the NewsLine
PRIME TIME ATHLETIC CLUB
NOVEMBER/ DECEMBER 2025

this edition



# STRETCH AND ROLL
# Self-myofascial release using the foam roller

**SATURDAY, NOVEMBER 15, FROM 9:30 TO 11:00 A.M.**

Join Personal Trainer William Lee for an hour and a half class showing the benefits of flexibility, stretching, and self-myofascial release using the foam roller.

Primary functions of muscles include creating tension and producing force for movement of the body's skeletal system. The intrinsic property of muscles and joints to go through a full or optimal range of motion (ROM) is referred to as flexibility. Stretching is viewed as a necessary part of any fitness program. It is a way to avoid injury, reduce muscle soreness, and improve muscular strength and performance. Flexibility has been shown to decrease up to 50 percent with age in some joint areas!

Although stretching is great for the body, it goes hand in hand with foam rolling. Foam rolling will lengthen and release some tension from the muscles. We can reduce aches and pains that people of all ages experience with the use of a foam roller. This technique, known as self-myofascial release (SMR), will help relieve those pesky sore spots. SMR techniques can improve flexibility, function and performance and even reduce injuries.

William Lee has been a personal trainer at Prime Time for the past 23 years. Many members have benefitted from William's unique approach, sense of humor and extensive training knowledge. William has a Personal Training Certification from the National Academy of Sports Medicine (NASM). He is also a Resist-a-Ball Core Instructor, Certified Spinning Instructor, TRX Trainer and a Certified Massage Therapist.

Class will be held in Studio 2, Saturday, November 15 from 9:30 to 11:00 a.m. Class is limited to 20 participants and is free to all members. Sign up today at the front desk! For more information, contact Fitness Director Cathy Firkins at ext. 613.

1730 Rollins Road, Burlingame 650.697.7311 www.PrimeTimeAthleticClub.com

# ZUMBA POST-HOLIDAY TURKEY BURN CARDIO AND BODY CONDITIONING

Join our special post-holiday Zumba class on Friday, November 28 from 9:00 to 10:00 a.m. This one hour cardio class will help you burn off that scrumptious turkey dinner! Come join Group Exercise Vanesa Romano. This class is sure to be filled with fun energy and loads of enthusiasm to keep you going.

A one hour body conditioning class will take place after the Turkey Burn from 10:00 to 11:00 a.m. taught by Melinda Lee.

Both classes will be held in Studio 1 and are free to all Prime Time members. No sign-ups required. More classes will be available that day; see the group exercise schedule at the front desk. For more information, contact Fitness Director Cathy Firkins at ext. 613.

## Announcements:

### FALL BACK

Daylight savings ends on Sunday, November 2, at 2:00 a.m. Remember to set your clocks back one hour.

### HOLIDAY HOURS

Thanksgiving: Closed
Christmas Eve: 8:00 a.m. to 6:00 p.m.
Christmas Day: Closed
New Year's Eve: 8:00 a.m. to 6:00 p.m.
New Year's Day: 8:00 a.m. to 8:00 p.m.

## CHILD CARE OPEN EXTENDED HOURS

**Monday through Sunday –**
**8:45 a.m. to 1:00 p.m.**
**Monday through Friday –**
**4:45 to 8:00 p.m.**

Providing Kid-Size Fun! Our goal is to provide a safe, happy and healthy environment for your child while you enjoy the club's facilities and services. Our Childcare Center is bright and cheerful just the way kids like it. We have a variety of toys, books, videos, games and infant accessories to entertain your child. Our Childcare staff keeps a watchful eye to maintain a safe environment and all staff members are CPR certified. Parents are welcome to use the childcare service for up to 2 hours each day. Childcare is open 7 days a week. Prime Time Childcare Center features a larger dedicated infant/toddler area, jumbo soft shapes for play, our soft and friendly hide-n-seek tree, an art and activity center, a video viewing theatre, a puppet stage, building blocks, a dollhouse, and a quiet corner.

### YOUR CHILD AND OTHER CLUB AREAS

Your children must be in the childcare center or in your care at all times. Children under 15 are not permitted anywhere in the club without parental supervision. Children under the age of 7 are not allowed in the Jacuzzi, sauna or steam room at any time. Wet floors, hot sauna rocks, whirlpools, weights etc., make these areas a potential hazard for children.

We look forward to the fun and excitement that our Childcare Center will provide for our youngest Prime Time members.

