



Managers Corner

January – February 2018

Club Events

Guest Day Ticket Sale:

Bay-O-Vista will be having its annual Guest Day 1/2 off ticket sale starting on January 2nd 2018 - February 28th 2018. Guest day tickets will be sold at 1/2 price only during this period. All new 2018 Guest day tickets will expire on December 31st 2018. These tickets will be nonrefundable or replaceable if lost. They will be available at the front desk for purchase on January 2nd 2018. This is a great way to save some money on your guest ticket price for the year of 2018. The guest day tickets are a great way for you to introduce the club to your friends and family. Here is our 2018 Club Guest Day Ticket Fee info. and Policy:

- 1.) Guest Day Fee 1/2 Price Sale is from:
Jan 2nd 2018 – Feb 28th 2018
- 2.) 2018 Regular price \$15.00- for 3 yrs. and up
Guest Fee 1/2 off sale price \$7.50
- 3.) 2018 Regular price \$7.00 0- for 0- 2yrs
Guest Fee 1/2 off sale price \$3.50
- 4.) Guest Day Tickets sold in packs of 10 only
- 5.) Max purchase 2 packs total
- 6.) Guest Day Tickets not valid for large events (4th of July) or school parties

Thank You For Your Continued Support and Patronage
Mark D. Mohr – President/GM

NEW CLASSES

ROLL AND RELEASE

Sundays@10:30am
beginning 01/07/18

WINTER KIDFIT

*Wed/Thurs@4pm
beginning 01/10/18

PILATES

Thurs@5:15pm with
JEANNETTE (NEW)

ZUMBA

Thurs@7:15pm with
MARIA (NEW)

WEIGHT WORKS

Sat@9am with
CASSANDRA
AND RUBY (NEW)

SOFT SHOE DANCE

Fri@11am with DALLIS
(to be continued in
2018)

YOGA

Sun@4:15pm and
Mon@7:15pm with
JUSTIN (NEW)

Guest Day Ticket 1/2

OFF SALE!!

01/02/2018-
02/28/2018

Bay-O-Vista GROUP FITNESS SCHEDULE January - February 2018

Time	MON	TUE	WED	THU	FRI	SAT	SUN
6:00AM		Cycle Core CYNTHIA		Bootcamp CYNTHIA			
8:00AM	Gentle Fit JANA		Gentle Fit DALLIS		Gentle Fit KAREN	Cardio Interval CASSANDRA/ MIMI	Yoga 7:45AM TBA
9:00AM	Cardio Interval VAL	Weight Works JEN K.	Cardio Interval DALLIS	Pilates Fusion DALLIS	Cardio Interval Sally	Weight Works CASSANDRA/ RUBY	Cycle Core Plus 1.5 hours CYNTHIA
9:00AM			Walk Fit KATHY				
10:00AM	Stay Strong DALLIS	Yoga Gentle Flow DALLIS	Zumba Step JEN M	Yoga Gentle Flow JEN W.	Stay Strong DALLIS	Tai Chi TIM	
10:30AM							Roll and Release
11:00AM			Stay Strong DALLIS		Soft Shoe Dance DALLIS	Pop Pilates MIMI	
12:00PM	Pilates Fusion DALLIS	Roll & Release DALLIS	Pilates Fusion DALLIS	Gentle Fit DALLIS	Pilates Fusion LINZEY		
12:00PM		Aqua Fit MERLE/ KATHY			Aqua Fit MERLE		
4:15PM			Kid Fit JR Ages 7-11 <i>(OCT-JUNE)</i>	Kid Fit Tot Ages 4-7 <i>(OCT-JUNE)</i>			Yoga JUSTIN
5:00PM	Aqua Fit SALLY		Aqua Fit MERLE	Aqua Fit KATHY			
5:15PM	Yoga JEN W	Pilates Fusion KAREN	Barre Fusion KAREN	Pilates Fusion JEANETTE	Yoga CAREY		
6:15PM	Weight Works TERESA	Cycle Core CINDY	Weight Works KAREN	Cycle Core JEANETTE			
7:15PM	Yoga JUSTIN	Zumba® JANA	VINYASA YOGA KATIE T	Zumba MARIA			

CHILDCARE SCHEDULE

Make your visit faster and easier with a **Babysitting Card**. Ask the front office about it.

