

**Fit 'n Fundraiser,
Another Great Success!**

Our 3rd Annual FIT'n FUNdraiser was another huge success. The three top nominated charities will receive \$1000 each: Redwood Empire Food Bank, The Sonoma County Humane Society and the American Cancer Society. Many thanks to all of you!

Rita Alonso, Kathleen Anderson, Debra Anderson, Deborah Applegate, Maxine Averbeck, Annie Bacon, Kathy Baldassari, Dawn Baskin, Judith Bauman, Tina Belford, Donna Bernheim, Tim Bertini, Kathryn Bertini, Ralph Bowman, Ellen Breisacher, Eric Brockway, Marian Brockway/ Giuiliana, Courtney Buntjer, Paula Burks, Tessa Burns, Patti Buttitta, Lynelle Buxton, Cary Buxton, Nancy Calavan, Amy Caldwell, John Cecil, Jamie Cerino, Laurie Chestnut, Barbara Cisneros, Nancy Clarke, Lesa Cogo, Joanne Cohn, Marsha Connell, Joni Conner, Robert Connors, Nancy Coughlan, Cheryl Crowder, Beth Curtin, Stephen Davis, Gary Dellepere, Nic Dixon, Craig Donnell, Vicki Doty, Jim Duncan, Georgia Dunton, Lyndy Durling, Sunjae Dvorak, Ted Dyer, Jayro Dyer, Kymber Ensele, Kathy Faris, Karen Farnsworth, Justin Forman, Clay Foster, Jill Francis, Mike Francis, Penelope Frenes Hodes, Sheilah French, Joe Gannon, Miriam Gaon, Rachel Garman, Debbie Garner-Hale, Joni Garner-Hale, Laurie Garrison, Carlie Gerst, Stacey Gilligan, Robert Givens, Dennis Glick, David Godet, Jeff Gomer, Ken Gracey, Joel Green, Joanne Green, Craig Gregory, Sylvia Guckenheimer, Lea Hartley, Kris Heglin, Doug Hilberman, Carol Hirsh, Margaret Hoefler, Ed Hoefler, Dana House, Robert House, Chuck Hussey, Coni Johnson, Danny Jones, Sue Keeley, Warner Keeley, Ruth Kelley, David Kennedy, Dawnie Kennedy, Dan Klepper, Nan Koontz, Eileen Kortas, Rose Lamanna, Bruce Lamanna, Charol Lane, Patricia Langseth, Shary Levine Barta, Nancy LoDolce, Eddie Lopez, Tony Lopez, Stella Lundquist, Marion Maassen, Catherine Markusen, Sean Martin, Brad Martin, Suzanne Mashek, Bill Mashell, Deirdre McCaskell, Chelle McDonell, Kris McKelvey, Rick Mercurio, Rick Migliore, Ramon Monge, Sylvie Moore, Amy Mossberg, Paula Moyron, Jerry Newman, Mary Nicholl, Nicki Nikula, Michelle Olson, Phyllis Onstad, Doug Onstad, Lucy Ozkaya, Freddi Palmer, Denis Palmer, Judy Peletz, Christina Pellegrini, Anne Percival, Maeghan Perkins, Laura Phaby, Carrie Pierucci, Jean Powers, Robin Raikie, Leslie Rea, Marvin Reyburn, Catherine Ren, Margie Rhodes, Wayne Ritchie, Joyce Roessler, Kay Rogers, Jeanette Rohur, Haley Rose, Lori Rowden, Elizabeth Rowlands, Elsa Rubenstein, Sandra Sakwa, Traci Saput, Joan Schmidt, Bobby Schmidt, Erin Schreiner, Martin Schwartz, Adrienne Segoviano, John Shami, Jennifer Shannon, Kat Shipley, Jan Simonin, Will Sissle, Beth Smith, Marian Smith, Mary Smith, Kent Snyder, Kathryn Snyder, Dan Southard, Kathleen Sowers, Ana Spiker, William Starner, Whitey Sternman, Kris Sunderlage, Deb Sweeney, Cynthia Tasker, John Tassano, Sandi Tassano, Florence Templeman, Warren Templeman, Kashyap Thakor, Art Trujillo, Lee Roy Tucker, Renee Turner, Andrea Valderama, Gail Vann, Vanessa Vann, James Weiner, Lynn Westoby, Violet Wilder, Peggy Williams, Mark Wills, Bonnie Wood, Merritt Wright, Janie Wycoff, Jim Wycoff.