## Current News and Updates

## NEW YIN YANG YOGA FLOW CLASS

**WEDNESDAYS 6:00 TO 7:15 P.M.**

Find balance, harmony, strength, and flexibility, through this dynamic Yin Yang Yoga Flow class. First you will move through an invigorating Vinyasa flow to bring heat to the body, build strength and awaken your inner fire. In this 75-minute class led by certified yoga instructor Sheryl Seitz, you will achieve strength and stillness through energizing Yang poses to fire up the body, then melt into calming Yin stretches that will nourish the nervous system. Grab a yoga mat and your water bottle and join Sheryl on Wednesday evenings in studio 4, from 6:00 to 7:15 p.m. For more information, contact Cathy Firkins ext. 613.

## Pickleball News

The First Annual Prime Time Pickleball Tournament is in the books. It was a great morning of spirited competition with 4 teams battling it out for first place and the grand prize of a new pickleball paddle. Congratulations to Johnny Ramirez and Wayne Ho taking 1st place. It was an amazing morning of rivaled pickleball. Stay tuned for the next tournament.

Come out to the next Intro to Pickleball clinic and see what all the hype is about. I will bet you too will find – IT'S FUN.

We host an introductory pickleball clinic on the first and third Saturday of each month (weather permitting). These clinics 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). The clinic is limited to 8 participants, so be sure to sign up at the front desk.

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| **YOUTH CLINIC (Ages 5 to 8)** | **1:00 to 1:30 p.m.** |
| **YOUTH CLINIC (Ages 9 to 13)** | **1:30 to 2:00 p.m.** |
| **ADULT** | **2:00 to 3:00 p.m.** |
| **ADULT** | **3:15 to 4:15 p.m.** |

Prime Time Athletic Club also offers private and semi-private lessons. 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.

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

# Current News and Updates


## ZUMBA® WORLD PARTY

Come join the special Thanksgiving Zumba celebration with Sandra Cano and Rosario Alcantara. Get ready to dance, sweat and gives thanks with a high-energy workout that feels more like a party. Bring your smiles, your best moves, and plenty of gratitude as we kick off the holiday season together. This festive class will be held on Friday, November 21, from 6:00 to 7:00 p.m. in studio 1 and is free for all members, no sign-up required!

## ZUMBA® HOLIDAY PARTY


It's time to dance and celebrate the holiday season with Sandra Cano and Rosario Alcantara. Enjoy festive music, vibrant energy and plenty of fun while you wear your favorite holiday colors and bring your best moves and party spirit to the dance floor. Don't miss the most joyful Zumba party of the year! This class will be held Friday, December 19, from 6:00 to 7:00 p.m. in studio 1 and is free for all members, no sign-up required.

## 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 Director, Cathy Firkins at ext. 613.

### MEET MARIA HARPER

Assistant Fitness Director and one of Prime Time Athletic Club's Certified Personal Trainers and Group Exercise instructors, Maria has 15 + years of experience in personal training, fitness performance and group exercise. Maria brings both expertise and enthusiasm for every session. She has a true passion for helping others discover the benefits of fitness and enjoys creating a supportive environment where clients can challenge themselves and see real progress.

Her approach is centered on making workouts both effective and enjoyable. She tailors each program to the unique goals and abilities of her clients, ensuring they feel motivated, confident, and empowered along the way. If you are ready to take the next step in your fitness journey, contact the front desk to schedule your fitness appointment with Maria or check the availability of any of our other fitness trainers. For more information contact Fitness Director, Cathy Firkins at ext 613.

## GIFT IDEAS FOR HAPPY FITNESS

Struggling to find that perfect gift this holiday season? Choose a gift of health and surprise that special someone with prepaid sessions for personal training, Pilates Reformer or even tennis lessons. Contact the staff at the front desk for a list of services and great gift ideas!

### PILATES OR YOGA TRAINING

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| Private, one hour | $70 |
| Package of 5 | $325 |
| Package of 10 | $625 |
| **Semi-private, one hour** | $50 |
| Package of 5 | $225 |
| Package of 10 | $425 |
| Six-week group class | $279 |

### PERSONAL TRAINING

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| One session | $70 |
| Package of 6 | $399 |
| Package of 12 | $769 |

### PRIVATE TENNIS LESSONS

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| One-hour single | $90 |
| Package of 6 | $519 |
| Package of 12 | $999 |

### MASSAGE

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| 50-minute | $50 |
| 80-minute | $80 |
| 110-minute | $105 |

For more information regarding personal training, Pilates or Yoga training, contact Fitness Director Cathy Firkins at ext. 613.

