



The NewsLine

PRIME TIME ATHLETIC CLUB

JANUARY / FEBRUARY 2025



FREE INTRODUCTION TO PICKLEBALL CLINIC BEGINNING SATURDAY, FEBRUARY 15!

this edition

Pickleball is the fastest-growing paddle sport that combines elements of tennis, badminton, and table tennis. It is played on a smaller court than tennis, with a net similar to badminton, using a paddle to hit a small whiffle-style ball. This sport is designed for players of all ages and skill levels and physical abilities, whether you are a beginner or a seasoned athlete. It is an excellent way to stay active while socializing with friends. Make Pickleball a part of your fitness routine here at Prime Time Athletic Club.

We are pleased to offer our members an Introduction to Pickleball Clinic. This clinic will be taught by Paul Swink. Paul is a Certified Instructor in both tennis and Pickleball. He is a USRSA Master Racquet Technician and member of the USPTA (RSPA). This clinic will be held the third Saturday of the month (weather permitting). This clinic is FREE to all Prime Time members. For your safety, we ask that you wear appropriate pickleball or tennis attire with shoes that have no black bottomed soles. This clinic will be limited to 8 participants. Sign-up at the front desk.

YOUTH: 5 to 8 years of age	1:00 to 1:30 p.m.
YOUTH: 9 to 12 years of age	1:30 to 2:00 p.m.
ADULTS:	2:00 to 3:00 p.m.

Private and semi-private lessons are available at \$75.00 per hour for private and \$50.00 per hour (per person) for semi-private lessons. For more information contact Paul Swink at 415-525-1752 or email: pswink4496@gmail.com.



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WOMEN'S WEIGHT TRAINING SEMINAR

Did you set a New Year resolution to get into shape? Are you finding it challenging to stick with it, feeling intimidated by the weight room or unsure about how to start weight training? Join Prime Time Athletic Club's Certified Personal Trainer and Assistant Fitness Director, Maria Harper for a two-part weight training seminar designed to help you build confidence and create a sustainable workout plan. In this seminar you will learn how to navigate the weight room effectively, as well as how to set up the weight machines using proper form. You will learn new exercises targeting each major muscle group and also be shown practical tips to help you achieve your own fitness goals. This informative series will take place on Tuesday, February 4 and Tuesday, February 11, from 9:30 to 11:00 a.m. Do not miss this opportunity to take the first steps toward a stronger, healthier you. 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 20. Club hours will be from 8:00 a.m. to 8:00 p.m.

President's Day is Monday, February 17. Club hours will be from 8:00 a.m. to 8:00 p.m.

CHILD CARE IS OPEN

Providing kid size fun. Child care hours are, Monday through Sunday from 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.



BASKETBALL VOLLEYBALL & BADMINTON SCHEDULE

We offer open court indoor basketball seven days per week. However, if you are looking for something different, stop by the gymnasium on Thursday and Friday evenings. Open court volleyball is held on Thursday evening from 6:00 to 8:30 p.m. and open court badminton is held on Fridays from 6:00 to 8:30 p.m. Reservations are required for volleyball and badminton. Please contact the front desk to reserve the court and net set up. This is FREE to all members. So, grab your racquets, volleyballs and competitive spirit for a fun-filled evening!

Current News and Updates

STRENGTH TRAINING BUILDS MORE THAN MUSCLES

Most of us know that strength training (with free weights, weight machines, or resistance bands) can help build and maintain muscle mass and strength. What many of us do not know is that strong muscles lead to strong bones. And strong bones can help minimize the risk of fracture due to osteoporosis.

Osteoporosis should be a concern for all of us. An estimated eight-million women and two-million men in the United States have osteoporosis. It is now responsible for more than two million fractures each year, and experts expect that number will rise. Hip fractures are usually the most serious. Six out of ten people who break a hip never fully regain their former level of independence. Even walking across a room without help may become impossible.



