



the NewsLine

PRIME TIME ATHLETIC CLUB

MARCH / APRIL 2025

this edition

Get a Jump Start on Summer Fun! OUTDOOR BOOT CAMP . . . COMMIT TO BE FIT, RAIN OR SHINE

Come join the fun with Prime Time Athletic Club's Certified Personal Trainer and Group Exercise Instructor Maria Harper on Saturday Mornings from 8:30 to 9:30 a.m. for an outdoor fitness boot camp. You will spend the morning challenging yourself in a circuit of activities building strength, endurance and having fun. The class will consist of functional body weight training, plyometrics and cardio bursts. We use free weights, battle rope, BOSU balance trainer and TRX Suspension trainers just to name a few. This outdoor boot camp class is a great way to get a full-body workout and help improve your fitness level.

The camp will be held outside on the main tennis court, weather permitting. If its raining, the class will be held in studio 2. Open to all fitness levels.

For more information contact Assistant Fitness Director Maria Harper at ext. 635.



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INTRODUCING A NEW PILATES MAT CLASS

Starting April 7, we are excited to introduce a new Pilates Mat class on Monday evenings with Certified Pilates Instructor and Certified Personal Trainer Tammy Meza. This class focuses on strengthening the core, abdominal, and back muscles while also engaging deeper muscle groups to improve coordination, balance and overall movement efficiency. Each session features a carefully designed series of controlled movements to help sculpt long, lean muscle. Pilates Mat is now available Mondays and Thursdays from 6:00 to 7:00 p.m. in Studio 4. This class is FREE to all members.

Announcements:

SPRING FORWARD



Daylight saving time begins on Sunday, March 9, at 2:00 a.m. Remember to set your clocks forward one hour!

EASTER SUNDAY

Prime Time Athletic Club will be closed on Sunday, April 20, 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

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 HYDRATED



Stay hydrated with Prime Time Athletic Club water bottles on sale for the month of April while supplies last. Our CamelBak water bottles are BPA free. The water bottles have a spill-proof straw, making them great for any workout routine. There is no need to stop your workout to twist off a top and they fit perfectly in most cup holders. The water bottles come in orange or green and are on sale for \$7.99 originally \$14.99 while quantities last. CamelBak water bottles are located in our Pro Shop. See the front desk for assistance.

Current News and Updates



SERVE, SWIM AND PLAY CAMP 2025

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 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:

WEEKLY SESSIONS ARE AS FOLLOW:

June 16 to June 20

June 23 to June 27

July 7 to July 11

July 21 to July 25

August 4 to August 8

June 30 to July 3

July 14 to July 18

July 28 to August 1

August 11 to August 15

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.

ZUMBA® ST. PATRICK'S DAY PARTY

Come join the fun in celebration of St. Patrick's Day and wear your Green outfits and dance your heart out with Certified Zumba Instructor Sandra Cano on Friday, March 14 from 6:00 to 7:00 p.m. in studio 1. This class is FREE to all members, no sign up needed.



ZUMBA® SALSA NIGHT

Put your dancing shoes on and come join Certified Zumba Instructor Sandra Cano on

Friday, April 25 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

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. Start your fitness journey with one of our Certified Personal Trainers who will design a workout program specifically catered 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 **TAMMY MEZA**, one of Prime Time Athletic Club's Certified Personal Trainers and Group Exercise instructors. Tammy has 20 + years of experience in personal training, fitness performance and group exercise. She loves to share her knowledge and passion for fitness in every way she can. Her training style allows her clients to have fun while being informed. She believes in adapting to each of her clients along with customizing the workout to meet the need of each client. If you would

like to try something new, Tammy also offers one-on-one personal training for Pilates Reformer. Contact the front desk to schedule your fitness appointment with Tammy or to check the availability of any of our fitness trainers. For more information contact Fitness Director, Cathy Firkins at ext. 613.

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 those of all levels. Whether you need tips on improving your serve, backhand, forehand, or keeping those ground-strokes in 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.



The cost of tennis lessons is:

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

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.
Adult 4:00 to 5:00 p.m.

FREE EVALUATIONS

All club members are invited to email, call or text Tennis Pro Dan Kelton to schedule a free 20 minute evaluation, or just to say hello. For more information regarding our tennis program or to schedule a lesson contact Dan at 650-274-9891 or email him at directorof10s@gmail.com.



