

the NewsLine

PRIME TIME ATHLETIC CLUB

SEPTEMBER/OCTOBER 2026



STRONG WOMEN START HERE! WOMEN'S WEIGHT TRAINING SEMINAR

this edition



Have you always wanted to lift weights but were not sure where to begin? Join Certified Personal Trainer and Assistant Fitness Director, Maria Harper for a fun hands-on, two-session seminar designed to take the intimidation out of weight lifting and strength training and help you build confidence in the weight room. Whether you are completely new to the weight room or simply want to improve your technique, this seminar will provide the knowledge and confidence to train safely and effectively, while learning the fundamentals in a supportive,

hands-on environment. Strength training offers countless benefits including increased bone density, improved balance, better posture, enhanced metabolism, and the strength to stay active and independent as we age.

What you will learn:

- **Safe lifting techniques**
- **Proper machine setup**
- **Free weight fundamentals**
- **Strength training for healthy aging**
- **A workout plan you can actually stick with**

You will also have the opportunity to ask questions, practice proper form, and gain the confidence to make strength training a regular part of your fitness routine. This two-session series will be held on Tuesday, October 6 and Tuesday, October 13 from 9:30 to 11:00 a.m. Space is limited to 20 participants, so reserve your spot today. Sign up at the front desk.

For more information contact Fitness Director Cathy Firkins at ext. 613.

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WHO CAN PRACTICE YOGA? YOU CAN!

Have you ever wanted to try yoga but were not sure where to begin? Or perhaps you have attended a class before and felt it wasn't the right fit. If you are new to yoga or would like to learn the fundamentals, this class is for you!

Join certified yoga instructor Elena Vasquez in this 90-minute fundamental yoga class. Elena has practiced yoga for over 22 years and is certified in Integrative yoga. She has studied a variety of yoga styles and enjoys helping students build confidence while developing a strong foundation in their practice. She will introduce the basics of yoga in a welcoming, beginner-friendly environment. Yoga can help improve flexibility, balance, strength, posture, and overall well-being. Best of all, it can be adapted to suit all ages, fitness levels, and abilities allowing everyone to progress at their own pace.

Class will be held on Saturday, October 17 from 12:00 to 1:30 p.m. This 90-minute yoga class is free for all members. Sign up at the front desk. For more information contact Fitness Director Cathy Firkins at ext. 613.

Announcements:

HOLIDAY HOURS

In observance of Labor Day, Monday, September 7, Prime Time Athletic Club's hours will be from 8:00 a.m. to 8:00 p.m.

FITNESS CENTER REMINDERS

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



COFFEE LOUNGE

Our 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. The Coffee Lounge is open Monday through Friday from 6:00 a.m. to 6:00 p.m. and weekends from 8:00 a.m. to 5:00 p.m.

STAY HYDRATED

Stay hydrated with Prime Time Athletic Club water bottles on sale for the month of October while supplies last. Our CamelBak water bottles are BPA free. The water bottles feature 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

PICKLEBALL CONTINUES TO GROW IN POPULARITY

Isn't it time to grab a paddle and give it a try? Pickleball is one of the fastest-growing sports in the country, and it's easy to learn, fun to play, and great exercise. Understanding a few basic rules will help you enjoy the game and become a better player.



RULE #1 – EVERY RALLY BEGINS WITH A SERVE

Every point starts with a serve. The player serving from the right side of the court serves diagonally into the opponent's service court. The serve must clear the kitchen (non-volley zone) line, and the ball may be hit out of the air or after one bounce.

RULE #2 – THE TWO-BOUNCE RULE

Before either team may hit the ball out of the air (volley), the ball must bounce once on each side of the court. This is called the two-bounce rule and helps create fair play at the start of each rally.

RULE #3 – SERVING RULES

You have only one opportunity to make a legal serve. The serve must land in the correct service court beyond the kitchen line. A fault occurs if:

- The serve lands outside the service court.
- The serve lands in the kitchen or on the kitchen line.
- The serve hits the net and does not land legally.
- The serve does not clear the kitchen line.