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	8am - 1:00pm	8am - 1:00pm	8am - 1:00pm	8am - 1:00pm	8am - 1:00pm	7:45 - 12:00pm	7:45 - 12:00pm
PM	3:30- 8:30pm	3:30- 8:30pm	3:30- 8:30pm	3:30- 8:30pm	Closed	Closed	Closed



Bay-O-Vista Fitness Class Schedule 2018

All classes are 55 minutes except for noon classes which are 45 minutes

Aqua Fit

Join us year round for a vigorous water workout that includes cardio and strength conditioning. Utilizing buoyancy and natural resistance, this class is fun and ideal for those with joint-related issues such as arthritis and fibromyalgia. Noodles and foam weights are used for upper and lower body strengthening. Keep warm in winter by wearing an aqua shirt or vest available online or at sports stores.

Back Care

This therapeutic style class for those who suffer chronic back issues, but who also realize the importance of “keeping moving”. One of the goals is to correct muscle imbalances while strengthening and stretching muscles which are common culprits. Working within pain-free range of motion, individual limitations, moving with ease and proper body mechanics are the goals of this ongoing class.

Barre Fusion

This class is non-impact, fat burning, interval training with muscle shaping isometrics. It will target all major muscle groups to improve posture, strength, and stamina. We will be using the ballet barre, light weights, and fitness bands.

Cardio Interval

This is an intense fat-burning class for those wanting to see great results in a shorter time. High intensity interval training or (H.I.I.T.) uses intervals of near maximum exertion (boot camp drills), followed by periods of low intensity (weights and power moves). This sweat-drenched workout is designed to ramp up your fitness level. Modifications are offered for all skill levels.

Cycle Core

This non-impact, individually-paced, heart-pumping workout is suited to men and women of all ages. Cycle core will teach you basic skills and conditioning which you can incorporate into your personal fitness regimen and outdoor cycling experience. You will also learn more about your target heart zone and how to burn fat more efficiently. Instructor motivation and great music will energize your indoor ride!

Gentle Fit

This total body workout includes segments of low-impact (no jumping), functional movement, strength, balance and stretch. Using various equipment including the stability ball, mini-ball, weights and therabands, you will ensure a stronger frame with improved balance and range of motion. Fall prevention and quick recovery is an on-going goal in this class especially designed for active older adults and beginners alike.

Zumba®

Experience this fun and easy-to-follow Latin style class. You will dance to slow and fast rhythms for a heart-pounding workout. Zumba® is all the rage in latest fitness trends!

Stay Strong Class

“Stay Strong!” This is intended to be a stepping stone from our Back Care class to Gentle fit. Stay strong will include simple low – tempo cardio to build bone density as well as

Light weights to enhance upper body strength. Our focus is to keep moving and keep our independence!

Kidfit

Kidfit Jr (ages 7-11), Kidfit Tots and Kidfit Tot Yoga (ages 4 – 7) are registered programs that run three sessions per year. Kidfit is designed to introduce kids to the world of fitness in a fun and safe way. Basics of cardio, strength, and flexibility are taught through various formats and games. Kids will be introduced to light weights, balls, tubing, geo-mats, and bosu as they increase core strength and body awareness. Kidfit Tot Yoga (new) will teach yoga basics in a fun and appropriate level for young bodies. Active kids are healthy kids!

Pilates Fusion

This essential class is designed to strengthen the core muscles surrounding your spine whether you are performing standing 3-dimensional movement or mat exercises. Pilates principals are applied using stability balls, bosu, mini-balls, gliding disks, thera bands or foam rollers. All classes taught by our experienced instructors will challenge your core and create the well-balanced body you’ve been looking for!

