



# The NewsLine

PRIME TIME ATHLETIC CLUB

JANUARY / FEBRUARY 2024



*this edition*

## NEW PICKLEBALL COURTS ARE OPEN AT PRIME TIME!



Prime Time Athletic Club is proud to announce the opening of 4 new Pickleball courts. Pickleball is a paddle sport that combines elements of ping pong, tennis, and badminton. While it was originally developed in the U.S. for children, Pickleball is now enjoyed by people of all ages all over the world. Pickleball is most commonly played as a doubles sport (involving two teams of two people each) but it can also be played as a singles sport (one player versus one player). The social nature of the sport has made it an exceptionally popular and extremely fun sport for the entire family to play.

While it resembles tennis and table tennis, Pickleball has specific rules, paddles and court dimensions. The paddle is larger than the one used in table tennis. The hard plastic ball used in Pickleball produces less bounce than a tennis ball. On each side of the net is a 7-foot area known as the non-volley zone (or the kitchen), where the ball must bounce before it is hit. The rules specify side-out scoring, where only the server can score a point. The minimal amount of bounce, the non-volley zones, and the underhanded stroke with which all serves are made, give the game a dynamic pace.



Like all types of physical exercise, playing Pickleball for an hour can burn anywhere from 400-600 calories, depending on your weight and intensity of play. This type of exercise can also provide additional health benefits including better sleep, improved energy, and a reduced risk of certain diseases such as type 2 diabetes, arthritis, heart disease, and stroke.

The Pickleball courts are open to all members. You can purchase a set of 2 paddles and 2 balls for \$39.95 or 2 balls for \$11.95 from our pro shop. We also have paddles and balls available to check out at the front desk.



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## WOMEN'S WEIGHT TRAINING SEMINAR

Did you make a New Year resolution to get into shape? Are you sticking with it? If you are still intimidated about entering the weight room or are new to weight training, this is an opportunity to learn about weight training from Prime Time Certified Personal Trainer and Assistant Fitness Director, Maria Harper. This two-week weight training seminar will help you negotiate the weight room and put together a training plan that you can maintain. You will learn how to set up machines using proper form and learn new exercises for each area of the body. Each class will present information to help you reach your fitness goals. This two part series will be held on Tuesday, January 30, from 9:00 to 10:15 a.m. and Tuesday, February 6, from 9:00 to 10:15 a.m. Space is limited to 20 participants Sign-up at the front desk today. For more information contact Fitness Director, Cathy Firkins at ext. 613.



## Announcements:

### HOLIDAY HOURS

Martin Luther King, Jr. Day is Monday, January 15. Our hours that day will be from 8:00 a.m. to 8:00 p.m.

Presidents' Day is Monday, February 19. Our hours that day will be from 8:00 a.m. to 8:00 p.m.

### TENNIS

New tennis pricing will be effective January 1, 2024.

#### MEMBERS

\$90.00 for a one hour lesson

\$519.00 for 6 one hour lessons

\$999.00 for 12 one hour lessons

#### NON MEMBERS

\$100.00 for one lesson

### CHILD CARE IS OPEN

Providing kid size fun. Child care hours are, Monday through Sunday, 8:45 a.m. to 1:00 p.m. We look forward to the fun and excitement that our Childcare Center will provide for our youngest Prime Time members.

## STAY WARM IN THE COFFEE LOUNGE

Sweater weather calls for a nice hot peppermint mocha. Come to the Coffee Lounge conveniently located on the second floor, upstairs from the front desk. We proudly serve Starbucks coffee and a variety of smoothies. The Coffee Lounge is open Monday through Friday from 6:00 a.m. to 6:00 p.m. and 8:00 a.m. to 5:00 p.m. weekends.



## Current News and Updates

### 2024 FITNESS CHALLENGE

The New Year is the perfect time to set up a lifestyle challenge at your gym. People are often looking to improve their lives, make better choices, and work off those holiday meals. To make their efforts more rewarding, check out these fun challenge ideas that may be just what you need to start the new year off with a bang.



1. **FITNESS ATTENDANCE CHALLENGE:** Make it a point to check in to the club and attend any one of our group exercise classes or commit to working out in the weight room at least 3 days a week, then up the commitment to 4, 5, 6 days and you earn a day off.

2. **FRESH AIR CHALLENGE:** Add some tennis, pickle ball or even swimming outdoors at least 3 days a week, then up the commitment to 4, 5, 6 days and you earn a day off.

3. **UPPER BODY WORKOUT:** With so many machines to choose from, this challenge will be easier than you think. Why not create a small circuit workout in the weight room. Complete some Lat Pull Downs, Chest Press, Bicep Curls, Tricep Kickbacks and Seated Rows. Try 2 Sets of 8 to 10 reps.

4. **LOWER BODY WORKOUT:** Give yourself a solid leg workout with some lunges, squats, leg press, leg curls and dead lifts. Try 2 sets of 10 to 12 reps.

