



**LA CAMARILLA**  
 RACQUET, FITNESS & SWIM CLUB  
**NEWSLETTER**

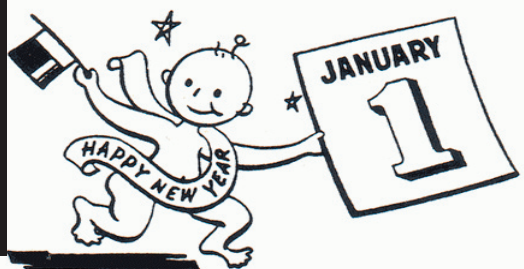
January 2012

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No 7

(480) 998-3388  
 www.lacamarilla.com

**HAVE A HEALTHY  
 AND FIT  
 NEW YEAR  
 2012!**



**CHOOSE FROM A  
 GREAT SELECTION OF  
 CLASSES AND  
 PROGRAMS.  
 PLUS  
 BRING A FRIEND!**

**BRING YOUR FRIENDS FOR FITNESS  
 FREE IN JANUARY!!!**

Any or all of your friends!

Guidelines are simple:

The friend(s) can come free if they come with you and attend:

- ◆ A Group Fitness Class – see our Schedule with all of the classes posted on the website or at the front desk.
- ◆ Body Buddies (based on availability–see Kathy)
- ◆ Abay's Group Training (based on availability–see Abay)

**VITABOT**

Vitabot Provides a New Way to Look at Food

The new nutrition program, VITABOT, has a Unique Nutrition based Approach to determine the true nutritional value from the foods you eat. You may believe that you eat healthy, however, wouldn't you like to know that you are? You can use the 10,000 plus food plans that other users have created or you can customize it by creating recipes with the foods you specifically like to eat or are restricted to because of your special diet needs.

Knowing the complete nutrition value of what you eat is far more important than just counting calories.

**Start 2012 with healthier eating!**

See page 3 for more details...

**WIPE OUT THE DANGER ZONE!  
 Fitness Contest**

By popular request the start date has moved to **January 14th** and runs until **March 3rd**

Continuing our game plan to help you Lose Holiday Weight...

Cost \$40 Includes

2 months VITABOT plus 2 months VEP (Vitabot Exercise Practice) classes plus Weigh-ins plus PRIZES based on %

Weight loss plus Core inches lost!

Details on Page 3



**29TH ANNIVERSARY!!!**

**Member Referral Joining Special**

Tell your friends and family that we're having an Anniversary Membership offer

**THEY GET: \$29 INITIATION FEE**

plus

**\$29 FIRST MONTH'S DUES**

plus

**FREE CHILDCARE for 1 YEAR!**

(valid on ALL 1 year memberships)



This offer will not be offered to the general public. So tell everyone you know!!!

**YOU GET: A pair of HARKINS MOVIE PASSES and FREE CHILDCARE FOR A YEAR.**

Offer extended until January 31st, 2012

**ADMIT ONE**

# RACQUET NEWS

**\$99**  
Save \$81<sup>00</sup>

## HOLIDAY "GET YOUR TENNIS GAME IN SHAPE!" SPECIAL

If you've never tried private lessons or feel a little help will get you to the next level, here's a deal from our USPTA certified pro staff.

### 3 PRIVATE ONE HOUR LESSONS \$99

(Regular Value \$180)

Good for first time clients only

Call Cady or Chris to schedule a time to fit your schedule

Expires Jan. 31, 2012

### ADULT TENNIS INSTRUCTIONAL PROGRAMS AND SCHEDULE Classes Begin Week of JANUARY 16<sup>th</sup>



#### 8 Week Fall Session Session Dates & Times

<b>Beginner Tennis</b>	<b>8 Week Session</b>	<b>\$96</b>
Mon 9:00-10:00am	Tues 7:00-8:00pm	
Wed 10:30-11:30am	Thurs 7:00-8:00pm	
Fri 8:00-9:00am	Sat 9:00-10:00am	
<b>Stroke Development</b>	<b>8 Week Session</b>	<b>\$96</b>
Mon 10:00-11:00am	Tues 7:00-8:00pm	
Wed 9:30-10:30am	Thurs 9:00-10:00am	
Thurs 7:00-8:00pm	Sat 8:00-9:00am	
<b>Drill Classes</b>	<b>8 Week Session</b>	<b>\$144</b>
Mon 10:30am - Noon	Mon 7:00-8:30pm	
Tues 9:00 - 10:30am	Tues 7:00-8:30pm	
Wed 7:00-8:30pm	Thurs 9:00-10:30am	
Fri 10:30am - Noon	Sat 9:00-10:30am	
<b>Cardio Tennis</b>	<b>8 Week Session</b>	<b>\$96</b>
Tues 10:30 - 11:30am	Wed 7:00-8:00 pm	
Tues 7:00-8:00pm	Sat 8:00 - 9:00am	