RULE #4 – STAY OUT OF THE KITCHEN

You may not volley the ball while standing in the kitchen (non-volley zone) or while touching the kitchen line. You also cannot allow your momentum to carry you into the kitchen after hitting a volley.

RULE #5 – SCORING

In traditional scoring, only the serving team can score points. Players continue serving until their team loses a rally. In doubles, both partners have an opportunity to serve before the serve passes to the opposing team (except at the beginning of the game).

RULE #6 – CALLING THE SCORE

Call the score before every serve. The score is announced in this order: serving team's score, receiving team's score, then server number (1 or 2). The only exception is the first serve of the game, which is called 0-0-2 because the starting team begins with only one server.

RULE #7 – WINNING THE GAME

Games are played to 11 points, and a team must win by at least two points.

Prime Time Athletic Club offers introductory pickleball clinics on the first and third Saturday of each month (weather permitting). Clinics are taught by Paul Swink and are limited to eight participants, so be sure to sign up at the front desk.

12:30 – 1:00 p.m. – Kids (ages 5 -15)

1:00 – 2:00 p.m. – Pickleball drills designed to improve your skills and develop game-play strategies.

2:15 – 3:15 p.m. – Intro to Pickleball – come out and learn the basics of the game.

For more information or to schedule a private lesson or a semi-private lesson, contact Paul at 415-525-1752 or email pswink4496@gmail.com. We look forward to seeing you on the courts!

Current News and Updates



DISCOVER THE POWER OF SPIN

SPINNING ORIENTATION CLASS

Saturday, October 24 from 10:30 to 11:30 a.m.

Whether you are new to indoor cycling or a seasoned rider, Spin is a high-intensity, low-impact workout that burns 400-600

calories per class while improving cardiovascular health, building lower-body strength, and increasing endurance. Because you control your bike's resistance, every ride can be customized to your own fitness level.

Unlike high-impact workouts, Spin is easy on your hips, knees, and ankles while providing an incredible calorie burn. Motivating music, expert coaching, and the energy of riding alongside others creates an experience that keeps you coming back. Remember the freedom of riding your bike as a kid? Indoor cycling brings back that same excitement, while delivering the fitness benefits your body needs today.

NEW TO SPIN?

We are offering a Spinning Orientation Class on Saturday, October 24 from 10:30 to 11:30 a.m. in studio 3. This class will be taught by Certified Spinning Instructor Jenny De Martini. Our Spinning Orientation is the perfect place to begin.

You will learn:

- Proper bike setup
- Hand positions and riding technique
- Resistance and cadence basics
- Tips to help you feel confident in any Spin class.

There's no complicated choreography — just great coaching, a welcoming environment, and an amazing workout. Wear comfortable workout clothes, athletic shoes and bring a water bottle. Join us and discover why so many members have made Spinning one of their favorite workouts! This is free to all members. Please sign up at the front desk today.

ZUMBA THROUGH THE DECADES

Step into a musical time machine with Instructor Sandra Cano! Dance through the biggest hits from the '70s to today in this high-energy Zumba party. Fun, fitness, and nostalgia come together for an unforgettable workout. Costumes encouraged! This festive class will be held on Friday, September 25, from 6:00 to 7:00 p.m. in studio 1 and is free for all members, no sign-up required!



HALLOWEEN ZUMBA WITH SANDRA CANO

Celebrate Halloween with a fun, high-energy Zumba class. Join Instructor Sandra Cano for festive music, great energy, and an exciting workout. Costumes are optional! Just bring your Halloween spirit! All fitness levels are welcome. This class will be held on Friday, October 30, from 6:00 to 7:00 p.m. in studio 1 and is free for all members, no sign-up required!



