



Newsletter

It's All About the Indoor Pool

The combination of feedback by many of the members, and an in-depth survey of usage has resulted in a new idea for reservations for the indoor pool. What many have noticed, and our tracking of usage clearly showed, was that a majority of mid-day swimmers only swim for about 30 minutes. With this knowledge we are going to try a one-month trial of swim reservations for only 30 minute slots from 11:00am to 2pm. Back to back reservations will be allowed during these times to enable 60-minute lane access.

New Bootcamp Class

Starts March 8 at 8:00-9:00 a.m.

Welcome back Nick Granovsky, now a Certified Bootcamp Instructor! Join Nick every Wednesday for his new Bootcamp Class meeting at 8:00 in the gym. Classes will include circuits of weighted exercises using body bars and dumbbells, bodyweight exercises such as push-ups and planks, cardio conditioning using ropes and ladders and other fun and challenging exercises. You will love this class!



New HIIT Class is a Hit

Mondays and Fridays 8:00 A.M. with Djeneba

This class is a full-body workout that involves both cardio and strength exercises using free hand weights and body weight.

Participants are challenged to push to their limit through high intensity intervals exercises. Increase your balance, stability and stamina, while building cardiovascular fitness and improving muscle endurance and strength. The class focus is to get you strong, boost your metabolism and improve your posture. Bring your best, and you'll walk out feeling strong!



March 2023

Daylight Saving Begins Sunday, March 12, 2am

This means that the likelihood of people being late to their appointments is increased by 20% as so many forget to move their clocks ahead by one hour on Saturday night...don't forget.



First Big Step Program

Thursday, March 9th 1:30-3:30pm

The program is open to the public and features a better understanding why exercise for Parkinson's is their best Medicine. Featuring Lisa Oei, a long-time expert in this field. All participants must register by emailing: Lisa @PD-Connect.org.

Bring a Friend, Get a Month Free

Every year at this time we offer the opportunity for our members to get a free month of dues by introducing a new-member. In addition, we will provide some great new benefits for new member to make their entry into the Club an enjoyable experience. Just ask any person at the Reception Desk for addition information.

Al's Class Schedule for March

Al's classes this month are scheduled for Wednesday March 22 at 6:00 and Tai Chi Saturday March 25 at 11:30. It's a priceless experience, literally, as these classes are free.



Please note that all usage must be through our reservation system, MyClubLives

Club Hours:

Weekdays: 5:45am - 8:15pm

Weekends: 6:45am - 8:15pm

Café-Take-Out Available

Sun.-Thurs. 11:30am - 8pm

Fri. & Sat. 11:30am-8:30pm

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<http://www.facebook.com/mttamrc>

Fitness & Swim Updates

Spring Into Fitness, Try a New Class and Win!

To participate, sign in on the Class Sign-in Sheet at each Fitness class you take during the month of March to win one free month of dues or a free hour-long personal training session!

Did you know that your membership includes access to all classes on our Fitness Schedule? In all of our class formats, we strive to accomplish the following:

- offer a welcoming environment for all levels (range from athletes to beginners) and ages
- offer modifications for injury and instruction for multi-level participation (ie. advanced, intermediate, beginner and/or modification)
- offer positive coaching and instruction, empathy and encouragement
- offer multiple exercise modalities to appeal to a variety of members (fun, useful, adds value to your gym membership and quality of life outside the Club, improves your overall fitness, benefits your tennis or golf game, contributes to healthy and long-term independent living)

With a wide variety of daily options including Spin (cardio/strength), gentle Yoga (stretching/relaxation/meditation), Mat/Fusion Pilates (core/strengthening/flexibility), Aqua Aerobics (cardio), Tai Chi (mind/body connection/proprioception/balance/relaxation), Barre (flexibility/strength/balance/proprioception) and HIIT (strength and cardio), there is something for everyone as well as multiple ways to improve your overall fitness. In addition to the Fitness classes which are modality-specific, there are other fun options such as Pickleball and Self-Defense. If you have questions regarding the Fitness Schedule or classes, please feel free to contact the Fitness Director, Jodie, at 415-924-6226, ext. 190 or email at Jodie@mttamrc.com

Immersion Clinic is a Success

Steve Katz's free clinic last month was a big hit. He returns Saturday, March 11 from 9-11am. Sign-ups again will be at the Reception Desk and this time around the fee will be \$20 for the two hours. Remember to bring your cell phone to help record your performance.



Tennis Update

Have you heard about our Friendlies? If you like league play but are not happy with the emphasis on the competitive nature of some of the leagues, or if you really don't want to be a part of a "have to play or have to win," mentality, these Friendlies are the answer. Initiated here at the Club by member Bryan Baker, this activity will feature an exchange with several other clubs in the Bay Area. This just might be the best ticket for finding others to play with.

The Return of the Free Tennis Clinic

COVID put a kibosh on our Free Clinic program as well as the drop in clinics to help players work on their game and meet others. Not sure when these events will come back, if ever. In the meantime, with league play returning and as a gift from Tennis Director/GM, Rod, will provide a one-hour practice session for teams to review strategy and top methods of practicing. Encourage your Captain to email him at Rod@MtTamRC.com to set up a time.

Ball Drop Box for Recycling

You may have noticed the yellow recycle ball box outside in the breezeway next to the vending machine. Please drop your used balls into this box...we use the better ones for the ball machine and the older ones are recycled. We currently recycle over 2,000 balls a year.

PASSS Returns to the Club

Mt. Tam is proud to announce the resumption of Tennis for the community's Special Needs Tennis program. This is a super popular class and Project Awareness and Special Sports is grateful to the Club for providing the facility! Sylesh David teaches this class every Saturday at 2pm. The first class is March 25th.



The Café Connection...

Since 1974, our Café has seen many changes with many new faces. In the beginning it was a full-blown restaurant, providing some of the best food in Marin, as well as being an ongoing social scene as it was open to the general public. That was then, these days many of the same people are here, but not likely to gather for a social event on weekday evenings, and not likely to use the Café for a dinner night out. So over the years we have made many modifications.

The latest trend is towards having good quality, simple food that is quick to order and quick to be served. We also now have a soft yogurt machine, host a number of small parties/birthday parties (including bringing back Safe Grad Night for Redwood High School), and a great BBQ venue outdoors during the warmer months.

Jesus is the only cook on staff, but is excellent in the quality he can produce, and the efficiency he can deliver. Also, he is willing to tweak the ingredients to the liking of the customer...you want it hotter, he'll make it hotter! One of his favorite skills is making soups. General Manager Rod Heckelman is the designated Food Manager and also books, schedules and organizes all of the social events. Contact him if you have any future plans that the Club might host.

Some of the Café's favorites are the wraps, spicy chicken legs and the daily fresh made soup. Also, the fries are recognized as some of the best in the area, we have a special secret recipe for making them...it is...oops, ran out of space....