Roll and Release

This class is designed to hydrate the tissues surrounding the muscles using your own body weight to roll on foam rollers, massaging away tightness and soreness associated with muscle adhesions. This technique can improve flexibility, function, performance and reduce injuries. The goal is to improve joint mobility and to restore the body’s energy and efficiency to work more freely throughout the day.

Step and Sculpt

A great 30-40 minutes of cardio on a step bench with risers, followed by core strengthening, weights, and stretch. This high energy class includes fun and challenging choreography. Let the instructor know if you are new to this class.

Tai Chi

Tai Chi is a Gung Fu or martial art system that requires discipline and concentration to achieve maximum benefits. Each Tai Chi movement follows the yin and yang theory to obtain a high level of internal art, resulting in better health and self defense. The art of body movement techniques may improve arthritis, immune system, circulatory, stamina, balance, and mental well being.

Weight Works

This popular workout will sculpt, tone and burn calories while you gain lean muscle mass and increase strength by targeting the major muscle groups. Benefits include boosting metabolism and increasing bone density to combat osteoporosis! Modifications are offered for all skill levels.

Yoga

Yoga postures known as asanas are dynamically put together to strengthen, stretch, and relax the body and mind. As there are several practices and styles of yoga, please check with the instructor for specific information on the style and format of her class. Yoga classes offered daily except Saturdays.

Personal Trainer

Exercise for Beginners-Where to Start

Beginning a workout program, whether it's to get fit or lose weight, it can be overwhelming. It seems simple - You need to exercise, right? But there are more questions than that. The word 'exercise' encompasses any number of definitions - Cardio, strength training, yoga, Pilates, and so on. With all that swirling in your mind, how do you know where to start?

Common Questions Beginners May Have About Exercise

The most common questions I get are:

- What exercises should I do?
- What kind of cardio should I do?
- How much?
- How often?
- How hard should I work and how do I judge my intensity?

I'm going to help you answer all of these questions and you'll find, with a little planning, you can set up the right exercise program that fits you - Your fitness level, your goals, and your lifestyle.

Here's Where to Start

Below are the basic steps you need to set up a workout routine you can actually stick with.

- Set your goals - I know, most of us think we should have a weight loss goal and, there's nothing wrong with that. However, weight loss goals don't always have much staying power, since weight loss can be very slow. Think of other goals like completing a certain number of workouts or getting in some kind of activity each day - active goals you can actually measure.
- **Figure out how to meet your goals with an exercise program** - I can give you a big hint here: Whatever your goal is - Get healthy, lose fat, gain muscle, etc. - You're going to need at least two things: Cardio exercise and strength training. The difference is how much you do of each. Here are some basic guidelines for each of those goals
 - o To Get Healthy -
 - o To Maintain Weight
 - o To Lose Weight

- **Start with a Basic Program** - No matter what your goal is, you have to start where you are, which is at the beginning. Here's the simplest way to start: Walking about 3-5 days a week, working up to 30 minutes and a simple strength routine a couple of times a week.

- **Work to Stay Motivated** - No doubt, exercise is work and you have to continually keep yourself going, even when things get tough - and they will always get tough. Motivation doesn't grow on trees, nor does it just appear each day when you wake up. Your mind will argue with you about following through with your workouts - don't lose that argument.

Great Beginner Resources

I've given you a basic framework to go by, but maybe you want a little more - Something more structured that you can follow, someone who will tell you exactly what to do. I have a variety of resources that will give you just that. Just pick your poison and let's get started!

- **Beginner's Corner** - This is the place to start if you really want to delve into the wonderful world of exercise. I cover everything from getting medical clearance, to choosing your cardio, to putting together a complete program. This one is more educational if you want to set up your own thing.
- **12 Weeks to Weight Loss** - This is an email course that, duh, is 12 weeks long and gives you cardio and strength workouts to help you lose weight.
- **6 Weeks to Fitness for Absolute Beginners** - This is another email/online course that starts you out with some very basic workouts and slowly progresses each week for 6 weeks.

- More Programs for Beginners

*Working with a Personal Trainer is great way to get started. I will design a program based on your goals and background. I will make the experience enjoyable and motivating. You will develop the confidence and knowledge to last a lifetime. Contact me Trainer Bob at 415.823.3817 or email me at Bob@TrainerBob.com.

