



RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club November 2023



THANKSGIVING HOURS

Thursday, November 23, 2023 - Club Closed
Friday, November 24, 2023 - 7:00am - 7:00pm
May you, your family, and friends enjoy this celebration full of health, love, and peace. Have a happy and safe Thanksgiving from all of us at LGSRC!



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SAVE THE DATE!

Join Santa and the rest of the Kids' Club staff in the Group Exercise room on Saturday, December 9, 2023 from 11am - 12pm for a very merry Christmas party for the whole family! We will write letters to Santa, enjoy yummy snacks, make a fun craft, and take a picture with Santa too! This is a family event, so we ask that parents stay with children at all times. Please sign up with the Front Desk. This event is complimentary for Members and \$10 for guests of Members.

CLUB HOURS

Notice: Saturday and Sunday Club hours change to 8pm closing starting Saturday, November 4, 2023.

| | |
|----------------------|------------------|
| <u>Weekday Hours</u> | |
| Monday - Friday | 5:00am - 10:00pm |
| <u>Weekend Hours</u> | |
| Saturday and Sunday | 6:00am - 8:00pm |
| <u>Proshop Hours</u> | |
| Monday - Thursday | 8:00am - 8:00pm |
| Friday - Sunday | 8:00am - 6:00pm |



TENNIS

2024 ADULT LEAGUE SCHEDULE

ADULT 65+ AND OVER

February 5, 2024 - April 12, 2024
3 Lines Double
Levels 6.0, 7.0, 8.0, & 9.0
Deadline to sign up: Midnight on December 17, 2023

MIXED 18+ AND OVER

January 2, 2024 - March 24, 2024
3 Lines Double
Levels 6.0, 7.0, 8.0, 9.0, & 10.0
Deadline to sign up: Midnight on November 12, 2023

ADULT 40+ AND OVER

Traditional: January 2, 2024 - March 24, 2024
Level 2.5: 1 line singles & 2 lines doubles
Levels 3.0, 3.5, 4.0, & 4.5: 1 line singles & 3 lines doubles
Level 5.0: 1 line singles & 2 lines doubles

Daytime: January 2, 2024 - March 22, 2024
Matches Monday - Friday between 9am - 11am
Daytime format is 1 singles and 2 doubles
Levels 2.5/3.0, 3.5, & 4.0

Deadline to sign up for either league: Midnight on November 12, 2023

How to Sign Up

To sign up for a league, please e-mail the Pro Shop at lgsrc.proshop@gmail.com as soon as possible. In the e-mail, include the following:

- 1. Your rating**
- 2. Level(s) you would like to play**
- 3. Daytime or Traditional (for Adult 40+ only)**
- 4. Specify a partner you would like to play with, if applicable**
- 5. If you would like to be a captain**



AQUATICS



LGSRC YEAR-ROUND SWIM TEAM



\$135/Month +
\$100
Team Fee

Developmental Track

- Stroke School (4-7)
 - Mini (5-8)
 - Junior (9-12)
 - Senior (13+)
- Practice Times Monday - Friday**
- 3:00pm - 3:30pm
 - 3:30pm - 4:15pm
 - 3:30pm - 4:30pm
 - 5:30pm - 6:45pm

Register for the appropriate group based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on our website.

Competitive Track

- Silver (6-8)
 - Gold (9-12)
 - Platinum (13+)
- Practice Times Monday - Friday**
- 4:15pm - 5:30pm
 - 3:55pm - 5:30pm
 - 5:00pm - 7:00pm

Contact Us
408.356.2136



www.gomotionapp.com/calgsc

GROUP EXERCISE

STRENGTH & GRACE CLASS

Come try our newest class, Strength & Grace, on Monday's from 8:30am - 9:30am with Stacy Dunnett. Strength & Grace is a barre-less strength class using core balance, a weighted bar and dumbbells. Class is followed with a 10-minute stretch. A total body workout!