5. **HYDRATION CHALLENGE:** Get into the habit of drinking 8 to 10 glasses of water each day. Try to eliminate sugary juices and sodas. Try some infused water (i.e. mint, lemon, lime) and try to limit the consumption of alcohol and all of its hidden sugars.

6. **NUTRITION CHALLENGE:** With the holidays now behind us, it is time to get back on track with proper nutrition. Lean protein, vegetables and a limit of carbohydrates is a great start.

Whatever you choose to do this year, just get started and you will be surprised at how great you will feel. And if you need it, let us help you stay on track with one of our Prime Time Certified Personal Trainers. You can even grab a friend and both of you can work out together. For more information contact Fitness Director, Cathy Firkins at ext. 613 or email [Cathy@primetimeathletics.com](mailto: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



### ZUMBA® MASQUERADE PARTY

Come join Sandra Cano for her Masquerade party on Friday, January 12, from 6:00 to 7:00 p.m. in studio 1. This class is free to all members, no sign up needed.

### ZUMBA® VALENTINE'S PARTY

Wear your pink and red and come join Sandra Cano on Friday, February 9, from 6:00 to 7:00 p.m. for our annual Valentine's Day Party in studio 1. This class is free to all members, no sign up needed.



## Current News and Updates

### SUNDAY MORNING STEP CLASS WITH MELINDA LEE



Come join Certified Group Exercise Instructor Melinda Lee for her Sunday morning step class. What is a step class? A step is a raised platform that you step on, around and down in different patterns. The idea is to get you moving, improve your cardio fitness and coordination. Step exercises are effective for weight loss. How many calories you burn depends on the duration and intensity of the exercise, but on average, medium-intensity step exercises can burn about 300-400 calories per hour. All levels welcome. This class will be held on Sundays from 9:00 to 10:00 a.m. in studio 1 and is free to all members.

## Tennis Updates

### WHY TAKE TENNIS LESSONS?

Regardless of the level of tennis you play right now, everyone can benefit greatly from taking some tennis lessons. Even the top professionals have coaches. Without them, the top pros would not be where they are today.

Once you have learned the basics, tennis is a fun sport to learn and play. However, the game can also become very challenging or intimidating because of its complex mechanics and rules. Most people are just focused on learning to play the game mechanically first. They want to learn how to hold the racquet, swing it properly and hit the ball. Game mechanics are important but so are the game format, rules, scoring, and many more components.

If you are just getting started with the sport, you should consider beginner lessons. If you have set foot on the court a number of times enough to play some decent matches with your friends, you probably can level up to intermediate lessons. With that in mind, what would be the benefits of getting tennis lessons?

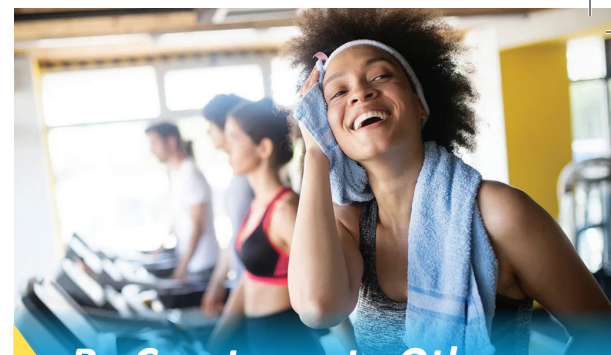
**Beginner lessons** can help teach beginners proper grips and swing patterns. They can offer tips on correct stances and movements. Learning the basics is vital for every beginner so they can hit the ball easily and develop the proper techniques which are important for preventing future injuries. **Intermediate lessons** will teach you directional control, depth, and power. You will also learn how to hit approach shots, lobs, overheads, and volleys – all part of your arsenal!

Tennis is a physically demanding sport that will help keep you active and improve your cardiovascular health. And aside from being physical, tennis is also a mental game. It requires your brain to work fast and come up with new strategies as you play and react to what your opponent is doing. This helps enhance your critical thinking skills and mental awareness.

For more information regarding our tennis program or to schedule a lesson contact Prime Time Athletic Club's Tennis Pro Dan Kelton at 650.274.9891 or email him at [directorof10s@gmail.com](mailto:directorof10s@gmail.com).

#### TENNIS LESSON PRICING FOR MEMBERS

- \$90.00 for a one hour lesson
- \$519.00 for 6 one hour lessons
- \$999.00 for 12 one hour lessons



### Be Courteous to Others with Club Etiquette

From yoga and Pilates to circuits and supersets, there is no right or wrong way to get in shape. Whatever it takes to break a sweat, right? But let's not leave that sweat on the mats. From the locker room to the cardio room, when it comes to club etiquette, there are a few rules that everyone should follow.

**If you take something out, put it away:** Leaving dumbbells, bands, exercise balls and other equipment on the floor is a tripping hazard and makes it difficult for other members to find the equipment they need.

