



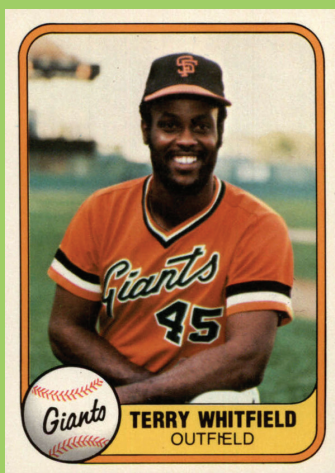
the NewsLine

PRIME TIME ATHLETIC CLUB

MARCH / APRIL 2024

Terry Whitfield FREE BATTING CLINICS

this edition



Spring is almost here and so is the love for baseball and softball. Whether you are a seasoned professional or just starting out, learning how to swing and hit correctly will benefit your game in the long run. Prime Time Athletic Club is pleased to offer batting practice with none other than former Major League Baseball player **Terry Whitfield**.

Terry Whitfield was a first-round draft choice of the New York Yankees. He played for 7 seasons in the major leagues with the New York Yankees, the San Francisco Giants, and the Los Angeles Dodgers and 3 years

in Japan. Terry will be offering FREE batting instruction for baseball and softball. These clinics are available every Wednesday evening from 6:30 to 7:30 p.m. or 7:30 to 8:30 p.m. in racquetball court 1. Sign-ups are available at the front desk.

Clinics are limited to 4 people per session and are FREE to all members. Please bring your own bat, glove and water bottle.



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YOUTH SPRING BASEBALL AND SOFTBALL CAMP

Batter Up!! Spring is here and so is the fun of playing baseball and softball. Prime Time Athletic Club is pleased to offer a Spring Break Baseball and Softball Camp for kids ages 7-12. This camp will be held April 2, 3 and 4 from 9:00 a.m. to 12:00 p.m. This camp will be run by former MLB baseball player Terry Whitfield. Terry is offering a weekly camp to help your child learn the general mechanics of throwing and fielding, along with warm-up drills. The class is limited to 10 students per class.

The cost for the camp is \$265.00. Sign up at the front desk today.

Announcements:

SPRING FORWARD

Daylight saving time begins on Sunday, March 10, at 2:00 a.m. Remember to set your clocks forward one hour!

EASTER SUNDAY

Prime Time Athletic Club will be closed on Sunday, March 31, 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.

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.



COFFEE LOUNGE FAVORITE

Have you tried the new favorite drink in our coffee lounge – the PISTACHIO LATTE? Flavors of sweet pistachio, paired with espresso, steamed milk and a rich brown butter topping.

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 shakes and beverages. 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



SERVE, SWIM AND PLAY CAMP 2024

Prime Time Athletic Club's Tennis Coach, Dan Kelton invites you to a great kids' 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 provided. Please pack a lunch, swimsuit, towel, sunscreen and 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:

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June 17 to June 21

July 1 to July 5 (no class on 7/4)

July 15 to July 19

July 29 to August 2

August 12 to August 16

June 24 to June 28

July 8 to July 12

July 22 to July 26

August 5 to August 9

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.

Current News and Updates

NEW SATURDAY MORNINGS SPIN CLASS

9:00 to 10:00 a.m.

Are you ready for an awesome workout? A class that challenges your body in ways other workouts just can't. Spinning is the way to go. This class focuses on strength, speed and endurance and is designed to work and tone every muscle group in the body.

Join certified Spin Instructor, Jenny De Martini for a Saturday morning spin class from 9:00 to 10:00 a.m. This class will be held in studio 3. See group exercise schedule for additional classes offered. See group exercise schedule for more Spin classes.



WHY STRENGTH TRAINING



How many times have you thought about exercising but you were not sure what to do or how to begin? Let us help you get started.

Although diet will account for 80-90% of your body transformation, strength training will make all aspects of your life easier. If you are trying to lose weight or just want to get started with exercise for the first time, your focus first and foremost should be on your diet. That will account

for a strong majority of your change. After that, you need to find something that you enjoy that gets your heart beating faster. If the thought of running doesn't really excite you then try something else perhaps a spin class, one of our many yoga classes or Zumba your way into a great sweat. Do you love to swim? Our pool is heated year-round so there are no excuses. Whatever it is, you just want to do SOMETHING. It all counts. Regardless of what that activity, strength training will make it better and more enjoyable.

We know that strength training can be intimidating and confusing to start, but it is so important that we want to highlight this topic for you.

A strong body is a healthy body. This can be as simple as doing some squats and pushups. For a more intense workout this may include a deadlift. Not only is your body constantly rebuilding the muscle during strength training it is also burning extra calories the entire time. While getting stronger, you keep the muscle you have and burn the fat that covers your muscles. Everybody wins!

Let one of our Certified personal trainers help you pick a plan, reach your goal and have fun while doing it. If you are interested in signing up with an expert Certified Personal Trainer, contact Fitness Director, Cathy Firkins at ext. 613.

PERSONAL TRAINING RATES

PRIVATE SESSIONS

1 hour session \$70.00

Package of 6 sessions \$399.00

Package of 12 sessions \$769.00

SEMI-PRIVATE 2 TO 3 PEOPLE

\$50.00 for one session (per person)

\$225.00 for package of five sessions (per person)

\$425.00 for a package of 10 sessions (per person)



NEW ZUMBA® CLASS

Wednesdays from 6:30 to 7:30 p.m.