### Walk-In MEMBER - GUEST MIXED DOUBLES PARTIES EVERY TUESDAY at 7:00PM MEMBERS: FREE Individuals Welcome

GUESTS of MEMBERS: \$10 per person or per couples

TENNIS  
REFRESHMENTS  
Pro-Directed Mixer



WALK-ON ANY WEEK or EVERY WEEK

## SESSION II started NOV. 28th HURRY - WE'LL PRO-RATE

### JUNIOR TENNIS ACADEMY FALL/WINTER/SPRING 2011-2012



UNBEATABLE QUALITY & PRICE  
ALL USPTA CERTIFIED PROS

1 DAY A WEEK \$81.00 PER MONTH OR LESS

2 DAY A WEEK PROGRAM FROM \$145 PER MONTH

3 CONVENIENT 12 WEEK SESSIONS



#### SESSION DATES

THREE 12 WEEK SESSIONS

Session 2

Week of Nov. 28th thru Feb. 24th 12 Weeks  
(Week off for Christmas/New Year holidays Dec. 24-Jan 1)

Session 3

Week of March 5th thru May 25th 12 Weeks  
All Programs are Open to Non-Members and Members.

Brochure and Signups available at the Front Desk  
See Tennis Staff for complete details.

\*\*OVERLAP IN AGES DUE TO VARIOUS SKILL LEVELS\*\*

#### TENNIS TOTS (QUICK START INCLUSION) Ages 3 - 7

This class will meet once weekly for an hour with an optional second day available to participants at a 20% discount. Designed as a fun introduction to the game of tennis, emphasis in this group will be to give the students a solid beginning while developing good eye-hand coordination and agility. Through fun games we will be able to develop racquet control, proper grip, stroke production, positioning and even a general understanding of rules and play. This class includes a free racquet for first time participants!

Class meets: Wed: 3 - 4pm and/or Friday: 3 - 4pm  
and/or Wed: 5:30 - 6:30pm and/or Friday: 5:30 - 6:30pm

#### FUTURE STARS (QUICK START INCLUSION) Ages 6 - 11

This class will meet twice weekly for 1 1/2 hours with an optional second or third day available to participants at a 20% discount. Designed for the beginner through the new intermediate player, this class will aid students needing to concentrate on strokes and techniques. Ground strokes, serves, net volleys, overhead shots and the tactics for using these techniques will be emphasized. Also, students will develop a solid understanding of singles and doubles rules and play. This class includes a free racquet for first time participants!

Class meets: Tues: 4-5:30pm and/or Fri: 4-5:30pm and/or Fri 5:30 - 7pm

#### JUNIOR CHAMPIONSHIP (QUICK START WHERE APPROPRIATE) Ages 8 - 14

This 1 1/2 hour long class, designed for those with basic tennis knowledge, will concentrate on developing competitive players. Along with this class is the option to choose an additional practice day. This can be added at a 20% discount off the regular price. Although stroke mechanics will be an important part of each class, full court drills emphasizing consistency and control will be utilized. Spins, placement, approach shots, passing shots, volley control and other more advanced techniques will be developed at this level. Players will also learn good singles and doubles strategy and tactics. Although this program is designed for students who have had some basic tennis experience, an older beginner (age 12-14) can be worked into this group. This group is usually divided into a gold and silver division to accommodate the variety of ages and abilities.

Class meets: Mon: 4 - 5:30pm and/or Wed: 4 - 5:30pm

#### JUNIOR ELITE SILVER Jr High/ High School age

This group will meet twice weekly for 1 1/2 hours during the week. Students will work on developing and improving a full court game with emphasis on patience, consistency and intelligent play. Everything from stroke production to match control to fitness will be a part of practice at this level. High School, Phoenix district, Southwest section participants and beyond will typically be players in these groups.

Class meets: Mon: 5:30 - 7pm and Thurs: 4 - 5:30pm

#### JUNIOR ELITE GOLD For the Serious Player

Meeting twice weekly for 1 1/2 hours, this program is the ultimate and is designed for the serious player. Those selected must possess not only playing skills, but also the dedication and desire needed to achieve their full potential. High School, tournament, district, regional players and beyond will find this group appealing. Tournament play will be encouraged and supported.