MANAGER'S MESSAGE

Happy New Year!



Dear Members,

The year 2010 has arrived! I remember as child wondering how the world would be in that, oh so distant, futuristic sounding year.

Well, much has changed and transformed over the years and in ways I never could have imagined. What hasn't changed is that the New Year provides us with the opportunity to reflect on the past and create a vision for the upcoming year.

Looking back over the last year at Parkpoint, we shared our Core Values with you: Excellence, Integrity, Respect, Teamwork and Community, and Health and Well-Being. In keeping with these values, we focused on going green and being more environmentally responsible. Throughout the year, we made a lot of progress by significantly reducing our waste, water usage and energy consumption. My sincere thanks for all of your help and support as your efforts make a huge difference.

We ended the year with our 3rd Annual FIT 'n FUNdraiser - truly a program that is a culmination of all of our values. Almost 200 members and staff worked out to raise money for charities close to their hearts. Together we raised \$3000 for the three top

nominated charities: **The Redwood Empire Food Bank, The Humane Society and The American Cancer Society.** Thanks to all of you, these three invaluable agencies were the recipients of your hard work and generous spirits.

Looking ahead to 2010 we intend to continue to be guided by our Core Values. We will continue to strive for Excellence in our programming and service with new equipment, exciting new programs and a staff that goes above and beyond. *Going green will continue to be in the forefront this year as both our newsletter and our YOU.FIT. Member Rewards program will go online.* This change will help save precious resources and serve us well in the upcoming decade. Throughout 2010, we will remain committed to serving your health and fitness needs – so stay in touch and let us know how we are doing!

Wishing you all health and happiness in body, mind and spirit,

Nancy
nancy@parkpointhealthclub.com

*“You must be the change you wish to see in the world.”
– Mahatma Gandhi*

Parkpoint is keeping up with the times – going green and going online!



YOU.FIT. REWARDS 2010 GOING GREEN!
Our 2010 YOU.FIT. program is going online – no more wasteful calendars and no more fees!

The first 100 members to sign up for YOU.FIT. 2010 will be entered into a drawing to win a Bed and Breakfast Overnight for Two in the Wine Country!

The benefits of the all new YOU.FIT. 2010 include:

- The convenience of tracking your workouts online via our website
- Eligibility in the same great monthly prize drawing
- The potential to win fabulous year-end prizes just by working out
- And all of this without the bother and waste of paper calendars and participation fees!

The Club will track your Club visits online – don't forget to check in at the front desk and we'll do the rest! Please make sure we have your current email address and look for more information about the new green YOU.FIT. 2010 in the Club. Sign up today at the front desk.

NEWSLETTER GOING GREEN!
This is the last paper issue – send in your emails today!

To further our green efforts beginning March of 2010 we will be reformatting our newsletter to an online version that you can view on our website or via email. Do email us your correct email address so that you won't miss Parkpoint events and programs. Email Rachel at rachel@parkpointhealthclub.com to provide us with or to update your email address.

TRAINER'S TIP



NO New Year's Resolutions!

by Lana Pacheco

Keep your "New Year Get Fit" resolution this year and every year by "NOT" making one. What? Yes, I meant to say that! I'm not saying don't workout or don't have a plan to get in shape. I AM saying to simply make it a part of your life style. That way if you don't see immediate results or you miss a few workouts, you won't just give up and drop the idea.

Think of getting fit as an ongoing commitment, not a resolution. Add just one or two workouts, classes, or a new activity to your weekly routine. Build on that success. Find an external motivator, an event that you are working towards like your first triathlon, or 5K run. Start swimming or join a hiking group. Make it something that fits you and you will succeed!

Here are some quick tips to help keep you on track:

1. **Set a short-term goal.** Pick something that you can do within four weeks such as signing up for a free fitness orientation, update appointment or the Shades of Glory program.
2. **Set a long-term goal.** Create a goal that gives you something to work towards, something that inspires or challenges you. It can be as simple as coming to the gym at least three days a week or it can be training for a run, a triathlon or a hike you've always wanted to take.
3. **Sign up for the Shades of Glory program** and do as many workouts on the card as you can do. Don't beat yourself up if you don't do every activity on the card.
4. **Attend one of James Burke's Nutrition Shorts** to get some healthy tips on what works and doesn't work in your daily diet.
5. **Ask a Trainer** for help if you are unsure how to do an exercise or if you just want something new to spice it up. We are here to help.

