



Summer Fun!

There are still opportunities for children to take part in our swim lessons and kids camps! Applications at the Front Desk.

SWIM LESSONS

Jellyfish (Parent-Tot, 6 months to 3 years)

Clownfish (Pre-Swim – Water Safety, 3-5 years)

Sharks (Beginning Swim, 6-8 years)

All sessions Monday-Thursday,
10:45-11:30AM

Session 3: (2 weeks) July 13 – July 23

2-week session \$80 members,
\$100 non-members

KIDS CAMPS

Fun and Fit Camp (3 days)

(9AM-1PM – Mondays, Wednesdays,
Fridays)

Pricing: \$85/1 week, \$160/2 weeks

Week 4: July 6, 8, 10

Week 5: July 13, 15, 17

Week 6: July 20, 22, 24

Movin' & Groovin' Camp (2 days)

(9AM-1PM – Tuesdays and Thursdays)

Pricing: \$75/1 week, \$130/2 weeks

Week 4: July 7, 9

Week 5: July 14, 16

Week 6: July 21, 23



Parkpoint Green Sprouts!

New developments in going green!

Here are some new updates regarding our efforts to go for the green and how Parkpoint can help.

- **Disposable razors will be phased out** and reusable products will be available for sale at the front desk. **Bring in your own razor** and cut down the use of disposable ones.
- **Save paper by receiving your monthly statement electronically.** If you are on auto-pay and have a zero balance, simply email tiffany@parkpointhealthclub.com to request your monthly statement electronically.
- **We use the backsides of paper** in our fax machine, staff memos, test print jobs for flyers, cut up for scratch paper (instead of always using post-its); we reuse paycheck envelopes, and file electronically as often as possible.
- **Bring in your own water bottle** to reduce the need to purchase water in plastic bottles.
- **Take only one towel (or bring in your own)** to help reduce laundry water & power needs.
- **Bring your own coffee/tea mug** to the club to use during July 20-26 and get an **EXTRA YOU.FIT POINT** each day that you do.
- **Ride your bike to the club** any day during July 13-19 and earn a **FREE GUEST PASS!**
- We've installed **low-flow showerheads** in all showers to reduce water usage.

Member Notes



Car Keys, iPods, Cell Phones and More!

Many members
come into the office

looking for car keys, iPods, cell phones, jewelry, and sunglasses but we have so much more! Full backpacks, clothes, water bottles, swim goggles and caps, just to name a few. If you are missing something, check the upper deck baskets. More valuable items are kept locked in the office. After a period of time we bag up unclaimed items and donate them to a local charity. Come look for your lost property today!

2009 Family Swim Time

May 23 - September 7

Mon.-Thu. 2:30-4pm, Fri. 5-7pm,
Sat.-Sun. 2-4:30pm

DAILY FEES

Member children:

3mos.-13yrs. \$4, 11-15 yrs. \$8, 16+ \$12;

Non-member children:

3 mos.-13yrs. \$8, 14-18 yrs. \$12

SUMMER SEASON PASSES

Member children: 3 mos.-13 yrs.

1st Child \$50, 2nd Child \$35.

Additional children \$35 ea.;

14-17 yrs. see membership services

*Children under 13 must be
supervised at all times.



Relay For Life – August 1-2

The 2009 Relay For Life will begin on August 1 beginning at 10:00AM and will end on August 2 at 10:00AM. This is a 24-hour event. Join the Parkpoint Team (or any other team) and walk the track at the Sonoma Valley High School for the entire 24 hours. You will never experience anything like this event!

For donations, contact Jim Shafer at 996-3111.

Santa Rosa

1200 North Dutton Avenue
Santa Rosa CA 95401
707 578 1640

Sonoma

19111 Sonoma Highway
Sonoma CA 95476
707 996 3111

Healdsburg

195 Foss Creek Circle
Healdsburg CA 95448
707 385 2500



www.ParkpointHealthClubs.com

**Dates To Remember
JULY**

MONDAYS 7:00PM-8:15PM
Master Swim with Jane

WEDNESDAYS 7:00PM-8:15PM
Master Swim with Jane

THURSDAYS 6:00PM
Swim Clinic with Jana

SATURDAY July 4
4th Of July
Club Hours: 7AM-2PM
Family Swim: 12PM-2PM

SUNDAY July 5
5 Rhythms Practice (Fee Class)
4:00-5:30PM

SATURDAY July 25
BBQ Benefiting Sonoma Library
4PM-7PM
Family Swim Extended 2PM-6PM

SUNDAY July 26
Free Guest Day

**Dates To Remember
AUGUST**

MONDAYS 7:00PM-8:15PM
Master Swim with Jane

WEDNESDAYS 7:00PM-8:15PM
Master Swim with Jane

THURSDAYS 6:00PM
Swim Clinic with Jana

SUNDAY August 2
5 Rhythms Practice (Fee Class)
4:00PM-5:30PM

SATURDAY August 1
Relay For Life - 24 hours
8AM Saturday - 8AM Sunday
Sonoma Valley High School

WEDNESDAY August 19
Sonoma Valley Schools
First Day Of School

SUNDAY August 30
Free Guest Day

MONDAY September 7
Labor Day
Club Hours: 7AM-2PM
Family Swim: 12PM-2PM



**Give a Little,
Give a Lot to Sonoma**

So far 2009 has thrown more curveballs than Barry Zito and who knows when the game will be over. More Sonomans are staying at home this summer for 'staycations' and Parkpoint is helping out by providing social opportunities at the club and at the same time giving back to the community. This year, instead of the big member party, we are switching it up and Parkpoint will be hosting BBQs with proceeds going to local community organizations.

This is an ideal opportunity to give back to our local organizations. We hope you will join us for some summer fun and show support for our community!

BBQs BENEFIT LOCAL NON-PROFITS



Sonoma Library
Saturday, July 25th
4PM-7PM
Family Swim 2PM-6PM

The Sonoma Library has supported the community's joy of reading for both young and old. Reading programs, lecture series, and book sales are just a few activities that keep this vital offering alive in Sonoma. Volunteers are always welcome!

Come join us and support the Library. All proceeds from drinks and donations go directly to the Library.

Sonoma Community Center



Sonoma Community Center
Saturday, September 19
4PM-7PM
Family Swim 2PM-6PM

The Sonoma Community Center sponsors programs in drawing, painting, pottery and ceramics, theater, music and more. The Center also provide space and support for various non-profit organizations such as Alcoholics Anonymous and Red Cross Blood Drives.

Another great opportunity to directly make a difference. Support the Community Center and come to the BBQ.

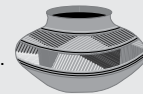
THANK YOU TO ALL WHO JOINED THE FUN ON JUNE 19TH TO HELP SUPPORT THE SONOMA ECOLOGY CENTER. DONATIONS EXCEEDED \$200!!

If you didn't get a chance to donate at the BBQ to the Sonoma Ecology Center, we have located a donation box at the Front Desk.



Calling All Artists And Crafts People!!!

Support our nonprofits and join us at our next 2 BBQ events and sell your wares. 10% of all proceeds will go directly to the Library and Community Center!



WALK TO STAY SHARP

Walking each day may sharpen your memory and help you juggle mental tasks. In one study reviewed by the National Institutes of Health, MRI was used to track the brain activity of healthy adults age 58-78. After a 6-month walking program, brain function, attention span, and focus on goals improved. Light exercise increases blood-flow to the brain and jump starts hormones necessary for nerve cell production. Boost your brain and stay sharp by walking each day!

Looking for an Evening Weight Watchers Program?



Are you looking for an evening Weight Watchers session? Need some encouragement to keep you from raiding your refrigerator after a long day at work and maybe even a longer commute?

Parkpoint is hoping to generate enough interest to begin Wednesday evening meetings. **Weight Watchers leader Sue Mount** is looking for participants. "I'm hoping that a later start time – a weigh-in at 6:30 and a 7PM meeting – will meet the needs of those who work later hours or commute," explains Sue. "We need 15 people to begin a session and have 5 so far."

