



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



JTT TEAM CHALLENGE

Junior Tennis Members join us for our JTT Team Challenge with Tennis Pro, Noi Chery!
When: Saturday, September 28, 2024
Time: 12:00pm - 5:00pm
Cost: \$35
Sign up at the Pro Shop!



★ **LABOR** ★ CLUB HOURS:
★★★ **DAY** ★★★ 7AM - 7PM

IN THIS ISSUE...

Tennis.....	Page 2
Aquatics.....	Page 3
Group Exercise.....	Page 4
Group Exercise Schedule.....	Page 5
Fitness.....	Page 6
Fitness.....	Page 7
Kids Club.....	Page 8

CLUB HOURS

Weekday Hours

Monday - Friday 5am - 10pm

Weekend Hours

Saturday and Sunday 6am - 9pm

Pro Shop Hours

Monday - Thursday 8am - 8pm

Friday - Sunday 8am - 6pm

SEPTEMBER LIFEGUARD HOURS

LIFEGUARD HOURS NOW - SEPTEMBER 30TH

Mon, Tues, Thurs, Fri: 3:30 pm - 7:00 pm

Wednesday: 1:00 pm - 7 pm

Saturday and Sunday: 11:00 am - 7:00 pm

DIVING BOARD CLOSSES SEPTEMBER 3RD

TENNIS

2024 USTA LEAGUE SCHEDULE

Los Gatos Swim and Racquet Club hosts many USTA sanctioned leagues. We have competitive teams at every level, including women's teams rated from 2.5 to 4.5 and men's teams rated from 3.0 to 5.0. Many of our teams have reached Districts, Sectionals, and Nationals with great results.

LGSRC follows USTA eligibility guidelines for league participation:

- USTA current membership
- Valid rating no higher than the skill level of the team
- 18 Years and older

Players must sign up in the pro shop and be placed onto teams through Tennis Director Placement. Playing up at a higher NTRP is permitted if the higher team is in need of more players with the roster not exceeding 20 total players. In addition, any player that has a winning record at their current level will qualify for the team first. If space is available after qualified players have been accounted for, additional players may be included until 20 total players have been reached.

Mixed 55+:

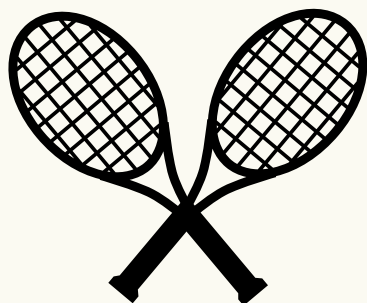
Combo Doubles Daytime:

Combo Doubles Traditional:

Now - October 27th

Now - November 1st

Now - November 3rd



AQUATICS

YEAR-ROUND SWIM TEAM

DEVELOPMENTAL TRACK

Stroke School (4-7)
Mini (5-8)
Junior (9-12)
Senior (13+)

COMPETITIVE TRACK

Silver (6-8)
Gold (9-12)
Platinum (13+)

PRACTICE TIMES MONDAY - FRIDAY

Stroke School: 3:00pm - 3:30pm
Mini: 3:30pm - 4:15pm
Junior: 3:30pm - 4:30pm
Silver: 4:15pm - 5:30pm
Gold: 3:55pm - 5:30pm
Senior: 5:30pm - 6:45pm
Platinum: 5:00pm - 7:00pm



Register for the appropriate group above based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on website. Price: \$135/month + \$100 team fee. Register on our website or [click here!](#)

OCTOBER CPR/AED CLASS

CPR can save lives. As a first-line response that can help save someone's life in an emergency, this technique aims to keep oxygen moving to vital organs, especially the brain, until the heart can beat on its own again. Sign up at the Front Desk today to get certified at LGSRC!

When: Wednesday, October 2, 2024 from 5pm-8pm in the Members' Lounge

Instructor: John Rizzi, Retired Firefighter

Price: \$40 for Members & \$50 for Guests of Members.

Certification is issued upon successful completion.



GROUP EX

SEPTEMBER GROUP EXERCISE UPDATES

- Pilates Sculpt + is now 10:15am - 11:45am on Fridays and 9:45am - 11:15am on Sundays.
- Step & Sculpt is now 8:15am - 9am on Fridays.
- Strength & Stretch class on Friday evenings will now be from 6:00pm - 7:00pm.
- A new Monday morning Pilates Sculpt Express class with Lisa Roper starts on September 9th from 9:45am - 10:45am.
- Zumba is added to the schedule from 9am - 10am on Fridays. ALL of the Zumba classes will now be available on ZOOM. All of the ZOOM classes are recorded. If you would like any ZOOM recordings, please e-mail our Group Ex Director, Patty, at patty@lgsr.com.

NEW CLASS! BEATS N' FEET'S!