Here's to a Happy New YOU in 2010!

Lana
lane@parkpointhealthclub.com



Shades Of Glory Returns!

Parkpoint's incredibly popular 4-week workout program returns for Year Three!

February 1 – February 28

Shades of Glory is fun, it's motivating, it's easy to do and everyone wins! Simply sign up at the front desk and you'll be assigned to a team (you can even request one person to be your teammate if you like). You'll then receive an individual workout card and as you complete your workouts you'll earn points for your team. The more you workout, the more points you earn!

Each team is led by a fitness staff person who will provide you with fitness tips, encouragement and the motivation it takes to succeed! The winning team will receive **T-shirts** and be entered in a drawing for **Three Free Personal Training** sessions with their team captain. One person from each of the other teams will also receive **One Free Personal Training** session with their team captain. And lastly, **T-shirts** will be awarded to all who complete every activity on the workout card! Last year we had 12 members conquer the card!

Shades of Glory runs from February 1 to February 28. It is a great opportunity to meet other members and to explore new classes. Many classes will be filled with first timers, so if it is your first time you won't be alone. Let the games begin! Sign up today at the front desk!

NEW SPECIAL SHADES OF GLORY EVENTS!

Pilates Reformer Demo Days

Our Pilates Trainers will be conducting 15-minute reformer demos as part of our Shades of Glory program in February! Take this opportunity to experience Pilates, earn points for Shades of Glory and receive a **10% coupon** to use towards your first purchase of a Pilates Private Personal Training package*. Look for days and times to be posted starting the last week in January. Sign-ups for open time slots will begin at the front desk February 1.

**This offer not valid for reformer small group classes*



TRX Demo Days

The fitness staff will be holding 15-minute TRX demos in conjunction with the Shades of Glory program. Days and times will be posted in the Club beginning February 1. TRX or Total Suspension Training is a great way to train for core strength, flexibility and cardio-respiratory conditioning. This all-in-one piece of equipment has up to 250 progressions and variations so that you never get bored. The resistance comes from moving your body weight in space. It is fully adjustable to any fitness level and, best of all: it's incredibly effective! There is no need to sign up – just meet on the fitness floor during one of the posted demo times.

Personal Training Intro Special

Always wanted to try Personal Training or Pilates Personal Training? Here's your chance!

If you've never done private Personal Training before, you can receive 10% off of your first 4, 8 or 12 session package. Contact the trainer of your choice directly to schedule your session and you'll receive the savings as a credit on your account. Contact Lana if you would like assistance in selecting a trainer or need more information: lane@parkpointhealthclub.com or 578-1640.

**This offer may not be combined with any other offers.*

YOU.FIT. Rewards & Winners!

JANUARY DRAWING – Three Free Personal Training or Pilates Personal Training Sessions – your choice!

FEBRUARY DRAWING – A FREE month's dues!

Congratulations to Our You.Fit. Prize Winners

OCTOBER WINNER: Congratulations to Vicki Doty on winning an Hour and a Half Massage with her favorite Parkpoint therapist. Ahhhhh.....lucky lady!

NOVEMBER WINNER: Three charities were the winners this month as Parkpoint donated over \$3000: \$1000 each to the Redwood Empire Food Bank, The Sonoma County Humane Society and the American Cancer Society.

activities & more

DARIA ACOCELLA – AESTHETICIAN FOR PARKPOINT CLUBS

It's a New Year – It's a New You!!

You are invited to a Skin Care Seminar with dermatologists,
Dr. Dale Westrom & Dr. Ashley Smith.



Monday January 25th
7:00pm (Santa Rosa Club)

Tuesday February 2nd
6:30pm (Healdsburg Club)

Turning back the clock . . . everything you always wanted to know about skin care and so much more. Bring your questions and enter your name in a drawing to win wonderful skin care products

and treatments! **Drawing prizes include: Facials, Peels, Image Skin Care Products, Botox and more!!!**

Please RSVP in advance at the front desk, limited seating. No charge for members and their guests.

VALENTINE SPECIAL!

February 1 - February 14
Buy a Gift Card for a Facial Service worth \$75 or more and a complimentary hand and foot treatment will be included in the service.

Member's Fantastic Feats & Inspiring Exploits!