Class meets: Tues: 5:30 - 7pm and Thurs: 5:30 - 7pm

# FITNESS NEWS

## VITABOT Fitness Contest WIPES OUT THE DANGER ZONE!

Starts: January 14, 2012 thru March 3rd, 2012

EASY  
AS  
1-2-3

**COST: \$40**  
includes  
**2 MONTHS VITABOT 2 MONTHS VEP CLASSES**  
**WEIGHT INS**  
**CORE MEASUREMENTS**  
**PRIZES BASED ON:**  
**% WEIGHT LOSS PLUS CORE INCHES LOST**  
**Avoid Holiday Weight Gain - Sign up Today!**  
**SEE FRONT DESK FOR DETAILS!**

### INTRODUCING...

#### A SPECIAL CLASS

Contest Participants only  
**Vitabot Exercise Practice**  
**SATURDAYS 9:00AM**  
includes **Fitness Tests:**  
Curl ups, Pushups, Timed  
Mileage walk/runs  
plus more with Kathy & Chris

#### MEMBER GUEST SPECIAL OFFER

Invite a friend to join you  
in the Easy as 1-2-3,  
Exercise Challenge for  
\$50, includes 2 month's  
Vitabot subscription and  
participation in the weekly  
**'VEP'** classes on  
Saturdays 9:00-9:30am

## VITABOT ON-LINE MEAL PLANNING

The importance of nutrition (and exercise) is in the news almost every day! We are inundated with tips/guidelines on how to eat healthier, information on which foods provide the best benefits and many ways to make 'healthier' recipes. So with all this great information available to you, do you really know all the benefits of the food you eat?

Knowing the complete nutrition value of what you eat is far more important than just counting calories. Obviously knowing the mix of proteins, carbohydrates and fats is essential. But, what about other vitamins and minerals that are so important for a balanced diet, such as, Omega 3's & 6's, B6, B12, sodium, fiber, calcium, potassium, and other essential minerals? Your doctor

has suggested you change your diet to reduce sodium, etc... how do you know how much sodium you eat anyway? Do you take supplements? Wouldn't you like to know the impact of taking supplements and incorporating the nutritional values of the foods you eat?

The new nutrition program, Vitabot, has a Unique Nutrition based Approach to determine the true nutritional value from the foods you eat. You may believe that you eat healthy, however, wouldn't you like to know that you are? You may be deficient in one or more of the essential vitamins/minerals. Vitabot can tell you everything you need to know about your diet. The program is self-service and very easy to use. PLUS, it is a fraction of the cost of a regis-

tered nutritionist. The program analyzes the foods you eat using technology from space robotics research. You can use the 10,000 plus food plans that other users have created or you can customize it by creating recipes with the foods you specifically like to eat or are restricted to because of your special diet needs. Whichever you choose Vitabot will provide the information to illustrate the healthiness of the foods you eat.

So give it a try! Send an email to: [nutrition@lacamarilla.com](mailto:nutrition@lacamarilla.com) or contact Chris Murphy or Kathy Howard at 480-998-3388 to get you started.



#### TESTIMONIAL:

*"Vitabot is simply the best tool available for food planning and recording that I've used. I really like how I can see my whole day at once for planning or making changes enabling fast input of food. Vitabot's food search engine is much faster than other systems I've used as well.*

*There is a good editing system in place so I can cut and paste meals from another day into a new daily or weekly plan. It has been quite an education*

*to get good grades on my nutrition report card! The system has suggestions for foods rich in any nutrient that you need or don't need in a given day.*

*There are thousands of daily food plans already perfectly balanced in nutrition that can be used as is or tinkered a bit to my food preferences. This system has provided a whole new level of awareness for optimal body fuel performance."*

**M. Johnson**



### ABAY'S WORKOUT CLASSES

Come to my classes for the **NEW YEAR!**

Tuesdays 9am-10am Wednesdays 9:30am-10:30am  
Fridays 9am-10am

Here's the best part - it's only **\$20 per class.**  
Pay as you go.

### YINGGONG WORKSHOP

with

**DANIELLE**

**Friday, JANUARY 27th**

**6:30-8:00pm**

**Cost: \$5 members, & \$10 non-members**



**\$99**

## HOLIDAY "GET/KEEP IN SHAPE" SPECIAL

If you've never tried training or just need a little help getting through the Holidays, here's a deal from our nationally certified training staff.

**3 PERSONAL TRAINING HOUR SESSIONS \$99**

(Regular Value \$195)

Good for first time clients only

Call Kathy, Abay, Chris or Jodi to schedule a time to fit your schedule

Expires Jan. 31, 2012

# CLUB NEWS & NOTES

## NOTES FROM PAT

This year focus on making each day as if it was a New Year! Live each day fully, wake up refreshed and expectations of a new day as if it was a whole new year contained in that day! You can't capture what is past except in your mind, so capture what is good and lovely, and release what is not.

Not only is it so important to be careful what we say and do, but also what we think upon. There is a connection between our thoughts, imaginations and hearts. What you focus on can dominate your life, what you focus on can become a reality-what do you want to be dominating your life!?! What do you want to be a reality in your life?

Taken from Kris Vallotton, Basic Training for the Supernatural Ways of Royalty:

Some of the primary things that grab our attention and lock us into an intense focus are problems. When there's a problem, whether it's a question that needs to be answered or an obstacle to be overcome, it's amazing how it can take over your world. Solving problems feels great, but the thing about problems when we're in the middle of them is that, more often than not, we start to believe a lie about reality, which opens the door to anxiety and fear in our lives. Worry, anxiety and fear are so commonplace in our society that it's hard for many of us to imagine a life without it. Most of the time we simply call it stress. But did you know that the roots of the words worry and anxious actually both mean "to strangle" or "choke"? This reveals the true nature of fear, anxiety, and stress-the reality that these things create in our lives is destructive to our bodies, minds and emotions.

Press in, be diligent and don't quit... focus on what is good, lovely and pure along with doing good and speaking life! Share a workout with a friend-Happiest of New Year!

**Bring in a friend and share the gift of health.  
VIP passes available, contact Pat Rogers.**

## Super Saturday

ATA/LaCamarilla Non-Elimination  
Junior Tennis Tournament

January 21st 6-9 pm

Enter through ATA - Deadline is Thursday before the Tournament.

Or Call ATA 480-970-0599

## LORI'S SWIM SCHOOL

Call Lori to enroll:  
602-787-5977



## Advanced Skin Technology

New YEAR-New YOU

Discover the Little known Secrets to slowing your aging process down today!

**YOU CAN TAKE  
CONTROL NOW!**

- ◆ Your "Fast-Track" Facelift
- ◆ Advanced Skin Facials & Light Peels
- ◆ Anti-aging products-20-80% OFF now

STOP Your AGING Process NOW!

**Call Linda Now-480-443-3445**

Advanced Skin Technology  
Exciting "before & after"  
photos:www.mybeautifulskin.com  
LindaL@myarbonne.com



## CONGRATULATIONS KEITH!

Keith Gravel (spin instructor) just finished a full, Ironman triathlon in 10 hrs 9 min which is an unbelievable time!

## NEED HELP in the WEIGHT ROOM? ASK AARON!

Aaron is a college intern who is finishing his NASM trainer certification. He will be in the weight room to: Help members use and understand the equipment, give info about training programs and answer general fitness questions.



## The Salon at La Camarilla

Welcome Gina!

Gina has 12 years experience as a nail technician. She is a specialist in Gel nails and uses Gelousy Gel, IBD Nail Systems and Gelish 14 day chip free polish.

A high percentage of her business is from repeat customers and referrals. All her customers are happy with their nails and she's confident you will be too.

Now Offering: Pedicures Manicures  
Gelish Manicures - 14 day chip free polish.

**\$5 OFF any service on first visit to new visitors Offer expires 1.31.12**  
Please call Gina at 602-743-5066 for prices and availability.

Call for an appointment today! Walk-ins welcome  
**Complete Hair & Nail services**  
Monday - Saturday 8am - 6pm **480-609-1133**

## Olimpian

Intro special for first time clients -  
**\$49 for 1st One-Hour massage!**

**PLUS**  
**\$5 off each massage when  
you buy 5 or more.**

### MESSAGE RATES

1/2 Hour Session - \$40.00 1 Hour Session - \$60.00  
1 1/2 Hour Session - \$80.00

**CALL 480-998-3388**

## HOLIDAY HOURS

**Saturday, December 31<sup>st</sup>:** 6am - Noon New Years Eve

**Sunday, January 1<sup>st</sup>:** Club Closed Happy New Year!

All other days - business as usual!

Check at the front desk or the website for special Fitness Class Schedules on Christmas Eve & New Year's Eve.

### Regular Club Hours

Mon-Fri: 5am - 10pm Sat: 6am - 7pm Sun: 7am - 7pm

### Child Care Hours

Mon-Thurs: 7:30am-Noon & 4-8pm Fri: 7:30am - Noon Sat & Sun: 7:30am - Noon

### FREE GUEST DAY:

Bring a friend on the first Friday of every month for **FREE!**  
This month's date is **FRIDAY, JANUARY 6th.**