



Newsletter

September 2022

This Is the New Normal

If you have had the experience of taking Jodie's Pilates class on Monday, Wednesday and Friday, your appreciation of a quality live class will be changed forever. First, having a live class with fellow members is a much more enjoyable experience....no screens, just real people coaching and real people sharing a positive experience. Second, her ability to reach every individual and to address their individual needs and/or injuries can only happen in person, and that is her special talent. Classes are genuine and focused on working with **All** people, providing a work-out that will challenge you but not be overwhelming.

As Fitness Director, Jodie has both recognized this return to normal and has been adjusting moving forward. She is on a mission to find and hire new instructors that will have these same goals and skills. The fact is, if you can get a strong leader that sets an example, others will follow. Members should look forward to seeing more live classes as Jodie is able to find quality instructors.



The BBQ Goes On

Yes, summer is over, but anyone living in Marin knows that September and October can be some of the warmest months of the year. For that reason and just because it is more fun, we will continue to run the outdoor BBQ by the Tennis Deck. This location also provides more convenient service for the outdoor pool, which will remain open those months. Any suggestions to add to the current menu, food or beverage is welcome.

At this time, please note that all reservations, except for the gym, must be made through My-ClubLives,

Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday- Sunday 11am-4pm

Indoor Courts closed Monday mornings for lessons and maintenance.

Labor Day Monday, September 4

Club Hours 7am—9pm

No Fitness Classes

BBQ Outdoors and Challenge Courts

Noon to 3:30pm

Monitored by Bo

Finally, Bridge Group Starts

Long-time member Cindy Charles is organizing a bridge meeting to discuss how to organize. The meeting will be on September 14th at 4pm. A lot of people signed up, so there is interest. We just need to figure out what times are best and to discuss the level of play. There is also the question of instruction, who should teach and how that would be organized. If you can't make it, send a proxy addressing these issues.



Zumba Parties to Return

One of the more popular events at the Club has been the Zumba parties. They will be coming back featuring a one-night stand that will provide instruction along with a heavy dose of participation. This program is unique as well as challenging and entertaining. More information about this will soon be posted.

Address correspondence to:

Mt. Tam Racquet Club

P.O. Box 116

Larkspur, CA. 94977

(415) 924-6226

email: info@MtTamRC.com

www.MtTamRC.com

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

Fitness Updates

New Gentle Flow Yoga Class

Monday and Thursday evenings 5:30 p.m. to 6:30 p.m.

Instructor Stacie Dooreck

Begins Monday, September 12th. Per member request, this class is a gentle flowing yoga class with smooth transitions between poses. Expect a challenging but relaxing workout and a great way to unwind.

Also...

Beginning the week of September 11th, new instructor Djeneba will begin a Sunday HIIT class which will meet every Sunday 10:30 am.-11:30 a.m. and Thursday 7:30 a.m.-8:30 a.m. HIIT (High Intensity Interval Training) incorporates cardio and weight training in circuits allowing for calorie burn and muscle growth. You might recognize Djeneba as she has been a favorite Spin sub for many years. We look forward to having her as a part of the regular Fitness staff!

Private and Small Group Training

We offer private and small group personal training as well as private and small group Yoga, Pilates and water sessions. Please contact Fitness Director Jodie to schedule an assessment or private session at jodie@mttamrc.com. Our training staff consists of Jodie (Certified Master Personal Trainer, Pilates certified, Aqua certified, Spin certified, NASM Weight Loss Specialist); Angela Downs (NASM Certified Personal Trainer, Spin certified); Cole Durham (NASM Certified Personal Trainer). We also have specialty certified staff available for private Yoga and Pilates sessions.

Welcome New Gym Floor Manager Eli

Please welcome our new Gym Floor Manager Eli Jacinto, who will be supervising the gym floor and desk. Gym floor staff are available to assist members in using the gym equipment and helping us track and replace equipment including bands, balls, BOSUs, straps, rings. They also coordinate repairs and maintenance of our weight and cable machines.



Tennis Updates

Tennis Competition and Music Nights

Friday-Sunday September 23-25th

It's always fun to play a little friendly competition, but even more fun to gather afterwards and enjoy the company of other members with live music. This Open Entry event will feature Men's, Women's and Mixed...singles and doubles. Entries available at the Reception Desk or contact our Tennis Pro Bo for more details. Entry deadline is Sept. 20.



Yoga for Tennis Players

Sunday, September 11, 3pm

Enjoy a special yoga class for tennis players. This class is geared to athletes who haven't tried yoga or want to start a daily practice. It will benefit greatly, including:

- injury prevention
- stress management
- ability to focus
- improving balance
- increasing range of motion
- healing injuries
- strength and flexibility
- reduce or eliminate back and hip pain
- prevent or ease sciatica
- great for warm-ups and cool downs (pre or post game)



Taught by Stacie Dooreck, Certified Yoga Instructor for 28 years and author of *Yoga for Everyone!* Available at www.sunlightyoga.com. This class will follow the very popular Bo's practice session

Steam Room Update and Information...

We've employed several companies to review our steam room operation. The final conclusion is that the system is only capable of firing up three times per hour. Here is the explanation. The boiling pot of water that creates the steam holds 20 gallons. The process is to have it 1/3 full with the rest of the space allocated for the steam. The steam is ejected out and then new water is injected into the tank for heating. That process of refilling and heating sufficiently to blow steam takes about 15 minutes. Again, the ejected steam enters either the women's or men's saunas and should keep that room steamy for at least 15 minutes. Many users were under the impression that when entering the steam room, no matter what the conditions inside, if they turned on the timer within minutes the steam would come out. Some even would pour cold water on the thermostat to get it to cool and fire. The result of that was the boiler would completely empty out and turn off to protect it from overheating. We have installed a new thermostat box that cannot be impacted by cold water. In short, don't pour water on the thermostat...it will force a shut-down, not more steam.

We are looking for alternatives solutions, but there are limitations we have to consider, particularly space and access. We appreciate the members for being so patient and understanding as we work on this project, as well as other projects at the Club.