DON LOGAN

Congratulations to **Don Logan** on receiving his formal promotion from Fourth Degree Black Belt to the rank of **Master in the Korean Martial Arts of Tang Soo Do!** Don received this honor from Grandmaster Shin in October of 2009 at the Region 2 Championship held in Reno. **Master Logan** (his new title!) started his martial art training back in 1968 and has been training and teaching Tang Soo Do here at Parkpoint for the past 16 years. Way to go, Don!



FRANCIS BREINING

Kudos and congrats to **Francis Breining** for making it all the way to the finals in the **World Handball Tournament** held last October in Portland, Oregon! Francis and his partner Mike Linnik played in the 50+ division, which had 24 teams competing from all over the world in that category alone. This world-renowned tournament is held every 3 years and brings in over 1000 entries from 14 different countries across the globe. Francis and Mike were also the 2008 National Champions and will rally their strength once again to represent the Nor-Cal 50+ team in January. Wish them luck!

29th Annual Turkey Shoot Handball Tourney a Smash Hit!

The Turkey Shoot was another smashing success due to the superb efforts of the handball crew. Led by **Bob Schmidt** as head chef and tourney guru, grillmaster **Dennis Reis** and the kitchen crew including **Tom Bertoli, Ed Mount, Rick Gross** and others cooked up a storm. **Nikki and John Nikula** and **Joannie Schmidt** ran the tourney desk to perfection. Many, many thanks to all.

NUTRITION SHORTS!

with James Burke, MS, RD



Weight No More

Monday, February 8th
7:15pm in the Studio

Start the New Year right with James' sound, personalized and reasonable approach to weight loss and weight management. James weeds out the fact from the fiction to help you set doable goals and guide you in creating new, positive life-long eating and exercise habits. Sign up at the front desk to assure you'll receive a handout. FREE for Members & Nonmembers. 3 E's

Eating for your Workout

Monday, February 22nd
7:15pm in the Studio

Frequent small meals? Is it better to eat before or after your workout? Should you eat carbs or protein? Does it matter? The things you eat can dramatically affect both your workout and how your body responds to a workout. Whether you're looking to burn more fat or increase your muscle gains, this nutrition short is for you! Sign up at the front desk to assure you'll receive a handout. FREE for Members & Nonmembers. 3 E's

RACQUETBALL CORNER

New Racquetball Director



We are very pleased and proud to announce that we have a new Racquetball Director, **Barry Lynes**. Barry is excited about supporting and organizing the racquetball program in Santa Rosa. He loves the

game and has a full schedule of racquetball events planned for 2010 including regular splats, beginner's clinics, tournaments and Saturday shoot outs.

Barry wants your input! Barry also wants to hear from you, the players, and has created a survey to gather information. Please complete a survey (available in the lobby). As a little incentive, all those completing a survey will be entered in a drawing to win a **free can of racquetballs and protective eyewear!**

MORE ABOUT BARRY:

Barry was a member of the Board of Directors of the California Amateur Racquetball Association for 10 years and an Ektelon sponsored player for over 15 years. He has served as director or co-director of many racquetball tournaments and other events at several clubs. Barry has played racquetball since 1980 and in 1998 he won the A Division at the California State Singles Championships. In 2008 Barry and his doubles partner, John Els, won gold medals at the California Senior Olympics, and in 2009, they won silver medals at the National Senior Games.

Upcoming Racquetball Events

NEW YEAR'S SPLAT – Friday, January 8th, 5:30 – 9pm Players of all levels are welcome. Sign up at the front desk. \$8

BEGINNING RACQUETBALL CLINIC
Thursday, February 25, 6pm

Join Barry and learn all the basics of the game. The club will supply the racquets, balls and eyewear. All you need to do is sign up at the front desk, wear non-scuffing athletic or court shoes and bring your enthusiasm and a sense of humor! Barry will take care of the rest!

EKTELON WOMEN'S RACQUETBALL DAY – Saturday, February 27th noon to 5pm. Women of all levels are welcome in this half-day tourney. Food, fun and camaraderie make the day! Sign up at the front desk: \$10.

Save the date!

VINTAGE DOUBLES RACQUETBALL TOURNAMENT – Friday, March 19th – Sunday 21st. More information to come.

group exercise

INSTRUCTOR HIGHLIGHT



Sonya McVay

Sonya McVay is mat certified by the Pilates Method Alliance and has continued her education over the past four years under the tutelage of Monica Anderson.