Starting Wednesday April 3, come join Sandra Cano for a new Zumba class. 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 style of 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'll find moves from dance styles like cumbia, merengue, salsa and samba. No dance experience needed, this class is for all fitness levels.

This class will be held on Wednesday evenings from 6:30 to 7:30 p.m. in studio 1 and is free to all members.

ZUMBA® TROPICAL NIGHTS



Come join Sandra Cano for her tropical Nights party on Friday, April 12 at 6:00 p.m. in studio 1. This class is free to all members, no sign up needed.

Recipe of the Edition

CHICKEN TANGENE

INGREDIENTS:

- 3 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced (about 1 cup)
- pinch of salt
- 1 tablespoon minced fresh ginger
- 4 garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground cinnamon
- 1/2 preserved lemon peel, finely chopped
- 8 pitted Medjool dates, chopped
- 1/2 cup brown lentils
- 4 cups low-sodium chicken stock
- 2 teaspoons kosher salt
- 1 pinch saffron
- 1 cup pitted green olives
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 1 whole store-bought rotisserie chicken (3 to 4 pounds)
- 1/4 cup chopped fresh flat-leaf parsley

DIRECTIONS:

1. In a medium Dutch oven or heavy-bottomed pot over medium-high heat, heat the olive oil. Add the onion and a pinch of salt and cook, stirring, for 2 minutes. Add the ginger and garlic and cook 1 minute longer, then stir in the turmeric, black pepper, and cinnamon and cook another 30 seconds. Stir in the preserved lemon, dates, and lentils. Pour in the stock and add the salt and saffron. Bring to a boil, then reduce to a simmer and stir in the olives and garbanzo beans. Cover the skillet and cook, stirring occasionally, until the lentils are cooked through, about 25 minutes.

2. While the tangene cooks, pull the meat from the chicken, discarding the skin and bones. Shred the meat into bite-size pieces and set aside; you should have about 4 1/2 cups chicken.

3. Stir in the chicken and cook until the chicken is warmed through, 5 minutes. Transfer to a serving dish and garnish with the parsley.

Serving Size: 1.5 cups

Calories per serving: 650 Fat: 15g

NUTRITION

7 STEPS TO SPRING CLEAN YOUR DIET

The sun is shining more, temperatures are warming up and it's time to start spring cleaning. But we are not just talking about spring cleaning your home, your garage, or even your desk at work. We are talking about spring cleaning your diet.

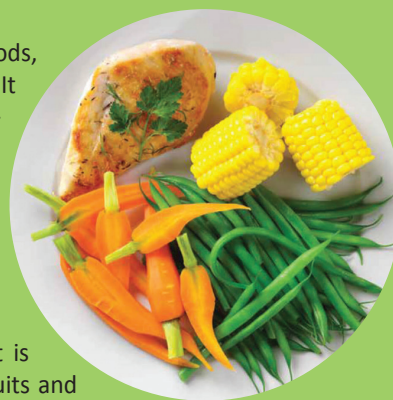
What we eat plays a huge role in the health of our bodies, so it is important to occasionally flush out the bad and strengthen the good parts of our diets. Spring is a refreshing, rejuvenating time of year, so why not start now? Simply follow these steps:

STEP 1 – ELIMINATE FROM YOUR DIET

Start small, instead of cutting out all processed foods, choose 3 that you know are hurting your diet. It could be potato chips, soft drinks or even cookies – whatever you know you can effectively eliminate to improve your diet. Once you have chosen the 3 foods, throw away any remaining in your pantry and do not restock.

STEP 2 – ADD FRUITS OR VEGETABLES TO YOUR DIET

You have eliminated 3 processed foods, so now it is time to replace them with healthier options, like fruits and vegetables. This is the time to try something new! Browse the produce aisle at your grocery store and go out on a limb put something completely different into your shopping cart.



STEP 3 – ONLY SHOP IN THE PERIMETER

Another small change you can make to your diet involves where you are getting your food. While out grocery shopping, try to stay out of the inner aisles at the grocery store. This is where most processed and packaged food can be found. Instead, stick to the outer edges where you can usually find healthy, vitamin-rich foods, such as produce, meats, dairy, grains, eggs and other fresh, ready-to-eat foods.

STEP 4 – READ THE LABELS

Do you even know how many calories are in the foods you are currently eating? Be more mindful of a food's nutritional label. Examine its fat, sugar and sodium contents. Too much of these ingredients can wreak havoc on your diet.

STEP 5 – COOK AT HOME MORE OFTEN

Quick fixes like fast food may be convenient, but they are not always good for you. Give your food intake the spring cleaning it deserves by staying in and cooking healthier, fresh meals. You may find these foods leave you feeling less bloated and more energized than fast food does.

STEP 6 – CHANGE YOUR PORTION SIZES

Sometimes it is not what you eat, but how much of it you are eating. You may think that 3 big meals per day is acceptable, but you will feel less hungry if you break those 3 meals into 6 smaller meals every day.

STEP 7 – THINK SMALL

Remember, you do not have to make big changes to your diet to see a positive impact. Every little change helps. Be patient and allow yourself to make small changes, one step at a time. Just like an average person's spring cleaning takes time, so does spring cleaning your diet.

Prime Time
Athletic Club