Happy New Year 2018 to you from the B.O.V. Fitness staff! It has been a challenging fall with forest fires in California affecting families and friends both north and south and poor air quality in the Bay Area itself. We have also witnessed so much generosity in our communities. People have been helping out in rescue efforts saving lives, and generous spirits have been donating food and shelter to displaced families. As the saying goes, these times bring out the best in people and as we ring in this New Year we have grateful hearts and hope for health and happiness. We also acknowledge that there will be change and I read this quote today...

["change is an inevitable part of life and no matter how happy we are with how things are currently, life will always change. The only thing constant is change...if we could only learn to let change work for us and benefit us, we could be happier with our lives and the process of growth...Embracing change is key to your success and happiness."]

Adapting to change is something we are all familiar with and I am announcing some departures of some of our dear instructors who will move on to their adventures. Katie Sholty (who, at the time of writing this letter is expecting her first child), Carey Allen (who is headed off to India and China), Bobbe Skiles (who is headed south for the winter), and JoeEtta McAdam (who is moving to Northern California). These instructors truly will be missed but we wish them well and hope they might return to our teaching staff some day! We welcome two new instructors to our team, Jeannette O'Sullivan-Harris (who holds many certifications and teaches multiple formats), and Justin Rea (who recently moved here and trained through SF Yoga Tree). Welcome back also to Maria Martinez who is returning to teach her wonderful Zumba classes. We are excited to have these instructors at B.O.V., so drop by their classes and say hello!

We are excited to announce a new class on Sundays@10:30am. Cassandra will be teaching "Roll and Release" class to help those members interested in active recovery techniques. Roll and release will utilize props such as foam rollers and small balls to relieve stuck stress in the body. These methods have become a staple in fitness centers across the country and are also known as SMR (self-myofascial release technique). This class would be beneficial for anyone who is interested in body tissue care between professional massage sessions. Please come and check out this wonderful class beginning 01/07/18@10:30am.

Copies of our newest fitness table can be found in this newsletter, at the club or on our website. Please note the following changes for January:

Mondays@7:15pm
Tuesdays@6am
Wed.@6:15pm

Yoga with Justin R.
Cycle Core with Cynthia (until further notice)
Weight Works with Karen V.*

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Thursdays@5:15pm	Pilates with Jeannette *
Thursdays@6:15pm	Cycle Core with Jeannette*
Thursdays@7:15pm	Zumba with Maria M.*
Fridays@9am	Cardio Interval with Sally*
Fridays@5:15pm	Yoga with Linzey (until further notice)
Saturdays@8am	Cardio Interval with Cassandra and Mimi
Saturdays@9am	Weight Works with Cassandra and Ruby
K.*	
Sundays@7:45am	Yoga with TBA
Sundays@10:30am	Roll and Release with Cassandra*
Sundays@4:15pm	Yoga with Justin R.

We thank those instructors who have stepped up to the plate to help cover some of these classes so that there is no interruption to our regularly scheduled fitness classes. **I encourage you to participate in all evening classes especially Wednesday and Thursday evenings, as well as all classes highlighted* in above paragraph. These classes need your attendance to continue to be part of the BOV fitness schedule.** Kidfit registration is still in progress and **Winter Kidfit will begin 1/10/18 - 3/15/18.** Kidfit (7-11yrs) is Wednesdays@4pm and Kidfit (4-7yrs) is Thursdays@4pm. Be sure to register for this free class since space is limited to 12 participants.

Put your New Year's resolutions into action and join us for one of many multi-leveled classes, there is something for everyone! If you need guidance, please contact me.

See you in class!

Dallis Wright-Morash
Fitness Director

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Massage Therapy

BOV Office Hours

Monday-Friday

9:00am – 3:00pm

BOV Pool & Hot Tub

**Close 15 minutes before
closing time**

BAY-O-VISTA Contract Agreement

There have been changes made in the membership contract agreement and locker agreement. A copy is available to you at the club. You may request a copy at the service window.