Tennis Updates

LM TENNIS ACADEMY

We invite Prime Time Athletic Club members to come experience LM Tennis Academy firsthand. We are currently offering the following tennis programs:

LITTLE MOVERS (RED BALL): Focus on coordination, balance, and basic racquet skills through fun, game-based learning

LEVEL MAKERS (ORANGE BALL): Players begin rallying, serving, and learning scoring with an introduction to match play.

LEARNING MORE (GREEN BALL): Emphasis on consistency, strategy, and match play development.

LIFELONG MATCH (YELLOW BALL): Focuses on skill-building, tactical play, and preparation for school teams or competitive tennis.

LET'S MOVE-ADULT CARDIO CLINICS: Designed for new and returning players, this class builds foundational skills, footwork, and creates a fun, social environment to stay active and connected.

Visit LMTennisAcademy.com for more information or to sign up.

Come see what the LM Tennis Academy program is all about! We are offering free one-time tennis trial clinics exclusively for Prime Time Athletic Club members, held Mondays from 4:00 to 5:30 p.m. These clinics are a fun introduction and a great way to experience our program. At the end of the session, coaches will provide a brief evaluation and recommend the best class based on age and skill level. Space is limited.

Prime Time Athletic Club members who choose to join LM Tennis Academy after the trial will receive up to \$10 off each session. For pricing, registration or to sign up, please contact Lindsey directly at info@LMTennisAcademy.com or visit LMTennisAcademy.com. We are looking forward to seeing you on the court!

Recipe of the Edition



Greek Chicken Burgers

INGREDIENTS:

- 1 lb ground chicken
- ¼ cup diced red onion
- 3 garlic cloves, minced
- ¼ cup sun-dried tomatoes, finely chopped
- ¼ cup crumbled feta cheese
- 1 cup (loosely packed) baby spinach leaves, roughly chopped
- 1 Tbsp chopped fresh dill
- 2 tsp dried oregano
- 1 tsp kosher salt
- ½ tsp ground black pepper
- 2 Tbsp extra virgin olive oil

DIRECTIONS:

In a medium bowl, combine the ground chicken, red onion, garlic, sun-dried tomatoes, spinach, dill, oregano, salt, and pepper. Use your hands to mix everything together. Divide the mixture evenly and form 4 large patties. Grill the burgers 5-7 minutes per side.

OPTIONAL ITEMS FOR SERVING:

Tzatziki sauce, sliced avocado, tomato, or red onion or butter lettuce

Serves 4

263 Calories

26 grams protein

17 grams fat

NUTRITION:

FEED YOUR BRAIN: 8 NUTRIENT-RICH FOODS THAT SUPPORT BRAIN HEALTH

Just as exercise strengthens your body, the right foods help keep your brain sharp. Add these nutrient-rich foods to your plate to support memory, focus and long-term brain health.



- **FATTY FISH** – Salmon, trout and sardines are rich in omega-3 fats that support brain function and may help reduce inflammation.
- **EGGS** – A great source of protein and choline, an important nutrient for memory and healthy brain communication.
- **BLUEBERRIES** – Packed with antioxidants that help protect brain cells and may improve learning and memory.
- **LEAFY GREENS** – Spinach, kale and arugula provide vitamins and antioxidants that support cognitive health.
- **CRUCIFEROUS VEGETABLES** – Broccoli, cauliflower and Brussels sprouts are loaded with nutrients that help promote brain cells.
- **NUTS** – Walnuts, almonds, and pistachios provide healthy fats and antioxidants that nourish the brain.
- **COFFEE** – In moderation, caffeine can improve alertness and concentration while antioxidants support brain health.
- **DARK CHOCOLATE** – Choose varieties with at least 85% cocoa to enjoy brain-friendly flavonoids and antioxidants.

BOTTOM LINE:

A healthy brain starts with healthy habits. Pair these foods with regular exercise, quality sleep, stress management, and staying socially active to keep your mind performing at its best.

Prime Time
Athletic Club