



Newsletter for Members of the Los Gatos Swim & Racquet Club

October 2023



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CLUB HOURS

Weekday Hours
Monday - Friday
Weekend Hours
C-4d

6:00AM - 9:00PM Saturday and Sunday

5:00AM - 10:00PM

Proshop Hours

Monday - Thursday 8:00AM - 8:00PM Friday - Sunday 8:00AM - 6:00PM

CLUB TRICK-OR-TREATING

On Halloween, we will be hosting our annual Trick-or-Treating event from 3:30pm to 4:00pm. On Tuesday, October 31st bring your little goblin to Trick-or-Treat with a parent or guardian around the Club along with our fantastic Kids Club staff. Costumes are encouraged and recommended for this event! This event is complimentary for Members' children.



OCTOBER CPR CLASS

Why is CPR Important? CPR can save lives. As a firstline 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!

October Class Details

When: Wednesday, October 11, 2023 from 5pm - 8pm Instructor: John Rizzi, Retired Firefighter

Location: Members' Lounge

Price: \$40.00 for Members & \$50 for Guests of Members Certification is issued upon successful completion.





Sign-Ups: 10/2/23 - 11/12/23 League Season: 1/2/24 - 3/24/24

Adult 40+ Daytime

Sign-Ups: 10/9/23 - 11/12/23 League Season: 1/1/24 - 3/22/24

Mixed 18+

Sign-Ups: 10/9/23 - 11/12/23 League Season: 1/2/24 - 3/24/24

Adult 65+

Sign-Ups: 11/6/23 - 12/17/23 League Season: 2/5/24 - 4/12/24

2024 USTA LEAGUE SCHEDULE

ADULT 40+ DAYTIME

ADULT 40+ TRADITIONAL

MIXED 18+

ADULT 65+

ADULT 55+

ADULT 18+ TRADITIONAL

ADULT 18+ DAYTIME

MIXED 40+

MIXED 55+

COMBO DOUBLE TRADITIONAL

COMBO DOUBLES DAYTIME

AUGUST 19TH - OCTOBER 27TH

AUGUST 26TH - NOVEMBER 3RD







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

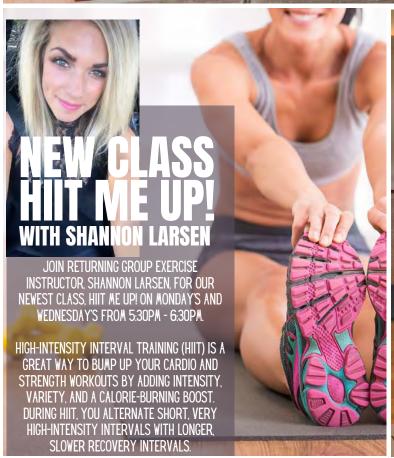
- 4:15pm 5:30pm
- 3:55pm 5:30pm
- 5:00pm 7:00pm

Contact Us 408.356.2136



www.gomotionapp.com/calgsc

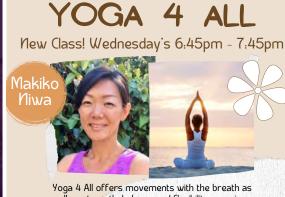
GROUP EXERCISE







WEDNESDAY'S 9:30AM - 10:30AM



Yoga 4 All offers movements with the breath as well as strength, balance and flexibility exercises. We are not looking for complete poses or perfection! The class is great for all levels of practice and offers options to meet different abilities. All levels and ages are welcome (12 and up). Yoga is a great way to tone up your body and boost your energy as well as maintain and improve your fitness level.

GROUP EXSCHEDULE

OCTOBER 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 Montenegro		Sunrise Cycle Patty McNulty		Cycle Boot Camp Dolores Montenegro	
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. Live & ZOOM
8:30AM- 9:30AM	Yoga Strength & Stretch Sam Cooke	Barre Sculpt Stacy Dunnett Live & ZOOM	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 Hema Rajpal	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 TBA 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



NEW: NORMATEC COMPRESSION RECOVERY

Elevate Your Recovery with NormaTec: Unleash the Power of Unlimited Access!

We are excited to introduce a game-changing addition to our club that is set to revolutionize your fitness journey. Get ready to elevate your recovery with NormaTec, the ultimate recovery solution for athletes and fitness enthusiasts. Starting now, we're offering a brand new monthly subscription service at just \$99 per month, giving you unlimited access to NormaTec's cutting-edge compression technology for both your lower and upper body.

The NormaTec Difference

NormaTec compression recovery has taken the fitness world by storm, and for good reason. This state-of-theart recovery technology is designed to help you recover faster, perform better, and achieve your fitness goals like never before.

1. Rapid Recovery

NormaTec's patented pneumatic compression technology delivers a dynamic pulse massage that mimics the natural muscle pump. This helps to enhance circulation, reduce muscle soreness, and accelerate the removal of metabolic waste products. With regular use, you'll experience quicker recovery times between workouts, allowing you to train harder and more consistently.

2. Reduced Muscle Fatigue

NormaTec's sequential compression actively engages muscle groups, which reduces swelling and inflammation. This results in decreased muscle fatigue, énabling you to maintain peak performance during your workouts and activities.

3. Enhanced Flexibility
NormaTec promotes flexibility by increasing blood flow to the targeted areas. Whether you're a yogi striving for deeper stretches or an athleté looking to improve your range of motion, NormaTec can help you reach your flexibility goals.

4. Injury Prevention Prevention evity in the fitness game. NormaTec's advanced compression therapy can be a valuable tool in reducing the risk of injuries. By improving circulation and reducing muscle imbalances, it helps fortify your body against common workout-related injuries.

5. Stress Relief
Physical fitness is not just about the body; it's about the mind too. NormaTec's relaxing compression massages can help alleviate stress and anxiety. Enjoy a moment of tranquility as you unwind and let go of the day's stresses while improving your physical health simultaneously.

6. Customized Recovery

Our new subscription service grants you unlimited access to both lower and upper body NormaTec sessions, ensuring that you can tailor your recovery to your unique needs. Whether you've crushed a leg day or dominated an upper body workout, NormaTec has got you covered.

How to Get Started

Joining our NormaTec subscription service is easy. For just \$99 per month, you'll have unrestricted access to this cutting-edge recovery technology. To sign up, simply visit our front desk or contact our Fitness Director, Brian Schweitzerhof. We'll get you started on your journey to faster recovery, better performance, and a healthier, more active lifestyle.

At The Los Gatos Swim & Racquet Club, we are committed to providing you with the tools and services that take your fitness journey to the next level. NormaTec's advanced compression is a game-changer, and our new monthly subscription service makes it more accessible than ever. Don't miss out on this opportunity to accelerate your recovery and unlock your full potential.

Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach