin on Wednesday, June 21 in our spin studio 3 located at the south side of the gym near the racquetball courts. With over 20 years of experience as a spin instructor, Joanne is sure to motivate you and get your heart rate pumping. In her free time, Joanne enjoys traveling all over the world especially in Europe and she will tell you that some of her best adventures were spent on two wheels. With her love for music and riding the bike, she has created the perfect class that will keep you coming back for more. If you have any questions, contact Fitness Director, Cathy Firkins at ext. 613.

Announcements:

DON'T FORGET!

Mother's Day is on Sunday, May 14, and Father's Day is on Sunday, June 18.

HOLIDAY HOURS

In observance of Memorial Day, Monday, May 29, Prime Time Athletic Club hours will be from 8:00 a.m. to 8:00 p.m. The Group Exercise schedule will be posted one week prior to the holiday.

COMPLIMENTARY TENNIS LESSONS

SATURDAYS

Youth Ages 5 to 8 3:00 to 3:30 a.m.

Youth Ages 9 to 12 3:30 to 4:00 a.m.

Adult 5:00 to 6:00 p.m.

TUESDAYS

Youth Ages 5 to 8 5:00 to 5:30 p.m.

Youth Ages 9 to 12 5:30 to 6:00 p.m.

Adult 6:00 to 7:00 p.m.



**ZUMBA®
FIESTA
CINCO
DE MAYO**

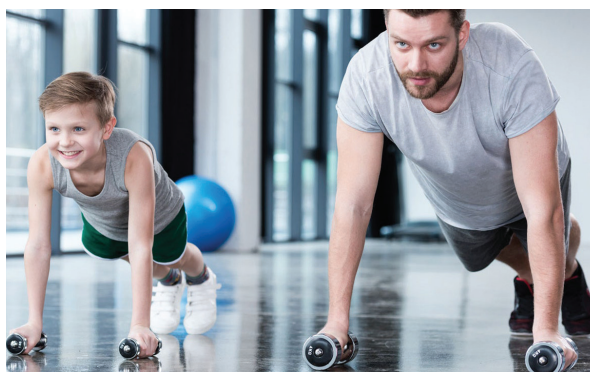
Come join Sandra Cano for her special Fiesta Cinco de Mayo Zumba® class on Friday, May 5 from 6:00 to 7:00 p.m. in studio 1. This class is free to all members, no sign up needed.



**ZUMBA
MASQUERADE PARTY**

Wear your carnival mask and join Sandra Cano on Friday, June 9 from 6:00 to 7:00 p.m. in studio 1. This class is free to all members, no sign up needed.

Current News and Updates



DO YOU WANT YOUR KIDS TO BE FIT?

FIT KIDS "LICENSE FOR FITNESS" PROGRAM

What if kids can get active, parents can stay active and they can do it together? Prime Time Athletic Club offers a training program especially designed to get kids moving with their parents, ages 10 to 14, called Fit Kids' License for Fitness. The goal of the program is to give young people safe access to club facilities, while maintaining the club atmosphere. Strength training for kids? You bet! Done properly, strength training offers many benefits. In fact, strength training might put your child on a lifetime path to better health and fitness. For kids, light resistance and controlled movements are best with a special emphasis on proper technique and safety.

The cost of the program is \$99. Young members completing this program can then utilize the cardio and weight rooms only when accompanied by their parents. For more information on the Fit Kids' License for Fitness Program, contact Fitness Director Cathy Firkins at ext. 613.

CHILD CARE IS OPEN!

PROVIDING KID-SIZE FUN

CHILDCARE CENTER HOURS: Monday through Sunday 8:45 a.m. to 1:00 p.m.

Our goal is to provide a safe, happy and healthy environment for your child while you enjoy the clubs facilities and services. Our Childcare Center is bright and cheerful just the way kids like it. We have a variety of toys, books, videos, games and infant accessories to entertain your child. Our Childcare staff keeps a watchful eye to maintain a safe environment and all staff members are CPR certified.

Parents are welcome to use the childcare service for up to 2 hours each day. Childcare is open 7 days a week. This service is available for children ages 6 weeks to 12 years old, who are on their parents membership. In accordance with California State Law parents MUST REMAIN on club property at all times when using our childcare.



Prime Time Childcare Center features a larger dedicated infant/toddler area, jumbo soft shapes for play, our soft and friendly hide-n-seek tree, an art and activity center, a video viewing theatre, a puppet stage, building blocks, a dollhouse, and a quiet corner.

We look forward to the fun and excitement that our Childcare Center will provide for our youngest Prime Time members.

Current News and Updates



SERVE, SWIM AND PLAY CAMP 2023

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 and a refillable water bottle.

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 to 13. Please sign up at the front desk.

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

Weekly sessions are as follow:

June 19 to June 23

July 10 to July 14

July 24 to July 28

August 7 to August 11

August 21 to August 25

June 26 to June 30

July 17 to July 21

July 31 to August 4

August 14 to August 18

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 directorof10s@gmail.com.



POOLSIDE BARBEQUE

Do not miss out on Prime Time Athletic Club's poolside barbeque. The Barbeque will be open every Saturday and Sunday from Memorial Day weekend and run through Labor Day weekend from 12:00 to 3:00 p.m. We will offer barbeque chicken, hamburgers, hot dogs and a variety of chips, sodas and beer. Great family fun by the pool.