She believes that Pilates brings health not just to your physical body, but to a person's being as a whole.

Sonya discovered the mind, body and spirit connection when she was "hired" to work with severely disabled children and youth in the small village of Tecuci in Romania. Some of the children had not been born handicapped but through lack of touch through their infancy, their bodies were no longer fully functioning and they mostly sat and often cried. To her amazement, Sonya watched a physical therapist skillfully transform these unhappy children through intuitive touch and gentle movements. It was from this experience that Sonya became focused on the world of movement.

Shortly after arriving home, Sonya began to take Pilates and the changes she felt and saw in her own body reminded her of the transformation of the Tecuci children. Within months she was PMA certified as a Pilates mat teacher and has continued her practice and education ever since. She believes a healthy life stems from a healthy relationship with one's body and her intention is to assist her students in making that connection. Join Sonya on Saturdays for her Pilates Mat class at 8 am or for her intro class.

Beginners Pilates Clinic

with Sonya McVay

Saturday, February 6th, 9-10am

Pilates has been in the news as THE preferred workout of the stars for years now, but what exactly is it? Here's your chance to discover what it's all about and why so many are flocking to practice this amazing discipline! In this intro clinic Sonya will focus on the fundamentals of Pilates in order to reap the many benefits which include building long, lean muscles, core strength, improved flexibility, posture, and body awareness, injury prevention, and more. This class will prepare you to take a regular Pilates Mat class. Sign up at the front desk.

Members: FREE Nonmembers: \$15



Beginners Yoga Clinic

with Hannah Caratti

Sunday, January 24th, 12-1pm

Have you always wanted to try yoga but felt a little unsure or afraid about coming to a class? Or have you tried a few classes but weren't sure what you were doing or how you could modify the postures to fit your body?

This clinic will take the mystery out of yoga. Hannah Caratti has been a yoga instructor for over 20 years and works with people of all ages and abilities. Her classes are gentle, easy, relaxing and healing, and are based on Iyengar, Sivananda and Synergy yoga techniques.

Sign up at the front desk.

Members: FREE Nonmembers: \$15

Bike Fit Clinic

Saturdays, Jan. 23rd and Feb. 20th

9:30-10:30am in the Cycle Room

Join Lana for a one-hour clinic and learn how to get fitted properly on the Lemond Revmaster. Proper fitting will insure that your ride is comfortable and efficient when taking one of our Studio Cycling classes. The first ½-hour will be devoted to the fit followed by a ½-hour ride to get you used to the new settings.



Sign up at the front desk. Space is limited to 6 participants. Members: FREE Nonmembers: \$15

Shades of Glory Special Events

Absolutely Abs Clinic with Lana

Wednesday, February 10th and Wednesday, February 24th, 7:15-7:45pm

Challenge your abs and build core muscle strength! Learn how the abs function and perform and the best ways to work them. Lana will give you the complete skinny on abs, plus a great workout – don't miss it!

Members: FREE



Shades of Glory Dance Party!!!! Last Chance Point Workout!

Friday, February 26th 7-9pm

Join World Dance DJ, Barbara Aman, and African Dance Deva, Kris Freewoman, for a fun and lively evening of dancing to World Beats and Dance Party Music. You will learn "Fonga" a Nigerian Welcome dance; a folk dance, some line dancing and more!!! Bring your dancing feet and come join the fun. This will be your last chance to get points for the Shades of Glory event in February. Don't miss it!!!

Members: FREE Nonmembers: \$12 guest fee



Valentines' Day Partner Yoga

with Dawn Justice and Gay Dawson

Sunday, February 14th, 2-4pm, Aerobic Room

Join Dawn Justice and fellow yoga teacher Gay Dawson for a special Valentine's class. Bring your sweetheart, a friend or bring yourself and we will pair you. You'll be guided through exercises designed to help you go deeper into your yoga practice. Learn to be safe and comfortable working with another person in stretching, resistance and balance poses and enjoy relaxing Thai Massage skills. You are sure to come away feeling exhilarated, empowered and excited with their new abilities to connect through yoga. You don't have to bring another person to enjoy this special workshop.

Members: \$30, Nonmembers: \$35. Member Couples: \$50 (just one person must be a member to receive this rate), Nonmember Couples: \$60. All Levels Welcome! 4 E's

Santa Rosa

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Sonoma

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707 996 3111

Healdsburg

195 Foss Creek Circle
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