



# RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



Saturday, July 4<sup>th</sup> Hours  
7am - 7pm

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## CLUB HOURS

### *Weekday Hours*

Monday - Friday 5am - 10pm

### *Weekend Hours*

Saturday and Sunday 6am - 9pm

### *Pro Shop Hours*

Monday - Sunday 8am - 6:30pm

**ALOHA!** You're Invited to LGSRC's **67TH BIRTHDAY** SATURDAY, JULY 25, 2026 AT 12PM

This is the Club event of the summer! Bring the whole family to celebrate our 67th birthday!

**Schedule of Events**

- 12PM - 5PM Inflatable Waterslide
- 1PM Music & No Host Bar with Wine, Beer, & Margaritas
- 1PM-4:30PM Ping-Pong Tournament (Sign-Up in Pro Shop)
- 2PM-5PM Water Games in Large Pool
- 2:30PM-4:30PM Face Painting
- 4:30PM SHARP: BBQ Dinner

The BBQ will include your choice of one of the following: a hot dog, hamburger, or veggie burger. Sides include potato salad, a non-alcoholic beverage, watermelon, and birthday cake! BBQ dinner tickets are \$10 per person.

**SIGN UP AT THE FRONT DESK EARLY!**



# TENNIS

## YOU'RE INVITED: THE SUMMER SIZZLER TWILIGHT MIXER

Beat the July heat with Tennis Director, Jeff Cervantes, and join us under the lights for an evening of great tennis, cold drinks, and even better company! This is the perfect way to wrap up the month and spend a summer night at the Club. Whether you're looking to hit some clean winners on the court or just hit the high notes on the mic, we've got an unforgettable evening planned.

### The Game Plan

We'll kick things off on the courts with three fast-paced rounds of round-robin doubles. It's a relaxed, highly social format designed to keep you moving, mixing, and playing with a variety of members as the sun goes down.

### The After-Party

Once the racquets are packed away, the real party starts. We're serving up a full spread of food, wine, and beer to help you cool off and refuel. Then, we're turning up the volume and keeping the energy high with karaoke to close out the night!

### Event Details

Date: Friday, July 31<sup>st</sup> from 6pm-9:30pm

Price: \$45 per player (includes tennis, food, beverages, and entertainment)

Secure your spot by stopping by the Pro Shop, giving us a call, or sending us an email. Spots will fill up fast for this one, so grab your favorite doubles partner (or sign up solo and we'll pair you up) and get on the list today. We can't wait to see you on the courts!

## SUMMER GRAND SLAM TENNIS PROGRAM

The Summer Grand Slam Junior Tennis Program is designed for all levels of junior players. Each program has specific requirements to help participants move to the next level. This program provides a learning atmosphere in which your child will develop and improve tennis skills. "Fun" is the basis of all the programs. Improvement of tennis skills through structured workouts increases self-confidence and overall fun. Complete player development is our goal. We look forward to helping each student move up through the ranks, starting with 10 and Under Prep/Red and progressing toward higher levels like Junior Performance/Junior Development. Come join us for a great summer! Our sessions run weekly with the first session beginning June 8th and the last session beginning August 3rd. Visit our [website](#) to view our brochure and learn more or sign up in the Pro Shop!



# AQUATICS

Limited parking  
on Sat, 7/11 from  
7am-2pm due to  
a home swim  
meet!



## SUMMER SWIM TEAM

### PRACTICE TIMES MONDAY - FRIDAY

#### DEVELOPMENTAL TRACK

JUNIOR (9-12) 9:30AM - 10:30AM

MINI (5-8) 9:30AM - 10:15AM

STROKE SCHOOL (4-7) 10:30AM - 11:00AM

#### COMPETITIVE TRACK

PLATINUM & SENIOR (13+) 7:00AM - 9:00AM

GOLD (9-12) 8:00AM - 9:30AM

SILVER (6-8) 8:15AM - 9:30AM

#### AFTERNOON SCHEDULE (MON - THURS)

STROKE SCHOOL (4-7) 4:30PM - 5:00PM



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!](#)



## SUMMER SWIM LESSONS



This summer we are offering a wonderful "Learn to Swim Program" for all ages, emphasizing the adaptation to a new environment with the goal of making the transition from "non-swimmer" to "swimmer" comfortable and enjoyable. All of our lessons are taught by gentle, qualified instructors in our heated Training Pool. We have a full-range of private, semi-private, parent/tot, adult, and group lessons available. Sign up on our [website](#) or e-mail [swimlessons@lgsrc.com](mailto:swimlessons@lgsrc.com) for more info.

## AUGUST 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, August 5, 2026**

**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

## 4TH OF JULY SCHEDULE

7:30-8:30 AM - MASTER SWIM WITH NICK JUFAIR  
8:15-9:15 AM - CARDIO SCULPT WITH DOLORES MONTENEGRO  
10:00-11:00 AM - WATER FITNESS WITH DEANNA BERMILLO

WE WISH EVERYONE A SAFE AND HAPPY 4TH OF JULY HOLIDAY!