Unleash your inner rock star on Thursdays from 6:30pm - 7:30pm with our new Beats n' Feet's class! Activate your brain and muscles with this full-body workout! All levels welcome to come drum to your favorite songs.



LABOR DAY SCHEDULE 9/2

7:15AM - 8:15AM CYCLING WITH DOLORES

7:30 - 8:30AM MASTER SWIM WITH NICK

8:30 - 9:30AM ZUMBA WITH STACY

9:30AM - 10:30AM BEATS N FEET'S WITH STACY

10AM - 11AM WATER FITNESS WITH PATTY

HAPPY
LABOR
DAY

SEPTEMBER 2024 GROUP EXERCISE SCHEDULE



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Large Pool		Master Swim Nick Large Pool		Master Swim Nick Large Pool	
5:45AM-6:45AM		Cycling Dolores		Cycling Patty		Cycle Boot Camp Dolores	
7:00AM-8:30AM							Master Swim Nick Large Pool
8:00AM-8:30AM			Foam Rolling Ann		Foam Rolling Ann		
8:15AM-9:00AM						Step & Sculpt Stacy	
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM	Slow Flow Yoga Liz & Elif	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann		
9:00AM-10:00AM						Zumba & Hip Hop Stacy LIVE & ZOOM	
9:30AM-10:30AM			Master Swim Nick Large Pool	Zumba & Abs Stacy 75 min. LIVE & ZOOM	Master Swim Nick Large Pool		Yoga 4 All Makiko
9:45AM-11:00AM		Pilates Sculpt Express Lisa	Strength & Stretch Patty LIVE & ZOOM		Strength & Stretch Patty LIVE & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus Lisa						
10:15AM-11:45AM						Pilates Sculpt Plus Lisa	
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool	Water Fitness Training Pool
12:15PM-1:15PM			Cycle Rachel		Cycle Rachel		
12:30PM-1:30PM	Cycle Rachel						
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Heather		
5:30PM-6:30PM		Strength & Sculpt Shannon	Zumba Stacy LIVE & ZOOM	Strength & Sculpt Shannon	Zumba Stacy LIVE & ZOOM		
6:00PM-7:00PM						Yoga Strength & Stretch Lance	
6:30PM-7:30PM			Cycle Stacy		Beats n Feet's Stacy		
6:45PM-7:45PM		Yoga Strength & Stretch Lance		Yoga 4 All Makiko			
Legend	■ Strength	■ Pilates	■ Aquatics	■ Cycle	■ Yoga	■ Sculpt	■ Dance



FITNESS

UNLOCKING THE POWER OF NEAT: THE PRACTICAL PATH TO IDEAL BODY COMPOSITION

In the quest for fitness and ideal body composition, the emphasis often falls heavily on rigorous exercise routines and diet plans. While these are undeniably important, there's an unsung hero in the world of calorie burning that deserves the spotlight: Non-Exercise Activity Thermogenesis (NEAT). This often-overlooked component can significantly impact your total energy expenditure (TEE) and offer a practical, sustainable path to maintaining a healthy body composition. Let's dive into what NEAT is, why it matters, and how you can harness its power for long-term health.

Understanding NEAT: Non-Exercise Activity Thermogenesis

Non-Exercise Activity Thermogenesis (NEAT) refers to the calories you burn through everyday activities that aren't structured exercise. These include everything from walking to work, fidgeting at your desk, to doing household chores. NEAT represents the energy expenditure from all the movements you make throughout the day when you're not sleeping, eating, or engaging in formal exercise.

Examples of NEAT Activities

- **Walking:** Taking the stairs, walking around your home or office, and even pacing while talking on the phone.
- **Standing:** Using a standing desk, standing while performing tasks, or just opting to stand more frequently.
- **Household Chores:** Cleaning, cooking, doing laundry, gardening, and tidying up.
- **Occupational Activities:** Moving around at work, stocking shelves, delivering packages, or any job that requires physical movement.
- **Fidgeting:** Tapping your foot, adjusting your posture, or any small, repetitive movements.

The Significance of NEAT in Total Energy Expenditure (TEE)

To understand the importance of NEAT, it's essential to look at the bigger picture of Total Energy Expenditure (TEE). TEE consists of:

- **Basal Metabolic Rate (BMR):** The energy your body uses at rest to maintain essential functions, typically accounting for 60-75% of TEE.
- **Thermic Effect of Food (TEF):** The energy used to digest and metabolize food, contributing about 5-10% of TEE.
- **Exercise Activity Thermogenesis (EAT):** The energy burned during structured exercise.
- **Non-Exercise Activity Thermogenesis (NEAT):** The energy expended in all other activities, typically making up 15-30% of TEE.