SPINNING ORIENTATION CLASS

Saturday, June 10
8:30 to 9:30 a.m.

Here's What Spinning Can Do for Your Body

Spin classes are a fun way to increase your physical, mental, and social well-being. Joining group exercise classes can increase the likelihood that you will return to your workout, helping you reach your fitness goals. From the instructors to the music, good spin classes never seem to have a dull moment. You may come in tired but leave energized.

Spin classes are for everyone from beginner to advanced levels of fitness. We focus on metabolic intervals, light to heavy resistance. Interval training gets the heart rate up so you can burn more calories in less time. There's nothing like keeping pace with a good beat, and seeing everyone else around you on the same count. Music is a huge part of working out.

Come join Assistant Fitness Director and Certified Spinning Instructor Maria Harper for this Spinning Orientation class on Saturday, June 10, from 8:30 to 9:30 a.m. This class is ideal for newcomers or those who just want to brush up on the basics. You will receive handouts about the fundamental movements, hand positions and proper bike setup, as well as a list of frequently asked questions. Sign up at the front desk. For more information, contact Assistant Fitness Director Maria Harper at ext. 635 or email Maria@primetimeathletics.com.



POOL Policies:

- Always shower before entering the pool.
- During busy times, please allow for more than one swimmer per lane by splitting lanes or circle swimming.
- All glass is prohibited at the pool and in the locker rooms.
- Running on the pool deck may lead to injuries and is prohibited.
- Diving is prohibited.
- Rough play is prohibited.
- Please wear swimwear that is appropriate for a family facility. Infants are required to wear plastic swim pants over a diaper.
- Pool equipment (kick boards and aqua belts) are intended for use by lap swimmers and aqua aerobics participants only and should be returned when finished.
- No toys (squirt guns, pool noodles, rafts, balls, etc.) are allowed in the pool.
- Shirts, shoes and cover-ups are required when re-entering the building.
- **Children under the age of 15 must be accompanied by an adult at all times.**
- No lifeguard is on duty; parents are responsible for their children's safety and behavior.
- Lap swimming is in lanes 1-5; non-lap swimmers are restricted to lane 6.
- No sitting, standing or hanging on lane dividers.
- Food or coolers from the outside are not permitted at the club. Food and beverages may be purchased from our coffee lounge or our summer BBQ.

Your consideration is greatly appreciated!

Thank You!

NUTRITION

ARE PROTEIN BARS GOOD FOR YOU?

Protein bars are a popular snack food designed to be a convenient source of nutrition. Given the wide variety of protein bars on the market, it's important to know that not all protein bars are created equal. Many protein bars may be made from dried fruit, nuts, seeds, and whole grains and contain 5–10 grams of fat, 25–35 grams of carbs, and 5–10 grams of fiber. Many protein bars also contain high amounts of added sugar and use unhealthy sweeteners which adds excess fructose to your diet and can increase your risk of fatty liver, obesity, and diabetes when consumed in high amounts. Generally, most protein bars offer 150–400 calories and 10–30 grams of protein, per serving. Protein bars can be a simple, ready-to-eat, nutritious snack and a convenient way to add carbs, protein, vitamins, and minerals to your diet but they can't replace the nutrient composition of whole foods.



5-INGREDIENT PROTEIN BARS (NO-BAKE!)

These 5-ingredient Protein Bars are super easy, packed with nutrition, and are the perfect pre/post workout fuel. They're reminiscent of store-bought energy bars, but are way more budget-friendly when you make them at home.

Prep Time: 10 mins

Cook Time: 5 mins

Servings: 12

INGREDIENTS:

- 1/2 cup milk
- 1 cup peanut butter, chunky
- 1/2 cup maple syrup, or honey, plus extra to taste
- 1 cup whey protein powder, plain, unflavored recommended*
- 2 cups whole rolled oats, uncooked
- 1 tsp cinnamon, optional
- Optional Add-ins, 1 cup: chocolate chips, raisins, dried blueberries, chopped dates, or melted chocolate for topping

DIRECTIONS:

In a medium heavy pot, combine milk, peanut butter, and maple syrup/honey over low heat. Stir just until all ingredients are well combined and warmed through. Remove from heat.

Add protein powder, oats, and optional cinnamon or add-ins. Stir to combine well. Taste and add more maple syrup or honey if desired. (If mixture is too thick to stir, simply add a bit more milk.)

Lightly grease an 8x8 pan. Press evenly into pan, using firm pressure to compress mixture into desired bar thickness. Tip: use wet or lightly greased hands to prevent sticking.

Allow bars to cool completely. Once cool, cut into squares. If desired, drizzle with melted chocolate and let cool. Wrap in airtight container and store at moderate room temp for several days, or chilled in fridge for a week.

Notes: You can use unflavored, vanilla or chocolate protein powder. Make it dairy-free or nut-free: use almond or coconut milk or any other milk of your choice. Use sunflower butter instead of a nut butter.

NUTRITION: Serving: 1g | Calories: 239kcal | Carbohydrates: 20g | Protein: 14g | Fat: 13g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 6g | Cholesterol: 16mg | Sodium: 128mg | Potassium: 213mg | Fiber: 2g | Sugar: 7g | Vitamin A: 41IU | Vitamin C: 0.01mg | Calcium: 62mg | Iron: 2mg

Prime Time
Athletic Club