## JULY UPDATES

Due to a home swim meet on Saturday, July 11th, the Water Fitness class will be cancelled for this day only.

New Pilates Fusion Class! Join instructor Shanon Farney on Sunday, July 12th and Sunday, July 26th from 10-11AM. Beginning in August, this class will be offered weekly.

## ABOUT PILATES FUSION

Pilates Fusion is a dynamic blend of Pilates, strength, and flexibility training that tones your core, improves posture, and enhances balance. Strong posture helps reduce stress on the joints, improves breathing efficiency, and supports everyday movement, while good balance is essential for injury prevention, stability, and confidence in both fitness activities and daily life. Expect controlled, full-body movements designed to build strength, increase flexibility, and promote mindful movement for a strong, sculpted body.

Shanon Farney, based in Boulder Creek, California, is a Registered Yoga Teacher (RYT-200), Certified Hot Pilates Instructor (YACEP Yoga Alliance/Hotsource), and Embodied Breath Breathwork Facilitator Coach. Her passion for yoga, Pilates, and wellness was sparked through her own transformative experiences with movement, mindfulness, and community. Inspired by the physical and mental benefits of these practices, Shanon transitioned from a successful corporate career to focus on helping others improve their health and well-being. She is the founder of Mountain Sangha Yoga & Pilates in Boulder Creek, where she fosters a welcoming environment for students to build strength, balance, resilience, and connection.



## SUMMER WELLNESS TIP: THE IMPORTANCE OF RECOVERY DAYS

Rest and recovery are essential parts of any fitness program, especially for active adults. Recovery days allow your muscles, joints, and connective tissues time to repair and rebuild, helping to improve performance and reduce the risk of injury. Recovery doesn't have to mean complete inactivity—gentle activities such as walking, stretching, yoga, or water exercise can promote circulation and help your body recover while keeping you moving. Remember, fitness gains happen not only during exercise but also during the recovery that follows.

*Stay informed about Group Exercise schedule updates, substitute instructor announcements, special events, and more through our Group Exercise app. To be added to the app or to receive a copy of our Zoom class recording schedule and access information, please contact Patty McNulty at [patty@lgsr.com](mailto:patty@lgsr.com).*

# JULY 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		Cycle Boot Camp Dolores		Cycling Patty		Cycling Dolores	
7:00AM-8:30AM							Master Swim Nick Large Pool
8:00AM-8:30AM			Foam Rolling Ann		Foam Rolling Ann		
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:45AM	Slow Flow Yoga Liz & Elif	Barre Sculpt Patty Live & Zoom	Pilates Mat Ann	Barre Sculpt Patty Live & Zoom	Pilates Mat Ann	Step & Sculpt Stacy (45 Min)	
9:15AM-10:15AM						Hip Hop Stacy Live & Zoom	
9:30AM-10:30AM				Zumba & Abs Stacy (45 Min) Live & Zoom			Yoga 4 All Christy Li
9:45AM-11:00AM			Strength & Stretch Patty Live & Zoom		Strength & Stretch Patty Live & Zoom		
9:45AM-10:45AM		Pilates Sculpt Plus Lisa					
10:00AM-11:00AM	Pilates Fusion Shanon *7/12 & 7/26	Water Fitness Patty Large Pool	Master Swim Nick Large Pool	Water Fitness Katherine Large Pool	Master Swim Nick Large Pool	Water Fitness Patty Large Pool	Water Fitness Katherine Large Pool
10:30AM-12:00PM						Pilates Sculpt Plus Lisa	
12:15PM-1:15PM			Cycle Rachel		Cycle Rachel		
12:30PM-1:30PM	Cycle Rachel						
1:00PM-2:00PM		ToughAgers® Deborah LIVE & Zoom		ToughAgers® Deborah LIVE & Zoom		ToughAgers® Deborah LIVE & Zoom	
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Liz		
5:30PM-6:30PM		Strength & Sculpt Christy	Zumba Stacy Live & Zoom	Strength and Sculpt Patty	Zumba Stacy Live & Zoom		
6:00PM-7:00PM						Yoga Strong Lance	
6:30PM-7:30PM			Cycle Stacy		Beats & Feet's Stacy (45 Min)		
6:45PM-7:45PM		Yoga Strong Lance		Yin/Restorative Makiko			
LEGEND	STRENGTH	PILATES	AQUATICS	CYCLE	YOGA	SCULPT	DANCE

# HEALTH & FITNESS

## UNDERSTANDING METABOLISM: WHY WEIGHT LOSS IS NOT ALWAYS AS SIMPLE AS CALORIES IN VS. CALORIES OUT

One of the most common frustrations I've seen with clients trying to lose weight is feeling like they are doing everything right but not seeing the results they expect. Many report eating very little, exercising regularly, and maintaining a consistent nutrition plan, yet the scale refuses to move. This often leads to questions such as:

"Is my metabolism slow?"