DAY AFTER THANKSGIVING

Day After Thanksgiving Schedule

- 7:15am - 8:15am** Celebrate Cycle Boot Camp with Dolores
- 8:30am - 9:25am** Burn It Off Butts & Guts with Stacy
- 9:30am - 10:45am** Sizzling Zumba Party
- 10:00am - 11:00am** Festive Water Fitness with Patty
- 11:00am - 12:30pm** Plentiful Pilates Sculpt + with Lisa

CARDIO SCULPT UPDATE

The Saturday 8:15am Cardio Sculpt class with Dolores will be in person only and no longer on Zoom starting 11/4.



BENEFITS OF GROUP EXERCISE

What are some of the benefits of group exercise?

- You get a qualified fitness expert at your disposal.
- Increased Motivation & Accountability.
- Provides you with a fun structured workout.
- There is a lower risk of injury.
- There's camaraderie between participants.
- It adds huge variety to your workout.
- Those who participate in group exercise are more likely to reach and maintain their health goals.
- Improved Mental Health - Group exercise decreases your frequency of "poor mental health" days.
- Enhanced Social Life - The positive social reinforcement of group exercise pushes you to go beyond your perceived physical limitations, but in a safe environment.

GROUP EX SCHEDULE

NOVEMBER GROUP EXERCISE SCHEDULE

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--------------------------------------|---|--|---|--|---|--|
| 5:30AM-6:30AM | | Master Swim Nick Jufiar Large Pool | | Master Swim Nick Jufiar Large Pool | | Master Swim Nick Jufiar Large Pool | |
| 5:45AM-6:45AM | | Sunrise Cycle Dolores M. | | Sunrise Cycle Patty McNulty | | Cycle Boot Camp Dolores M. | |
| 7:00AM-8:30AM | | | | | | | Master Swim Nick Jufiar Large Pool |
| 8:00AM-8:30AM | | | Foam Rolling Ann Weismann | | Foam Rolling Ann Weismann | | |
| 8:15AM-9:15AM | | | | | | | Cardio Sculpt Dolores M. |
| 8:30AM-9:30AM | Yoga Strength & Stretch Sam Cooke | Strength & Grace Stacy Dunnett | Pilates Mat Ann Weismann | Barre Sculpt Patty McNulty Live & ZOOM | Pilates Mat Ann Weismann | Barre Sculpt Patty McNulty Live & ZOOM | |
| 9:30AM-10:30AM | | Zumba Stacy Dunnett | Master Swim Shelbi Oskolkoff Large Pool | Zumba Kristy Aguirre | Master Swim Shelbi Oskolkoff Large Pool | | Yoga 4 All Makiko Niwa |
| 9:45AM-10:45AM | | | Strength & Stretch Patty McNulty Live & ZOOM | | Strength & Stretch Patty McNulty Live & ZOOM | | |
| 9:45AM-11:15AM | Pilates Sculpt Plus+ Lisa Roper | | | | | Pilates Sculpt Plus+ Lisa Roper | |
| 10:00AM-11:00AM | | Water Fitness Patty McNulty Training Pool | | Water Fitness Patty McNulty Training Pool | | Water Fitness Patty McNulty Training Pool | Water Fitness Training Pool |
| 12:15PM-1:15PM | | | Group Cycle Rachel Young | | Group Cycle Rachel Young | | |
| 1:15PM-1:45PM | | | Ab Blaster Rachel Young | | Ab Blaster Rachel Young | | |
| 12:30PM-1:30PM | Group Cycle Rachel Young | | | | | | |
| 4:00PM-5:15PM | | | Gentle Yoga Ann Weismann | | Gentle Yoga Heather Estrada | | |
| 5:30PM - 6:30PM | | HIIT Me UP! Shannon Larsen | Zumba Stacy Dunnett | HIIT Me UP! Shannon Larsen | Zumba Stacy Dunnett | | |
| 6:30PM-7:30PM | | | Group Cycle Stacy Dunnett | | Group Cycle Stacy Dunnett | | |
| 6:45PM-7:45PM | | Yoga Strength & Stretch Lance Waldsmith | | Yoga 4 All Makiko Niwa | | | |
| Legend | | ■ Strength | ■ Cycling | ■ Zumba | ■ Aquatics | ■ Sculpt | ■ Yoga |