Sue joins Pat Fodor as a Weight Watchers Team Leader at Parkpoint. We asked Sue to share her background with us. "I first joined Weight Watchers in 2001 after a yearly physical. The number on the scale was frightening. I noticed people at work were losing weight and happy! I began talking to them to find out how they were doing it. I attended an Open House meeting and joined. The series didn't renew so I thought I'd give it a go on my own. Well, I rejoined in 2004 having gained back some of the weight I had lost, reached my goal weight in 2004 and have maintained it since. I have lost 35 pounds and sometimes even 40. Weighing in weekly makes you accountable to yourself!

I began working for Weight Watchers in 2007. One of the requirements for employment with Weight Watchers is that you have been a member, reached and maintained your goal weight. It is incredibly satisfying and rewarding to see other members realize their capabilities and support each other. Yes, first and foremost I am and always will be a Weight Watcher member! Ed jokingly refers to us as a "cult" because everywhere we go I run into other members. Weight Watchers has taught me the skills for lasting weight loss. I don't rely on willpower alone. If you work the plan the plan works!"

Join Sue for a **Weight Watchers Open House on Wednesday, July 22 at 6:30pm** at Parkpoint.

iWalk Sonoma



What is iWALK?
iWALK is a campaign to increase the number of people who walk

regularly. iWALK is for everyone who lives or works in Sonoma County. iWALK offers starter kits for individual walkers, walking groups, worksite walking programs and more. iWALK is free and easy to do – just put on a comfortable pair of walking shoes and start walking!

The Sonoma County Health Action council has selected three goals for promoting healthier communities: easy access to healthy food, promoting physical activity, and making sure everyone has a 'medical home'. "Health Action mobilizes collaboration and partnerships among health care providers, community organizations, businesses, and community members to benefit the community by concentrating resources where they are most likely to improve health status."

iWalk is the first project, a simple, effective, and affordable way to improve the health of Sonoma residents of all ages through regular physical exercise, expanding our population's commitment to healthy living.

Go to www.iwalksonoma.org to learn about walking groups, view maps, find events, and more! We live in a most beautiful part of the world – get out and enjoy it!

You. Fit Rewards



April Prize
Napa Wine Train
\$100 Gift Certificate
Jim Sparks

May Prize
Regional Parks Pass and
REI Gift Certificate value \$100
Ann Byrne



Pilates Open Studio Now Open!



For those of you who have been training with Pilates Reformer instructors you can now practice those exercises in an Open Studio. **Flo Shields** will preside during Open Studio. Sessions are \$12/hour or 10 for \$80.

Open Studio is on **Wednesdays from 7-8AM and Fridays from 9-10AM**. Schedule your session at the Front Desk.

TRAINER PROFILES

Parkpoint Welcomes Four New Trainers!



Barbara Bailey

Barbara's first field was developing curriculum keeping up with pre-kindergarten and after-schoolers, always balancing creative, expressive

activity with more quiet focus. She took up meditation, yoga and chi gong, making her own grounding in mind-body connection. A natural spin-off was to pursue the fitness field. Barbara has been a certified personal trainer through the National Academy of Sports Medicine for 1 year and joined Parkpoint in November 2008.



Philip Dresser

Philip began running in his 20s and within a few years was completing marathons. He took up cycling and resistance training and found his niche.

Participating in long-distance cycling has taught him to understand food as fuel for the body. He has enjoyed the two-pronged benefits of cardio and strength fitness ever since. Philip joined Parkpoint in March 2009 and is an ACE Certified Personal Trainer.



Jessica Greenwood

Jessica's first initial interest in fitness came when she was losing weight in 2000. She began running the straight stretch of her block and progressed

from there to about 1 mile a day, on top of basic exercises (push ups and sit ups). In 2005, Jessica took fitness to a new level and became a partner in a new personal training business in Marin. She became certified and hasn't looked back. She joined Parkpoint in January 2009 and is available to help members on all fitness levels. Jessica has been a Certified Personal Trainer for 4 years.