"Am I eating too little?"

"Is my body holding on to calories?"

To answer these questions, it helps first to understand how the body actually uses energy.

### What Is Metabolism?

Metabolism refers to all the processes in the body that require energy. Every day, your body burns calories to support basic physiological functions such as breathing, circulation, maintaining body temperature, organ function, and cellular repair. The largest component of daily calorie expenditure is the Resting Metabolic Rate (RMR), also known as Basal Metabolic Rate (BMR). For most individuals, RMR accounts for approximately 60-75% of total daily energy expenditure. In other words, the majority of calories burned each day occur simply because you are alive.

The remaining calories burned throughout the day come from:

- Physical exercise
- Daily movement and activity
- Digestion and absorption of food

Together, these components make up your Total Daily Energy Expenditure (TDEE).

### Why Calorie Needs Differ Between Individuals

Many calorie calculators use predictive equations based on age, height, weight, and sex. While these formulas can provide ballpark estimates, they cannot account for the unique differences between individuals.

Factors that influence metabolism include:

- Muscle mass
- Dieting history
- Activity levels
- Genetics
- Hormonal influences
- Sleep quality
- Stress levels

As a result, two people of similar age, height, and weight may have very different metabolic rates.

(Continued on next page.)



**The Reality of Metabolic Adaptation.** One reason weight loss can become more difficult over time is a phenomenon known as metabolic adaptation.

When calorie intake remains low for extended periods, the body often becomes more efficient with energy use. This adaptation can include:

- A reduction in resting metabolic rate
- Lower energy expenditure during exercise
- Reduced calorie burn from digestion
- Decreased spontaneous movement throughout the day

This last factor is particularly important. Researchers refer to this as Non-Exercise Activity Thermogenesis (NEAT), which includes all the movement that occurs outside of formal exercise. Walking, standing, changing posture, fidgeting, and general daily activity all contribute to calorie expenditure. When calorie intake is restricted, people often move less without realizing it. These reductions in movement can significantly impact total daily calorie burn.

**Is the Body Really “Holding On” to Calories?** A common belief is that eating too little causes the body to stop losing weight. While the body can adapt and become more energy efficient, it cannot create energy from nothing. Energy balance still applies. What often appears to be a stalled metabolism is usually one or more of the following:

**Inaccurate Calorie Tracking.** Research consistently shows that many individuals unintentionally underestimate food intake. Small portions, beverages, condiments, cooking oils, snacks, and errors in portion-size estimation can significantly increase actual calorie intake.

**Reduced Daily Energy Expenditure.** As discussed earlier, calorie restriction often reduces overall movement and activity, lowering total calorie burn throughout the day.

**Water Retention.** Changes in body composition and changes on the scale do not always occur at the same rate.

Stress, poor sleep, intense training, hormonal fluctuations, and sodium intake can all increase water retention. In some cases, individuals may be losing body fat while scale weight remains relatively unchanged due to temporary increases in body water.

**Why Measuring Metabolism Matters.** When someone believes they are eating appropriately but not achieving the expected results, guessing rarely provides useful answers. Understanding an individual's actual resting metabolic rate provides valuable information to guide nutrition and exercise recommendations. Rather than relying solely on predictive equations, metabolic testing measures the number of calories the body burns at rest. This information can then be used alongside activity levels, nutrition habits, and body composition data to create a more individualized plan. In many cases, the goal is not simply to reduce calories further. The more important question may be whether calorie intake, activity levels, recovery, and metabolism are aligned with the individual's goals.

**Looking for Answers?** If you have ever wondered whether your metabolism is slower than expected or if your current nutrition plan is not producing the results it should, metabolic testing can provide objective information.

Our KORR Metabolic Analysis measures your resting metabolic rate and provides insight into how many calories your body burns at rest. Combined with an assessment of your current activity level, nutrition habits, and goals, this information can help remove the guesswork and provide a more individualized starting point for your nutrition and fitness plan.

For more information about metabolic testing or to schedule an assessment, contact Brian Schweitzerhof, Fitness Director, at [brian@lgsr.com](mailto:brian@lgsr.com)



KIDS' NIGHT OUT

PRESENTS

# SUMMER *Party*

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**FRIDAY, JULY 31, 2026 5:00-9:00PM**

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MEMBERS \$45

GUESTS OF MEMBERS \$55

***Join us for some fun in the sun this month in Kids Club. While on island time we will play fun games and complete a lei necklace craft. A cheese pizza dinner and special dessert will be enjoyed prior to settling down to watch Disney's Lilo and Stitch (rated PG). This event is open to children ages 2-11 years old. Families can register on the phone or in person at the LGSRC front desk.***