FITNESS

EXPLORING THE BENEFITS OF FASTED CARDIO



Early morning risers who prioritize their health and fitness often swear by the practice of fasted cardio, and for good reason. Fasted cardio, which involves performing aerobic cardiovascular exercise on an empty stomach, has gained popularity due to its numerous physiological and psychological benefits. In this article, we'll delve into the advantages of fasted cardio, shedding light on how it can kickstart your day, both physically and mentally.

Aerobic training, also known as cardiovascular or cardio training, refers to physical activities that primarily rely on oxygen to meet the body's energy demands. During aerobic exercises, your heart rate and breathing rate increase to deliver oxygen to your muscles, allowing you to sustain prolonged, low-to-moderate-intensity efforts for extended amounts of time, usually 30-45 minutes. Common examples of aerobic training include incline walking on a treadmill, cycling, swimming, and brisk walking.

Aerobic training differs from anaerobic training in terms of intensity and energy source. While aerobic activities are characterized by lower to moderate intensity and utilize oxygen to produce energy, anaerobic training involves high-intensity, short bursts of effort that rely on stored energy sources within the body, such as glycogen. Examples of anaerobic training include sprinting, weightlifting, and high-intensity interval training (HIIT).

We already been told that regular aerobic training strengthens the heart, lowers blood pressure, and improves circulation, reducing the risk of heart disease. But what you might not have been told is that performing aerobic training in a fasted state enhances fat burning, improves insulin sensitivity, promotes mental clarity and discipline, sets you up for success for your dietary choices for the day.

Fasted cardio promotes increased fat utilization as the body's glycogen stores are depleted overnight. When you exercise in a fasted state, your body turns to stored fat for energy more readily, making it an effective tool for those aiming to shed excess fat pounds. Studies have shown that fasted morning workouts can lead to greater fat oxidation, helping individuals achieve their weight loss goals more efficiently.

Engaging in fasted cardio can also enhance insulin sensitivity. When you exercise on an empty stomach, your body becomes more efficient at regulating blood sugar levels. This can be particularly beneficial for individuals at risk of type 2 diabetes or those looking to maintain stable energy levels throughout the day.

Beyond the physical benefits, fasted cardio can have a profound impact on your mental state. Starting the day with exercise fosters a sense of discipline and commitment, setting a positive tone for the day ahead. Additionally, the release of endorphins during morning workouts can boost mood and reduce stress, leaving you feeling more focused and prepared to tackle the day's challenges.

Engaging in fasted cardio can set a precedent for healthier dietary choices as well. After an invigorating morning workout, you're less likely to succumb to unhealthy cravings or make impulsive dietary decisions. Your body may naturally gravitate towards nutritious options, reinforcing a cycle of mindful eating that can benefit your overall well-being.

Fasted cardio in the morning offers a multitude of advantages, both physical and psychological. It jumpstarts your metabolism, encourages the body to burn stored fat, and improves insulin sensitivity. Moreover, it fosters a sense of discipline and mental clarity, making it an excellent way to set the stage for a successful day. By incorporating fasted cardio into your routine, you can reap the rewards of a healthier body and mind, making strides towards achieving your fitness and wellness goals.

Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach

JUST FOR KIDS!

NOVEMBER KIDS' NIGHT OUT FRIENDSGIVING

Date: Friday, November 17, 2023

Time: 5:00pm - 9:00pm

Fee: \$45 Members/\$55 Guests of Members

Ages: 1 - 7 Years Old



This year, we are thankful for all the new friends we made in Kids' Club. Join us while we spend the evening with friends sharing thankful thoughts, making turkey crafts, playing thanksgiving games and enjoying an age appropriate Thanksgiving inspired movie! We will enjoy a cheese pizza dinner and a fun, festive dessert.

Parents can drop children off and enjoy their own night out!
Sign up at the Front Desk!