



**PIERPONT**  
RACQUET CLUB

500 San Jon Road, Ventura  
CA 93001 (805) 648-5161

## Member News

**February 2020**

### Welcome !



### New & Returning Members:

Ryan Anderson, Kelsey Barkan,  
Jeff & Jen Connelly,  
Tabin & Maggy Cosio, Bella Francis,  
Nicholas Houston, Charlotte Hultgen,  
Krystell Jimenez, Steven Kendall,  
Dave & Sasha Pickles, Brooke Schmitt,  
Shahar & Anna Sehati,  
Nicholas Stewart,  
and Cynthia Thompson.

### **Ballroom Dance Lessons with Paul Sulzman**

**Thursday evenings @ 7:00 pm**

All levels are welcome! No partner  
needed! PRC Members & Guests are  
welcome! **\$15 per class.** Payments  
made to the instructor.

### **Courtside Cafe**

WE HAVE A BRAND NEW MENU ~  
OFFERING VEGAN/VEGETARIAN  
& GLUTEN FREE MENU ITEMS! COME SEE  
OUR MENU OF DELICIOUS AND HEALTHY  
CHOICES!



### **Valentine's Day FEB. 14th Specials!**

- Chocolate Covered Strawberries 6 pc.  
For \$10 ~
- Three pack Heart Cookies - \$6  
A gift for your special sweetheart!  
(Pre-orders available!) ~
- Mimosas \$4 ~
- SHARE THE LOVE Café Gift Certificates  
\$10 each ~

### **TASTING EVENT IN COURTSIDE CAFÉ ~** **February 21st, 1:00—4:30 pm**

Wine & Beer Samplings \$10 per flight  
Special Plates: \$12

Chicken Casserole  
Crustless Quiche  
Brussel Sprout Salad  
(includes a Heart cookie)



### **February is Heart Month!**

#### **CMH HealthAware Program**

**Unlike some diseases, cardiovascular disease  
can largely be predicted and prevented.  
It can be detected in its early stages.**

**The online evaluation takes just 7 minutes!**

**It will tell you if you are at risk for heart disease  
and how to get help. In just 7 minutes,  
you might just save a life...Yours!**

**(<https://ha.healthawareservices.com>)**

**HealthAware Heart Healthy Program and the Coronary  
Artery Calcium (CAC) Scoring information will be  
available in the PRC Fitness Area as well as on-line.**



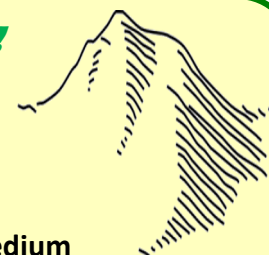
### **Family Fun Swim Night !** **March 6<sup>th</sup> ~ 6:00 - 7:30pm**



**A FUN ACTIVITY FOR PARENTS AND KIDS IN THE PRC POOLS!**

### ***Join the PRC HIKING CLUB!!***

**1st Hike is Saturday, Feb. 1st**  
**GRIDLEY TRAIL IN OJAI**



Meet at the PRC for carpool at 9:00am ~ Level: Medium

Duration 2.5 hrs. Trail Type: Out & Back ~ Sign up at the Service Desk.



### **ASK A TRAINER!**



**Friday, February 7th ~ Drop by  
between 12 noon—1:00 pm to talk with **Melinda Pacheco**,  
PRC Personal Trainer & Fitness Professional.**

**Fitness Questions? Need Tips? Sign up for Fitness  
Assessments, learn about Kinesiology Taping  
and a lot more!**

## Group Exercise

## Health & Fitness

### New Classes!

- **Deep Stretch & Meditation with Liz ~**  
**Monday afternoons at 12:00 noon**
- **Zumba with Tonya ~ Thursday evenings at 5:30 pm**
- **Functional Movement with Melinda ~**  
**Tuesday mornings at 8:00 am!**

### Coming soon...Pop Up 4 -week Classes

- **Core 30**
- **Spin 45**
- **Melt Method Workshop**



### Kids Fitness!

#### Kids Yoga with Mary in the Studio!

- 4 Mondays at 3:30 pm  
February 24th and  
March 2nd, 9th, & 16th
- Ages 6 - 10 yrs. (45 minutes)
- Signups are at the Member Services Desk.
- Free for members. Guests \$12/class  
~Parental minor waiver required.



### Coming Soon:

- Kid's Circuit Training & Little Ninjas Classes!  
Watch for Sign-ups!

### Chair Massage by Judy

**Offered Saturday, February 8th and Saturday,  
February 22nd from 10 am to 12 noon  
on the Tennis Patio. Stop by for a relaxing  
massage. (Fees apply)**

## Racquet Sports

**Pierpont Juniors Clinics started Jan. 27th,  
but you can still sign up in February!  
6 week session.**

**Please contact Brad McClain for info  
at 805-890-7798**



### VCJTA Novice Results For PRC Juniors:

**Congratulations to Evan Stepp Boys -12 ~ Champion!**  
**Very nice effort by Zack Powers in the Boys -10.**

### PICKLEBALL NEWS!

With warmer weather approaching, work will be resuming on court 8. Two new Pickleball courts will be located on the court 8 area! Pickleball Courts will be available for reservations by FULL Membership members this Spring!

➡ **Coming in Spring ~ Learn How to Play Pickleball  
Clinics & Membership Upgrade Special!**

As the new year changes, sometimes that can inspire personal change as well. It's a known fact that exercise burn out is completely normal and expected. It doesn't have to be that way if we take



advantage of the new year excitement and try new modalities in the gym. Stimulating new motivation into workout routine can be as simple as trying a new piece of equipment. If you have used dumbbells or kettle bells in the past, switching to the Dynabells can offer a pleasant twist. A Dynabell can be used in the same way as a dumbbell, but with a few extra tricks.

1. By grasping the Dynabell by one end handle, it can be used as a Kettlebell.
2. If you like abdominal roll-out exercises, a pair of Dynabells can offer a challenge by using one in each hand on the floor instead of both hands on the same device, from a kneeling position.
3. By grasping a single Dynabell by both ends (one hand on each end handle), it can be used like a very short, but weighted barbell.

These are just a few examples of how these dynamic pieces of exercise equipment can alter your workout enough to give a different feel. Many times, the mindset brought to the gym can alter the experience. If a new challenge is conquered, positive effects on the mindset and motivation of the individual are usually greatly enhanced.

## FREE 15 Minute Nutrition Check-ups

**Stace Hicks Phd., L.A.c. DACM**

**Certified Functional Medicine**

**Wednesday, February 12th,**

**11:00 am to 12 noon Sign up at the Member Services  
Desk to schedule your 15 minute consultation!**



## PRC Kid's Club

Join us for a very special fun filled day in Childcare, on **Friday, February 14<sup>th</sup> from 10:00 am-4:30 pm.** We will be making heart themed arts and crafts and reading Valentine's themed stories throughout the day! Call the Member Services Desk at (805)648-5161 to book your reservation. All Reservations booked a day or more in advance will earn 25% off their Child's visit on Valentine's Day.

## Swimmer's Circle

- **Upcoming Safety Swim Clinic! Starting February 3<sup>rd</sup>! Great opportunity for children ages 4 and up to learn all 4 strokes and learn safety around the swimming pool! Sign up at the Member Services Desk.**

**Porpoise Distance Club Swimmers...Don't forget your total distance is due in March! Distance starts new again for the year March 1<sup>st</sup> We will have bagels and coffee to celebrate in March ~ date & time TBA**