**Learn to share:** Do not hog the equipment for yourself. If you are resting between sets let others slip in between sets to save time. How do you properly share equipment? If you would like to use weight machines or equipment that someone else is using just ask to work in with them. You can do a set in between their set while they are resting. If you have to change anything on the weight machine, please return it to the original setting. This means that you should return the stack to its original weight, seat height, and make any other necessary adjustments in between the shared sets.

**Unloading your weight bar:** After you finish using a weight bar, leave it completely empty. Do not assume that everyone can lift the same amount of weight you can. Removing weight plates from a bar takes a fair amount of strength as well as good technique. Don't assume that the next person who comes along has the ability to do this. This clear-the-bar rule doesn't just apply to heavy lifters. Even if you're using only a 10 pound plate, you still need to clear your bar. If the next person who comes along wants to use a 45 lb. plate, they should not have to remove your plate.

**Clean up after yourself:** Always bring a towel, and use it. There's nothing worse than getting covered in someone else's sweat. Towels help keep surfaces clean, dry and germ-free. Towels and disinfectant wipes are available. Please use them to wipe down your equipment before heading off to the next station.

*Thank you for your cooperation!*



## Recipe of the Edition



### Moroccan Chickpea and Barley Stew

#### INGREDIENTS:

- 1 tablespoon olive oil
- 3/4 cup barley - rinsed
- 2 cups cubed peeled butternut squash (1/2-inch cubes)
- 1 large onion, chopped
- 3 garlic cloves- minced
- 1 large sweet red pepper, chopped
- 1 teaspoon ground cinnamon
- 1/2 teaspoon pepper
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 can (15 ounces) chickpeas or garbanzo beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 cup vegetable broth
- Chopped cilantro, optional

#### DIRECTIONS:

1. In a Dutch oven, heat oil over medium-high heat. Add squash, onion, garlic and red pepper; cook and stir until onion is translucent and red pepper is crisp-tender, about 5 minutes. Stir in seasonings until blended.

2. Add chickpeas, barley, tomatoes and broth bring to a boil. Reduce heat; cover and simmer until squash is tender, about 15-20 minutes. Salt and pepper to taste If desired, top with cilantro.

## NUTRITION

### 7 EASY TRICKS FOR EATING HEALTHY IN THE NEW YEAR

Do not feel bad if you are feeling confused about how to eat healthy. The constant stream of misinformation on the internet and social media make it challenging to know who to trust. Don't believe everything you read. If nutrition advice promised to cure a disease, peel off pounds or provide a quick fix, it is probably advice you should stay away from. Instead why not try implementing even just a few of these easy tips that will help you eat healthier this year.

**1. GET MORE SLEEP** – Research consistently shows that lack of sleep or disrupted sleep is associated with an increase for junk food cravings and higher calorie intake. Focus on what you can do tonight to ensure you get a good night's sleep.

**2. SLASH THE SUGAR** – Excess sugar contributes to obesity, type 2 diabetes, certain cancers, heart disease and premature aging. A spiked diet high in added sugars can also spike systemic inflammation within your body. The American Heart Association recommends no more than 100 calories per day (or 6 teaspoons) for women and 9 teaspoons for men (150 calories). Common names for added sugars include sugar, cane juice, sucrose, dextrose, maltose and rice syrup. Try dried fruit or fresh fruit instead but remember sugar is sugar natural or processed. Limit the amount you consume.



**3. CHOOSE WHOLE GRAINS** – A recent study showed that whole grain consumption is associated with lower incidence of cardiovascular disease, type 2 diabetes and certain cancers. Some healthy grains to include are brown rice, oats, and whole-wheat flour. Or change it up completely and try quinoa, millet, buckwheat and sorghum.

**4. TRY MEAL PREPPING** – Plan out what you are going to eat and you will be able to control your weight and improve the nutritional quality of your diet, save time and save money. Studies show that individuals who frequently eat out or purchase prepared meals are more likely to be overweight and have higher intake of added sugar and saturated fat.

**5. LIMIT PROCESSED FOODS** – Here is a statistic worth noting: 57% of the total daily calories in a typical U.S. diet come from ultra-processed manufactured foods. They are linked to heart disease, obesity and type 2 diabetes. These ultra-processed foods are foods and beverages that have undergone significant processing and filled with added sugars, fat, additives and preservatives. Soda, chips, candy, baked goods, processed meats are just a few. You would be better off choosing natural whole foods as much as possible.

**6. START YOUR DAY RIGHT** – A balanced breakfast is a great way to set the tone for the rest of the day. Get a good balance of lean protein, carbohydrates and fat in your diet.

**7. EAT MORE PLANT BASED FOODS** – A more plant-based diet is generally best for your health and starving off chronic diseases. In fact traditional diets of the longest living people in the world (Vegans and pesco-vegetarians) are plant based.

Stay positive, enjoy what you eat, get some exercise, rest and you will have a great start to the New Year!

Prime Time  
Athletic Club