PICKLEBALL NEWS

Pickleball is quickly becoming one of the most popular sports in the United States. Often described as a mix of tennis, badminton, and ping pong, it can be played in both singles and doubles formats, making it an exciting, year-round activity. As the sport continues to grow, understanding its biomechanics is the key to fully appreciating its many health benefits. Beyond being fun and engaging, Pickleball is also a fantastic social activity that offers numerous fitness and wellness advantages, including:

- Strengthening lower body muscles and improving balance
- Enhancing hand-eye coordination and neuromuscular control
- Lowering blood pressure and improving cholesterol levels
- Boosting energy and elevating mood
- Promoting overall well-being and increasing movement confidence

If you are looking to incorporate Pickleball into your fitness routine, Prime Time Athletic Club offers private and semi-private lessons, taught by Paul Swink, a Certified Tennis and Pickleball Instructor. Private lessons are available at \$75.00 per hour (per person) while semi-private lessons are offered at \$50.00 per hour (per person).

For more details or to schedule a lesson, contact Paul Swink at 415-525-1752 or via email at pswink4496@gmail.com.

Additionally, we host an introductory Pickleball clinic on the first and third Saturday of each month, weather permitting. The clinic is limited to 8 participants, so be sure to sign up at the front desk.

- Youth Clinic (Ages 5 to 8) 1:00 - 1:30 p.m.
- Youth Clinic (Ages 9 to 13) 1:30 - 2:00 p.m.
- Adult 2:00 - 3:00 p.m.
- Adult 3:15 - 4:15 p.m.

Join us at Prime Time Athletic Club and experience the excitement and benefits of Pickleball firsthand!



Banana Peanut Butter Yogurt Parfait

Yield: 1 to 2 people

INGREDIENTS:

- 1 ripe banana
- 1/8 teaspoon ground cinnamon
- 1 tablespoon natural peanut butter
- 1/4 cup low-fat plain Greek-style strained yogurt
- 1 tablespoon unsalted roasted peanuts

DIRECTIONS:

Slice 1 banana; place half the slices in a small bowl or jar. Sprinkle with 1/8 teaspoon cinnamon; mash with the back of a fork. Top with 1 tablespoon peanut butter; layer on 1/4 cup yogurt. Top with the remaining banana slices and 1 tablespoon peanuts.



HOW ARE YOU DOING WITH YOUR RESOLUTIONS?

It just seems like yesterday when many of us prepared to make our New Year's resolutions. But, believe it or not we are 60+ days into the New Year. How are you doing with your resolutions? Many of us said, "This is the year that I am finally going to lose those few extra pounds!" By now you have probably cut out some of your favorite foods and many "forbidden" foods. Are you feeling deprived? Maybe you should think about ADDING some foods to your diet! That's right, ADD!

Along with losing those extra pounds, your goal should be to become as healthy as possible. There are some foods that are considered to be nutritional powerhouses. Many of these can help prevent and in some cases, reverse some of the damage that has already been done. Some of this damage can be seen in the aging process, cardiovascular disease, type 2 diabetes, certain cancers and dementia.

Some of the foods that most of us are aware of include broccoli, spinach and tomatoes. These foods are rich in antioxidants and vitamins important for optimal health.

Try adding a few of these foods to your diet:

BEANS: They are not only good for you, but they are a very economical way to obtain protein. They may also help in lowering cholesterol levels and balancing blood sugar levels. They can help aid you in weight management. Beans fill you up without a lot of extra calories

OATS: A diet high in oatmeal, oat bran and oat flour can reduce the risk of coronary heart disease. They are also a rich source of vitamins and minerals.

PUMPKIN: It is high in fiber and low in calories. It is also impressive how the carotenoids work to help decrease the risk of certain cancers.

BLUEBERRIES: There are two very important antioxidants in these berries. One seems to slow aging in the brain and the other seems to block metabolic pathways that can promote cancer.



ORANGES: We have easy access to this fruit. The flavonoids have been found to inhibit cancer cell growth, strengthen capillaries and act as an anti-inflammatory.

WALNUTS: They are a rich source of omega-3 fatty acids. They are rich in plant sterols which plays a significant role in the lowering of serum cholesterol. They are rich in fiber and protein. Walnuts are

the nut with the highest overall antioxidant activity.

SOY: It is a relatively inexpensive high quality, vitamin and mineral rich plant protein. Soy plays a positive role in preventing cardiovascular disease and osteoporosis. It has soluble fiber and plant based omega-3 fatty acids.

YOGURT: It contains a range of health boosters including live cultures or "probiotics", protein, calcium and B vitamins. It helps boost the immune system.

WILD SALMON: A high source of lean protein. It contains omega-3 fatty acids. It is an important function in maintaining healthy cell membranes.

TURKEY: Turkey is a good source of niacin, vitamin B6 and 12. All three of these B vitamins are important for energy production. It is a good source of the trace mineral zinc which is needed for a healthy immune system.