A combination of age-related changes in activity levels and inadequate nutrition gradually leads to the loss of bone mass, at a rate of 1% per year after age 40. As bones become more fragile, and prone to fractures, they are more likely to break, even from a minor fall or seemingly insignificant stress, such as bending over to tie a shoelace.

The good news is that research indicates strength training can help slow bone loss and even promote bone growth. This is particularly valuable for counteracting age-related declines in bone mass. Activities that place stress on bones stimulate bone-forming cells, as the tugging and pushing on bones during strength training encourages this process. The outcome is stronger and denser bones.

Strength training, in particular provides bone benefits that go beyond those of aerobic weight-bearing exercise. It specifically targets the bones of the hips, spine and wrists which are the most common fracture sites. Moreover, resistance workouts especially those that focus on power and balance-improve strength and stability. This not only boosts confidence and promotes an active lifestyle but also helps reduce fractures by decreasing the risk of falls.

Any one of our Certified 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

ZUMBA® BLACK AND WHITE PARTY



Come join Certified Group Fitness instructor, Sandra Cano Friday, January 31 in studio 1 from 6:00 to 7:00 p.m. Wear your favorite black and white outfit and be part of the fun! This class is FREE to all members, no sign-up is needed.

ZUMBA® VALENTINE'S PARTY

Wear your pink and red and come join Certified Group Fitness instructor, Sandra Cano on Friday, February 14, from 6:00 to 7:00 p.m. for our annual Valentines' Day Party in studio 1. This class is FREE to all members, no sign-up is needed.



Current News and Updates

MEET THE PROFESSIONALS

Prime Time Athletic Club would like to introduce you to our Personal Training Staff. They are among the most diversely educated and professionally experienced in the area. With one of our Certified Personal Trainers, you will start your fitness journey catered specifically to your needs. They can help refine, rebuild and revamp your strengths and help you achieve your desired fitness goals. For further information on Prime Time Personal Trainers, please review our Personal Trainer Biography index at the front desk. Individual Personal Training appointments are available for \$70.00 per hour. For more information, contact Fitness and Group Exercise Director, Cathy Firkins, at ext 613.



Meet Gabriel Tobar, one of Prime Time Athletic Club's newest Certified Personal Trainers. Gabriel is a driven and experienced Certified Personal Fitness Trainer, with 16 years of expertise instructing all fitness levels. He is proficient in enhancing clients' fitness journeys through continuous support and reminders of health benefits. You can contact the front desk to schedule your fitness appointment with Gabriel or to check the availability of any of our fitness trainers. For more information contact Fitness Director Cathy Firkins at ext. 613.



SPIN® CORE CLASS NOW OFFERED ON MONDAYS AND FRIDAYS
Beginning Monday January 6th 9:00 to 10:30 A.M.

Prime Time Athletic Club is pleased to offer an additional Spin/Core class on Mondays, beginning January 6. This class is a mix of spinning and core on the floor. Join Certified Spinning and NASM Group Fitness Instructor, Tammy Pigot for an awesome indoor cycling class that will help improve your strength and endurance along with burning some serious calories. This 90 minute class will consist of 45 minutes on the bike and 30 minutes on the floor for core followed by additional stretching. Tammy will take you on a bike ride through hilly terrain with some sprints and jumps, followed by a killer core work. The pace and speed will vary throughout the workout. Do not be intimidated, this class is for all levels and is sure to be a fun ride. This class is now available on Monday and Friday mornings from 9:00 to 10:30 a.m. in studio 3. No sign-ups required. See group exercise schedule for other class times. For more information please contact Fitness Director, Cathy Firkins at ext. 613.

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. Removing weight plates from a bar takes a fair amount of strength as well as good technique. Do not 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 are using only a 10 pound plate, you still need to clear your bar. If the next person who comes along wants to use a 45lb plate, they should not have to remove your plate.

