



# RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



## SUMMER PROGRAMS 2025

Sign-ups for our summer programs open on March 3rd! Join us for one of our fun-filled kids programs. You can enroll your children in our Kids Summer Camp, Grand Slam Junior Tennis, Summer Swim Lessons, or all three! We look forward to seeing your children become more confident, independent, and responsible as they have fun meeting new friends and learning new skills. Depending on the camp you enroll your child in, activities can include swimming, tennis, sports, arts and crafts, games, weekly field trips, and so much more! We will email brochures with more information later this month!



### IN THIS ISSUE...

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



### CLUB HOURS

Weekday Hours

Monday - Friday 5am - 10pm

Weekend Hours

Saturday and Sunday 6am - 8pm

Pro Shop Hours

Monday - Thursday 8am - 8pm

Friday - Sunday 8am - 6pm



*Let's Play Tennis!*

# Valentine's Wine Down Mixer with Jeff

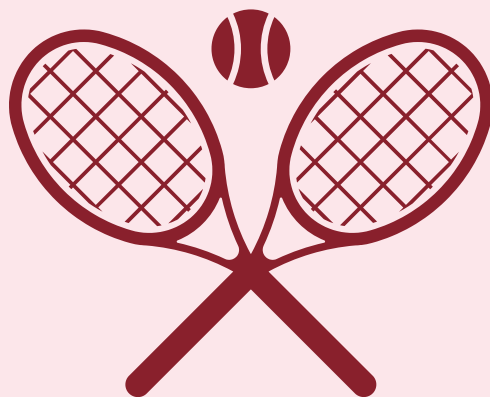


*Tennis Members are invited to a festive  
night of tennis, food, and fun!*

**FRIDAY  
FEB.  
28TH**

**Pre-Registration: \$40  
Same Day: \$45  
Sign Up in the Pro Shop**

**6:30PM  
9:30PM**





# 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!](#)

## FEBRUARY 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, February 5, 2025**

**Time: 5pm-8pm**

**Location: Members' Lounge**

**Instructor: John Rizzi, Retired Firefighter**

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

**Certification is issued upon successful completion.**



# GROUP EX

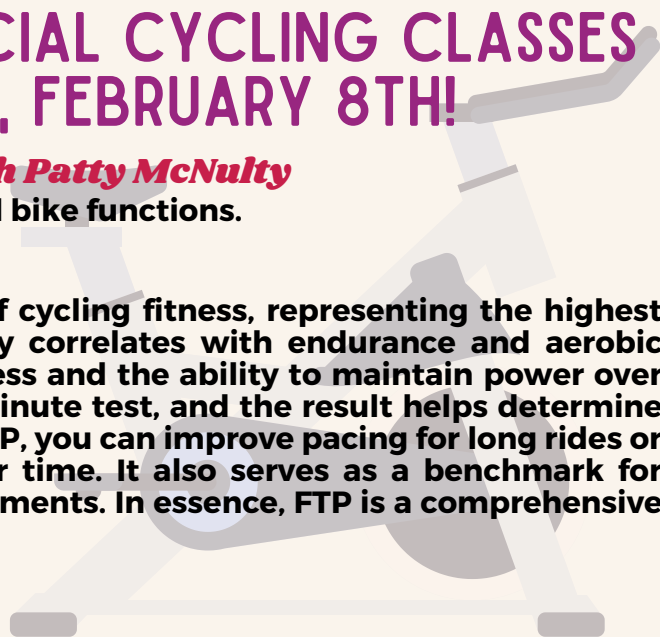
**DON'T MISS OUT ON OUR SPECIAL CYCLING CLASSES OFFERED ON SATURDAY, FEBRUARY 8TH!**

***Introduction to Cycling 11:00am-11:30am with Patty McNulty***

This class will go over bike set-up, body positioning and bike functions.

***FTP test 11:40am-12:00pm with Patty McNulty***

FTP (Functional Threshold Power) is a key indicator of cycling fitness, representing the highest power output you can sustain for an hour. It directly correlates with endurance and aerobic capacity—higher FTP means better cardiovascular fitness and the ability to maintain power over longer durations. FTP testing typically involves a 20-minute test, and the result helps determine training zones and tailor workouts. By knowing your FTP, you can improve pacing for long rides or races, avoid early fatigue, and measure progress over time. It also serves as a benchmark for comparing your fitness to others and tracking improvements. In essence, FTP is a comprehensive gauge of your cycling performance and overall fitness.



## COMING SOON! MARCH MADNESS GROUP EXERCISE CHALLENGE!

This month-long event will provide our members with an added incentive to participate in group exercise classes. We have classes to meet each member's specific interest or provide an opportunity to explore new fitness formats. As a bonus, members will have the chance to earn guest passes, through their participation, to share with their family and friends. If you attend 12 of the group exercise classes listed below throughout the month of March, you will receive one free guest pass. You can pick up a punch card from the front desk or your instructor. Punch cards need to be turned in by Monday, April 14th to the front desk. For more information, e-mail Group Exercise Director, Patty McNulty, at [patty@lgsr.com](mailto:patty@lgsr.com)

### Participating Classes

Barre Sculpt • Cardio Sculpt • Cycling • Cycle Boot Camp • Foam Rolling • Gentle Yoga • Strength & Sculpt • Pilates Mat • Pilates Sculpt Plus • Pilates Sculpt Express • Step • Strength & Stretch • Water Fitness • Yoga 4 All • Yoga Strong • Gentle Yoga • Yin Yoga • Zumba • Hip Hop • Beats n Feet