Lily Strasburg

Lily has a background in athletics and dance movement. Moving toward the fitness field, she got a strong shove with a debilitating car crash

that pushed her right into the direction of rehab, healing and body awareness. Lily joined Sonoma/Santa Rosa Parkpoint in June 2008. She has been certified for 4 years and is available on Thursday and Friday evenings.

group exercise



Spin Doctor

with Kim & Twink

Mondays @ 4:00pm with Twink

Tuesdays @ Noon with Kim

Wednesdays @ 4:00pm with Kim

Fridays @ Noon with Twink

Members Monthly Pass to any/all classes

within the month: \$25 or \$ 5 per class

Non-Members Monthly Pass: \$35 or

\$10 per class

A complete cardio workout in 20 minutes! Absolutely no experience required! A new regimen sheds pounds, builds strength, and shortens your workout time! No more than 45-60 min. cardio time! Research shows that "sprinting" is more effective than "longer duration" aerobic exercise

- High intensity exercise burns more fat -- "during and after" -- the workout.
- Sprinting causes "excess" post-exercise oxygen consumption (EPOC) and a fat burning, anabolic (muscle building) hormonal environment. Burn up to 24 hours post workout.
- Blood levels of human growth hormone (HGH) and testosterone increase after "Sprint & Strength Training." (These strong fat burning hormones (HGH) decrease as we age).
- Interval & strength training can help prevent osteoporosis and muscle loss as we age. Applying multi-joint strength training can increase muscle mass and cardio-respiratory fitness.
- Hormone cortisol is unopposed by HGH and testosterone.

Yes, you CAN do this workout!



Strong & Lean

NEW CLASS FORMAT

with Kim

Mondays at 10:45am

A flow of no-nonsense strength, postural, balance and flexibility exercises with optional modifications to fit your body

and fitness level. The standing section features fluid, full range-of-motion moves like squats and weight bearing exercises. The floor work includes Pilates-based core work for back and abdominals. It ends with a medley of full body stretches and relaxation. The entire program is well sequenced with smooth transitions and lots of movement variety.

NOTE TO ALL MEMBERS:

As fitness trends come and go, we often need to evaluate member interests in group exercise classes and make adjustments accordingly. Also during summer months people tend to exercise outside, which leads to fewer class participants. As we add classes based on demand, we will place less-popular classes on hold. We constantly reevaluate classes through out the year to meet the needs of our members.

YOGA MONDAY MIX



July 6	Lynn
July 13	Lynn
July 20	Lisa
July 27	Melanie
August 3	Lynn
August 10	Anne
August 17	Lisa
August 24	Melanie
August 31	Sofi



Mat & Fusion Classes

Monday @ 4:30pm with Jennifer

The Body Shop

Cardio, Body Sculpt & Pilates Mat

Tuesdays @ 10:45am with Kim (Pilates Fusion)

Complete Body Sculpt & Pilates Mat

Wednesdays @ 9:00am with Flo (Pilates Flo)

Thursdays @ 5:45pm with Lynn (Pilates Mat)

Sundays @ 10:45am with Sandy (Pilates Mat)



Cycle Class

NEW TIME! Wednesday at 4:30PM with Betsy

NEW CLASS! Fridays at 6AM with Adam



Learn to Step

(Intro to 'Gentle' Step Aerobics)

with Candy

1st Saturday of each month at 11am

This Intro to "Gentle" Step will give you the foundation needed to enjoy the health benefits and fun of "Stepping." All Ages and Fitness Levels are welcome. Step Aerobics popularity is simple--it offers a great cardio workout! The aim of aerobics is to increase the body's consumption of oxygen. The platform or "step" provides this extra boost by incorporating the action of stepping onto the platform to intensify the workout.

Boxing/Kickboxing is Now TOTAL BODY CONDITIONING

Tuesdays & Thursdays at 5:45pm
with Bart



5 Rhythms of Practice

The Movement Work of Gabrielle Roth
with Jewel

1st Sunday of every Month, 4-5:30pm

Members: \$8 per class

Non-Members: \$12 per class

The 5 Rhythms comprise of simple movement practice designed to release the dancer that lives in everybody, no matter what its shape, size, age, limitations and experience. To find your dance is to find yourself at you're most fluid and creative level. The 5 Rhythms are flowing, staccato, chaos, lyrical and stillness. They come together to create the Wave, a movement meditation practice.