

the NewsLine

PRIME TIME ATHLETIC CLUB

SEPTEMBER/OCTOBER 2024



NEW NAUTILUS GLUTE DRIVE

Nautilus Glute Drive – The Nautilus Glute Drive is a commercial-rated plate-loaded machine designed for safe and effective execution of the hip thrust exercise to improve strength, speed, and power in the glute and hip muscles. Inspired by the increasing trend of glute exercises seen in various executions in gyms today, Nautilus Glute Drive is a safe and smart way to isolate your glutes, building power through a strong hip bridge motion and improved hip and core stability. These benefits are universally desirable, important for a wide variety of sports and exercises, and are arguably the most important muscles for total athleticism. The plate loaded hip thruster machine is easy to set up and easy to get into. It is also safe on the back because of an articulating back pad that supports the entire length of the spine and promotes a proper hip hinging motion. With a small footprint, compatibility with Olympic weight plates and ability to be used by exercisers of any age or fitness level, this “butt blaster” machine is a game changer. The Nautilus Glute Drive is located in the upstairs weight room.



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NEW PILATES MAT CLASS

THURSDAYS, FROM 6:00 TO 7:00 P.M.

We are offering a new Pilates Mat class with Certified Personal Trainer and Pilates Instructor Tammy Meza. This mat-based Pilates workout focuses on core strength, flexibility, balance, and overall body awareness. The class will lengthen and strengthen the muscles while giving you a full-body workout. Tammy will utilize the pilates ring, theraband, small ball, and light weights to help sculpt the body as well as increase strength and range of motion. Each class consists of a special combination of controlled movements that help to create and sculpt longer, leaner muscles. This class is free to all members and will be held in studio 4.

Announcements:

HOLIDAY HOURS

In observance of Labor Day, Monday, September 2, Prime Time Athletic Club's hours will be from 8:00 a.m. to 8:00 p.m.



CHILD CARE IS OPEN

Child Care is open and providing kid size fun! 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.

FITNESS CENTER REMINDERS

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



WE PROUDLY SERVE STARBUCKS COFFEE!

Come to the Coffee Lounge and try a cup of our fresh coffee. The Coffee Lounge is conveniently located on the second floor, upstairs from the front desk. We proudly serve Starbucks coffee and a variety of hot and cold beverages. We also serve fresh pastries, strawberry or blueberry parfaits and sandwiches every day. Grab a quick lunch or healthy snack on the go. Our 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

HIGH BLOOD PRESSURE AND EXERCISE

Having high blood pressure and not getting enough exercise are closely related. Discover how small changes in your daily routine can make a big difference.

Your risk of high blood pressure (hypertension) increases with age, but getting some exercise can make a big difference. And if your blood pressure is already high, exercise can help you control it. Start slow and work more physical activity into your daily routine. Regular physical activity makes your heart stronger and can help to lower your blood pressure. To keep your blood pressure low, you need to keep exercising on a regular basis. It takes about one to three months for regular exercise to have an impact on your blood pressure. The benefits last only as long as you continue to exercise.

HOW MUCH EXERCISE DO YOU NEED?

Aerobic activity can be an effective way to control high blood pressure. But flexibility and strengthening exercises such as lifting weights are also important parts of an overall fitness plan. Simply adding moderate physical activities to your daily routine will help. Any physical activity that increases your heart and breathing rates is considered aerobic activity.

The Department of Health and Human Services recommends getting at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity per week, or a combination of moderate and vigorous activity. Aim for at least 30 minutes of aerobic activity most days of the week. They also suggest incorporating strength training exercises of all the major muscle groups into a fitness routine at least two times a week.



If you have high blood pressure and you'd like to include weight training in your fitness program, remember to learn and use proper form when weight training to reduce the risk of injury. Lifting heavier weights does require more strain which can cause a greater increase in blood pressure, but you can still challenge your muscles with lighter weights by increasing the number of repetitions you do.

It is strongly recommended if you have high blood pressure, to get your doctor's OK before adding weight training exercises to your fitness routine.

Any one of our personal trainers would be happy to assist you with your weight training goals. If you are interested in signing up with a personal trainer, contact 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



Current News and Updates



GET READY TO RIDE... 6:15 A.M. SPIN IS BACK!!

Tuesdays from 6:15 to 7:00 a.m.

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, Monday and Wednesday mornings from 6:15 to 7:00 a.m. starting Monday, September 30, 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.

BOOTY BALL BAND MINI BALL SESSION

Come join Certified Booty Ball Band and Zumba Instructor Sandra Cano for this Booty Ball Band session, focusing on your abs and glutes. Using a small ball attached to the Booty Ball band makes sure the ball stays in place so you stay in the zone! It's a band designed to free you so you can focus on your exercise routine while activating your core. Booty Ball class essentially changes the stimulus of an exercise, challenging your body in a brand new way. This is resistance training that increases muscle strength by making your muscles work in a safe way. This class will focus on activating and strengthen the pelvic floor, glutes, core and legs. It also helps to improve balance. This class will be held on Fridays from 5:00 to 5:45 p.m. in studio 1, starting Friday, October 4 through October 25. The cost is \$49.00 per person and limited to 14 participants. Sign up at the front desk today to get your spot. For more information contact Fitness Director, Cathy Firkins at ext. 613.