# FEBRUARY 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 Large Pool	Zumba & Abs Stacy 75 min. LIVE & ZOOM	Master Swim Large Pool		Yoga 4 All Makiko
9:45AM-10:45AM		Pilates Sculpt Express Lisa					
9:45AM-11:15AM	Pilates Sculpt Plus Lisa		Strength & Stretch Patty LIVE & ZOOM		Strength & Stretch Patty LIVE & ZOOM		
10:15AM-11:45AM						Pilates Sculpt Plus Lisa	
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Katherine Training Pool		Water Fitness Patty Training Pool	Water Fitness Katherine 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 Liz		
5:30PM-6:30PM		Strength & Sculpt Christy	Zumba Stacy LIVE & ZOOM	Strength & Sculpt Patty	Zumba Stacy LIVE & ZOOM		
6:00PM-7:00PM						Yoga Strong Lance	
6:30PM-7:30PM			Cycle Stacy		Beats n Feet's Stacy		
6:45PM-7:45PM		Yoga Strong Lance		Yin/Resotriative Makiko			
Legend	<span style="color:red">■</span> Strength	<span style="color:purple">■</span> Pilates	<span style="color:cyan">■</span> Aquatics	<span style="color:yellow">■</span> Cycle	<span style="color:blue">■</span> Yoga	<span style="color:orange">■</span> Sculpt	<span style="color:green">■</span> Dance



# HEALTH & FITNESS

## THE SCIENCE BEHIND ENDOCRINE DISRUPTORS AND HOW IT AFFECTS YOUR HEALTH

Some believe that cologne or perfume can add a touch of sophistication but beneath the appealing scents lie chemicals that may be undermining your hormonal health and potentially your health fitness goals. Parabens, phthalates, and other synthetic compounds found in these products can disrupt the delicate balance of your endocrine system. These disruptions create a negative cascade effect through your body, potentially lowering testosterone levels and impairing fat metabolism.

Many synthetic fragrances contain endocrine-disrupting chemicals (EDCs). These compounds, including parabens, phthalates, and synthetic musks can interfere with hormone function in several ways. Some EDCs bind to hormone receptors, mimicking natural hormones like estrogen as where others prevent natural hormones from binding to their receptors, disrupting signaling pathways. In addition, EDCs can interfere with the enzymes responsible for hormone synthesis and metabolism, leading to imbalances. These disruptions primarily affect the hypothalamic-pituitary-gonadal (HPG) axis, the system that regulates sex hormones like testosterone and estrogen.

Parabens, which are commonly used as preservatives in perfumes, are known to mimic estrogen by binding to estrogen receptors. This phenomenon, known as xenoestrogen activity, creates an imbalance in the estrogen-testosterone ratio. Excessive estrogenic activity can lead to suppression of testosterone production via negative feedback to the hypothalamus, and increased aromatization, a process where testosterone is converted into estrogen, further reducing testosterone availability.

Phthalates, which are used to stabilize fragrance compounds, have a significant negative impact on testosterone levels. Phthalates interfere with the Leydig cells in the testes, which are responsible for testosterone production, down-regulating key enzymes like  $3\beta$ -hydroxysteroid dehydrogenase and  $17\beta$ -hydroxysteroid dehydrogenase which are critical for synthesizing testosterone from cholesterol. And phthalates can alter signaling at the hypothalamus and pituitary, reducing the release of luteinizing hormone (LH), which stimulates testosterone production. These mechanisms cumulatively lower circulating testosterone levels, leading to fatigue, reduced muscle growth, and increased fat deposition.

Testosterone plays a vital role in regulating metabolism and body composition. Reduced testosterone levels, caused by EDC exposure, lead to reduced lipolysis, which is the expression of hormone-sensitive lipase, an enzyme that is critical for breaking down stored body fat. Muscle is metabolically active tissue. Testosterone's role in maintaining muscle mass ensures a higher resting metabolic rate. Disruptions reduce lean muscle, slowing metabolism which in turn, increases fat storage, particularly in the visceral region, which further increases the risk of metabolic syndrome.

EDCs enter the body through two primary pathways, skin absorption and inhalation. Perfumes and colognes are applied directly to the skin, bypassing metabolic filtration and allowing chemicals to enter the bloodstream. Volatile organic compounds (VOCs) are inhaled and absorbed via the lungs, introducing EDCs into systemic circulation. Once inside the body, these chemicals can bioaccumulate in fat tissues, prolonging exposure and exacerbating their effects over time. Understanding the science behind endocrine disruptors empowers you to make informed choices that align with your fitness and health goals. By taking small but impactful steps, you can minimize exposure to harmful chemicals, support hormonal balance, and optimize your journey toward better health and performance.

Brian Schweitzerhof | MS, NASM-CPT, CES, PES, CWC, CNC, CSCS, Pn2



KIDS' NIGHT OUT  
PRESENTS...



**PAJAMA  
PARTY**  
FEB 28, 2025 5PM-9PM

THIS MONTH IN KIDS' CLUB, WE'RE HAVING A CLASSIC PJ PARTY! CHILDREN WILL LOVE BUILDING FORTS AND MAKING DREAM CATCHERS!

WE WILL ALSO ENJOY A CHEESE PIZZA DINNER AND INDULGE IN A SWEET TREAT DESSERT BEFORE WINDING DOWN THE EVENING WITH AN AGE-APPROPRIATE MOVIE! SPACE IS LIMITED SO SIGN-UP AT THE FRONT DESK TODAY!

**MEMBERS:  
\$45**

**GUESTS OF  
MEMBERS:  
\$55**