## Recipe of the Edition

# Spiced Turkey & Sweet Potato Lettuce Wraps

***These protein packed lettuce wraps are light, flavorful, and perfect for balancing out heavier holiday meals—plus they are quick to prepare!***

### INGREDIENTS:

- **1 lb. ground turkey**
- **1 medium sweet potato, peeled and diced small**
- **1 Tbsp olive oil**
- **2 cloves garlic, minced**
- **1/2 small onion, diced**
- **1/2 tsp. ground cumin**
- **1/2 tsp. smoked paprika**
- **1/4 tsp. cinnamon**
- **Salt and pepper to taste**
- **1 head butter lettuce or romaine leaves (washed & dried)**
- **Optional toppings: pomegranate seeds, chopped cilantro, avocado slices, or a dollop of plain Greek yogurt**

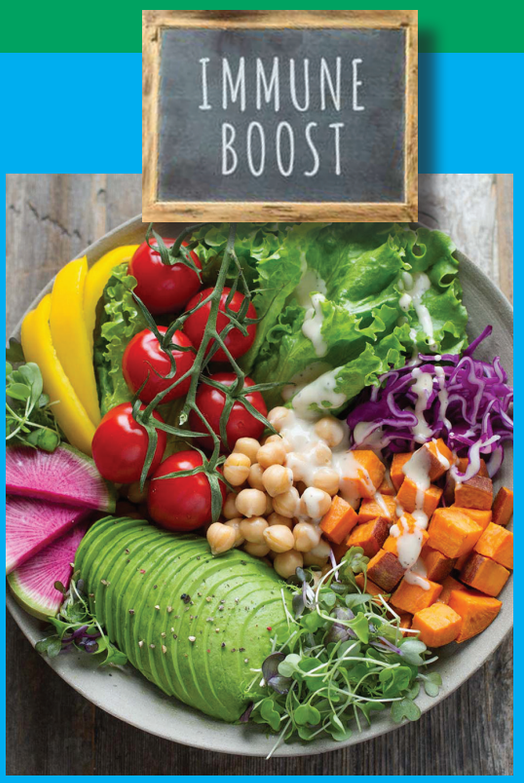
### INSTRUCTIONS:

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic, saute until soft.
2. Add sweet potatoes and cook for 8-10 minutes, stirring occasionally, until tender and lightly browned.
3. Push sweet potatoes to the side of the pan and add ground turkey. Break it up with a spatula and cook until browned and cooked through.
4. Add cumin, paprika, cinnamon, salt and pepper Stir everything together and cook for another 2-3 minutes to combine flavors.
5. Spoon mixture into lettuce leaves and top as desired. Serve warm.

**HEALTHY TIP**: Sweet potatoes are high in vitamin A and fiber — pairing them with lean turkey and leafy greens makes this meal as energizing as it is delicious.

## NUTRITION:

# FUELING YOUR BODY FOR ENERGY AND IMMUNITY THIS WINTER:




When the temperatures drop and the holiday hustle kicks in, it is more important than ever to nourish your body with foods that support both energy and immunity. With shorter days and added seasonal stress, what you eat can play a major role in how you feel:

Here are a few winter nutrition strategies to keep you strong and energized:

• **PRIORITIZE IMMUNE-BOOSTING FOODS:** Add citrus fruits, garlic, ginger, leafy greens, and colorful veggies to your meals to support your immune system with antioxidants and vitamins C, A, and E.

• **FOCUS ON COMPLEX CARBS**: Sweet potatoes, oats, squash, and brown rice provide slow-releasing energy to keep you fueled and full throughout the day, without the blood sugar crash.

• **DO NOT SKIP PROTEIN**: Protein helps repair tissue and keeps you satisfied. Include lean meats, legumes, eggs, or plant-based options in every meal.

• **MIND YOUR BODY:** Omega 3's from foods like salmon, walnuts and chia seeds help combat winter blues by supporting brain health and mood stability.

• **STAY CONSISTENTLY HYDRATED**: Even if you are not sweating, your body still needs water. Warm herbal teas or infused water with lemon or cucumber can make hydration more enjoyable during cooler months.

Small changes in your daily routine can make a big difference. Choose meals that work with your body, not against it, keeping you healthy, energized and ready for everything the season brings.

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