CLEAN UP AFTER YOURSELF: Always bring a towel and use it to. 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



Lemon Butter Spaghetti Squash

Yield: 1 to 2 people

Prep Time: 10 minutes

Cook Time: 35 minutes **Total Time:** 45 minutes

This lemon spaghetti squash is tossed in a lemon-garlic butter and topped with feta, sliced toasted almonds and fresh herbs. It's delicious!

INGREDIENTS:

- 1 spaghetti squash
- 2 tablespoons unsalted butter
- 1 Meyer lemon, juiced and zest freshly grated
- 1 garlic clove, finely minced
- ¼ teaspoon freshly cracked black pepper
- Pinch of salt
- 2 tablespoons crumbled feta cheese
- 2 tablespoons sliced almonds, toasted
- 2 tablespoons chopped fresh herbs (parsley or basil)

DIRECTIONS:

- Preheat the oven to 400 degrees F. Line a baking sheet with parchment or foil.
- Slice the spaghetti squash in half lengthwise, right down the center. Scrape out the seeds and place it on a baking sheet. Brush it with olive oil and sprinkle with salt and pepper.
- Roast the squash for 30 to 35 minutes, or until the strands easily scrape away from the sides.
- Right before the squash is finished roasting, heat a skillet over medium-low heat and add the butter. Once melted, stir in the garlic and cook for 30 seconds. Stir in the lemon juice, zest and a sprinkle of salt and pepper. Bring the mixture to a simmer then turn off the heat.
- Once the squash is all scraped from the skins, place it in a bowl or on a plate and gently toss with the lemon butter. Sprinkle on the feta, almonds and herbs. Serve immediately!

NUTRITION

NUTRITION TIPS FOR GETTING BACK ON TRACK AFTER THE HOLIDAYS

1. Reestablish a Consistent Routine
2. Revamp Your Diet
3. Get Moving
4. Set Realistic Fitness Goals
5. Stay Accountable
6. Reduce Holiday Treats
7. Final Thoughts

1) REESTABLISH A CONSISTENT ROUTINE

Establish a consistent routine, including grocery shopping, meal prep, and workouts. Prioritize consistent physical activity and healthy eating to get back on track. A well-organized schedule can be a powerful tool in achieving your health and fitness goals after the holidays.

2) REVAMP YOUR DIET

Start by cleaning out your pantry and fridge removing any tempting leftover holiday treats. Plan balanced and nutritious meals, incorporating a variety of protein, dairy, grains, fruits, and vegetables into your daily menu. Stay hydrated by drinking plenty of water and limiting sugary beverages and alcohol. Be mindful of portions and serving sizes to align meals with health goals.

3) GET MOVING

Jumpstart your post-holiday health journey, and get moving. Gradually incorporate a routine into your daily schedule to make working out a habit. Include strength training and cardio in your fitness routine to improve overall health and regain strength post-holidays. Prioritizing both strength training and cardio will lead to optimal results after the holidays.

4) SET REALISTIC FITNESS GOALS

Setting realistic health and fitness goals is vitally important for getting back on track after the holidays. Build a workout and nutrition plan that aligns with your schedule and preferences, making it sustainable for the long term. To stay motivated, track your progress, and celebrate your achievements along the way.

5) STAY ACCOUNTABLE

Start by sharing your fitness and wellness goals with a friend or family member who can provide support and encouragement. Consider joining a support group or fitness class to connect with like-minded individuals with similar objectives.

6) REDUCE HOLIDAY TREATS

Eliminate temptation and set yourself up for success by getting rid of any leftover holiday baked goods or treats, seek healthier alternatives that satisfy your sweet tooth or snack cravings in a more nutritious way. Focus on increasing your consumption of whole grains, low-fat dairy, lean proteins, and fruits and vegetables, which will help curb your cravings and provide essential nutrients.

7) FINAL THOUGHTS

Remember, patience and persistence are an important part of this journey. Change takes time, but each step brings you closer to a healthier post-holiday lifestyle. So, start today, prioritize yourself, and embrace the positive changes that lie ahead.