ZUMBA® NEON ZUMBA PARTY



Come join the Neon Zumba party and help Sandra Cano celebrate her 11 year anniversary with Zumba. Wear your neon colors and dance your heart out on Friday, September 27 from 6:00 to 7:00 p.m. in studio 1. This class is free to all members, no sign up needed.

ZUMBA® HALLOWEEN PARTY

Wear your costumes and join Sandra Cano. It's going to be a spooktacular party on Friday, October 25 from 6:00 to 7:00 p.m. in studio 1. Costumes are optional. This class is free to all members, no sign up needed.



Tennis Updates

PRIVATE TENNIS LESSONS

Taking Tennis Lessons challenges you to improve your strokes and develop your strategy to become a better player. You also get the satisfaction that comes from mastering a skill or improving the weak areas of your tennis game. Private tennis lessons will include detailed one-on-one instruction for members of all levels. Whether you need tips on improving your serve, backhand, forehand, or keeping those ground-strokes on the court, a private tennis lesson is the perfect solution. A private tennis coach will always be able to help you improve some aspect of your game and can easily point out things you need to work on in order to bring your game to the next level. For more information contact Tennis Pro Dan Kelton at 650.274.9891 or email him at directorof10s@gmail.com.

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 a one hour lesson

COMPLIMENTARY TENNIS LESSONS

MONDAYS

- Youth Ages 5 to 8: 5:00 to 5:30 p.m.
- Youth Ages 9 to 12: 5:30 to 6:00 p.m.
- Adults: 6:00 to 7:00 p.m.

SATURDAYS

- Youth Ages 5 to 8: 3:00 to 3:30 p.m.
- Youth Ages 9 to 12: 3:30 to 4:00 p.m.
- Adults: 4:00 to 5:00 p.m.

FREE HALF HOUR TENNIS LESSON

Have you ever wanted to try tennis but didn't know how to start? Or are you already playing and want to improve your game? Let Prime Time Athletic Club's Tennis Pro Dan Kelton help you. Coach Dan is a certified USPTA professional and a USTA clinician with fifty years of tennis experience, working with children, adults and coaching tennis teams. If you have never taken a lesson with Dan is offering a free half hour tennis lesson for beginners to advanced players. Contact Tennis Pro Dan Kelton at 650-274-9891 or email him at directorof10s@gmail.com.

NUTRITION:



ARE PREMADE PROTEIN SHAKES GOOD FOR YOU?

If you are interested in adding premade protein shakes to your menu, you are probably wondering if these convenient drinks are good for you. It depends! Knowing which premade protein shakes are healthy and which to avoid is the key to maximizing your health and maintaining your ideal body weight. Generally speaking, protein shakes are healthy for you, but not all premade protein shakes are a good option. Many contain added sugar, artificial sweeteners, or other additives that are not beneficial for your health. Some examples of ingredients to choose and those to avoid in ready-to-drink protein shakes include:



HEALTHY INGREDIENTS:

- Whey, casein, milk, or egg protein
- Hemp, pea, rice, nut, soy, or other plant proteins
- milk, or unsweetened plant milk
- Tapioca flour, brown rice flour, or oat powder
- Coconut oil, sunflower oil, canola oil, and other plant oils
- Almonds, flax seeds, and other nuts and seeds
- Nut and seed butters
- Avocados
- Coconut or coconut powder
- Dark chocolate, unsweetened cocoa powder
- Fruits and vegetables

NOT-SO-HEALTHY INGREDIENTS:

- Sugar, Sugar cane
- Sucrose, high-fructose corn syrup
- Saccharin, acesulfame, aspartame, neotame, sucralose
- Artificial colors
- Artificial sweeteners
- Carrageenan gum
- Other artificial ingredients

The bottom line when choosing ready-to-drink protein shakes, pick those containing less than 5 grams of added sugar per serving when possible. Try to pick those containing whole food ingredients that are free from added sugar, artificial sweeteners, artificial colors, and other artificial ingredients.

Peanut Butter Chocolate Protein Shake

This is a great smoothie-style shake for those who are not big on fruit but are big on protein. This is a shake that really sticks to your ribs and it's delicious too.

INGREDIENTS:

- 1 1/2 cups milk (cow, almond, soy, or coconut)
- 2 scoops chocolate protein powder
- 1 tablespoon peanut butter
- 1/2 cup old-fashioned oats
- 4 ice cubes

INSTRUCTIONS:

Gather the ingredients. Combine all of the ingredients in a blender and blend until smooth. This protein shake can be kept in an airtight container in the fridge for a few days, but it will be more watery and some separation will occur. Stir well before drinking.