NEAT's Role and Impact

- **Significant Contributor:** NEAT can account for a substantial portion of your daily calorie expenditure. For example, an individual who integrates various NEAT activities throughout their day can burn hundreds of extra calories, which can surpass the calories burned during an hour-long workout.
- **Variable Influence:** NEAT is highly variable among individuals. For instance, a person with an active job or lifestyle may burn significantly more calories through NEAT compared to someone with a sedentary lifestyle.

Why Focus on NEAT?

Sustainability and Practicality

1. Easily Integrated into Daily Life: No Extra Time Required: Unlike exercise sessions that require dedicated time, NEAT activities can be seamlessly woven into your daily routine. Walking while making phone calls, standing during meetings, or doing chores while watching TV are all practical ways to boost NEAT without overhauling your schedule.

2. Long-Term Adherence: Consistency Over Intensity: NEAT promotes consistent, everyday movement, which is often more sustainable in the long run compared to high-intensity exercise routines that may be challenging to maintain consistently.

Higher Total Caloric Impact

1. Cumulative Effect: Small Actions Add Up: The calories burned from multiple NEAT activities throughout the day can cumulatively exceed those burned in a single exercise session. For example, by adding simple NEAT activities like walking while on calls, standing more often, and doing light chores, you can burn an additional 776 calories in a day, compared to 600 calories from an hour of running.

2. Regular Movement: Constant Caloric Burn: Unlike a one-time workout, NEAT ensures you're burning calories continuously throughout the day, contributing to a higher total daily energy expenditure.

Flexibility and Accessibility

1. No Special Equipment: Cost-Effective: Increasing NEAT into everyday activities such as walking more or taking the stairs can be done anywhere, anytime.

2. Low Impact: Suitable for All Fitness Levels: NEAT activities are generally low-impact and can be performed by individuals of varying fitness levels, making them an accessible way to increase activity without the risk of injury often associated with more intense exercise.

Behavioral and Health Benefits

1. Encourages an Active Lifestyle: Reducing Sedentary Behavior: By focusing on NEAT, you cultivate an overall more active lifestyle, reducing the health risks associated with prolonged sitting and inactivity, such as cardiovascular diseases and metabolic disorders.

2. Less Intimidating: Approachable and Motivating: NEAT activities are less intimidating and more approachable for those who may be new to fitness or have physical limitations. This can lead to a positive reinforcement cycle where small successes in increasing NEAT lead to more enthusiasm for other healthful activities.

How to Increase NEAT in Your Daily Routine

At Home:

- **Stand While Doing Tasks:** Stand while ironing clothes, folding laundry, or preparing meals.
- **Active Housework:** Clean, cook, or garden with vigor to boost calorie burn.
- **Walk More:** Take brief walks after meals or during phone calls.

At Work:

- **Standing Desk:** Use a standing desk or take frequent breaks to stand and stretch.
- **Walk-and-Talk:** Have meetings or phone calls while walking.
- **Active Commute:** Walk or bike to work, or park further from the entrance.

During Leisure:

- **Active Hobbies:** Engage in hobbies that require movement like gardening, dancing, or playing an instrument.
- **Interactive Socializing:** Opt for activities like walking with friends instead of sedentary gatherings.

On the Go:

- **Take the Stairs:** Choose stairs over elevators or escalators.
- **Short Walks:** Walk short distances instead of driving, and use public transportation to add walking to your routine.

The NEAT Path to Sustainable Fitness

Integrating NEAT into your daily life is a practical, efficient, and sustainable way to improve and maintain ideal body composition. NEAT allows for consistent calorie burning through simple, everyday activities that fit naturally into your routine. By focusing on increasing NEAT, you can achieve better energy balance, support weight management, and enjoy a more active and healthy lifestyle without the need for drastic changes or significant time investments. Embrace the power of NEAT and watch as small daily movements make a big difference in your fitness journey. By incorporating NEAT into your daily routine, you'll find a flexible, long-term solution that supports your overall health and fitness goals. Start today by making small, active choices that lead to big, sustainable changes.



KIDS CLUB PRESENTS...

KIDS' NIGHT OUT

GAMES GALORE

THIS MONTH IN KIDS CLUB, WE'RE HAVING A RETRO-STYLE GAME NIGHT COMPLETE WITH ALL THE CLASSICS! KIDS WILL CHOOSE FROM A VARIETY OF CLASSIC CARD AND BOARD GAMES, WIN PRIZES, AND EVEN DESIGN THEIR OWN BOARD GAME! KIDS WILL ALSO ENJOY A CHEESE PIZZA DINNER AND A SWEET TREAT DESSERT BEFORE WINDING DOWN THE EVENING WITH AN AGE-APPROPRIATE MOVIE! THIS EVENT IS OPEN TO CHILDREN 2-12 YEARS OLD. FAMILIES CAN REGISTER FOR THIS EVENT IN PERSON AT THE FRONT DESK!!



Friday, September 27th
5:00pm-9:00pm
Members: \$45/Child
Guests of Members: \$55/Child

