

Get Fit with Judy

Summer Swim Lesson

There are slots available for the spring session. Soon... the flyers for the summer session brochures will be at front counter. Again.. club members will enjoy a special discount out of partnership deal with Dolphin Swim School.

For enrollment, please contact Joseph He at (510) 860-8864 or enroll@ca-dolphins.com. Check out their website at: www. Ca-Dolphins.com for more information.

Private Swim Lesson

Schedule a lesson with Sheeva Ghassemian. To book a class or if you have any questions please contact her at: (510) 435-1933 or call the club at: (510) 656-2250.

Draining the pool

We will be doing our annual pool draining on May 21st starting at 9am. Pool will be closed through May 22nd to abide by the Alameda County Health Department. The pool should be back to normal on May 23rd.

Another Reason To Exercise

A report in the January Annals of Internal Medicine cites a study that showed that individuals who are physically active appeared to be younger biologically than their sedentary counterparts. The study surveyed lifestyle choices such as physical activity, smoking, socioeconomic status on 2401 pairs of twins. A blood sample was taken and examined for leukocyte telomere length. Telomere length shortens with the aging process. The difference in length between the most active and the least active subjects was about 200 nucleotide units, so that the most active subjects had telomere length the same individuals up to 10 years younger on average.

Oxidative stress, which causes damage to cells, and inflammation are the mechanism of action by which might shorten telomeres. Exercises might serve to mitigate stress on cells, and thus prevent excessive telomere shortening. Although many variables influence the aging process, and much follow up work needs to be done to show a direct relationship between aging and physical activity, this is yet another study showing the beneficial effects of regular moderate intensity exercise.

So, exercise, the original Fountain of Youth?? You decide ...

Dip into a Healthful Appetizer

Forgo the usual cheese and crackers and surprise guests with this zesty dip at your next gathering. Leagues above a store bought snack, this homemade treat brings fresh taste and sensible nutrition to any table. Unlike traditional cheese-based spreads, which pack in the saturated fat and calories, this week's dip relies on reduced-fat cream cheese and an assortment of spices. It delivers taste that you - and your waistline - can appreciate.

Santa Fe Sunset Dip

3 oz. Sun dried tomatoes (not packed in oil)
2 (7 oz.) jars roasted red peppers, drained
2 garlic cloves, finely chopped
1 tsp. Ground cumin, or to taste
1 tsp. Fresh lemon juice, or to taste
1/4 cup fresh cilantro, chopped
1/4 cup scallion, chopped
4 oz. Reduced-fat Neufchatel cream cheese, softened
Freshly ground black pepper, to taste
Dash of Tabasco or hot chili pepper sauce (optional)

Soak sun-dried tomatoes in hot water (enough to cover) for about 5 minutes. Drain well, reserving 3 tablespoons of soaking liquid.

In a food processor, puree red peppers, drained sun-dried tomatoes, garlic, cumin, lemon juice, cilantro and scallion until smooth.

Add the cream cheese and puree again, adding enough of the reserve liquid to thin the dip to the desired consistency. Blend until smooth. Add the black pepper and hot sauce, if using, to taste.

Transfer the dip to a covered container and refrigerate up to 24 hours before serving. Bring the dip to room temperature before serving. Serve with assorted cut vegetables or whole-wheat pita bread.

Makes 8 servings (2 Tbsp. per serving).

Per serving: 80 calories, 3 g. total fat (1.5 g. saturated fat), 10 g. carbohydrates, 4 g. protein, 2 g. dietary fiber, 380 mg. Sodium. Courtesy of www. aicr. Org

May Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	2 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	3
4	5 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	6 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	7 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	8 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	9 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	10
11	12 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	13 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	14 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	15 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	16 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	17
18	19 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	20 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	21 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	22 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	23 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	24
25	26 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	27 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	28 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	29 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	30 Tompkins Winter/Spring Tennis Programs: 3:30-8 pm	31

Members are encouraged to arrive to class on time in order to warm up properly.

Pilates Mat: Mat workout based on techniques developed by Joseph Pilates which effectively train the body for efficient function of the musculoskeletal system. Includes concentrated work on core stability, body strength, postural alignment and muscular balance and may incorporate weights, stability balls and other props.

Spinning: Aerobic cycling that incorporates different levels of aerobic activity with strong cardiovascular benefits.

Step & Sculpt: Step aerobics and basic strength moves along with sculpting using hand weights and dynabands, providing all the components of a balanced exercise class.

Yoga: Yoga is a full-body workout which enhances strength and flexibility. Rejuvenate your body and calm your mind w/ a variety of classic asana and guided relaxation.

Cardio Combination: A variety of classes that change on a monthly basis. Created to avoid workout burnout and to challenge your strength as well as your endurance. Enjoy a high energy Step Class one month and a Boot Camp another. So something new every month!

Cardio Circuit: A high low impact class consist of punch & kick combinations to effectively strengthen & tone the whole body.

Zumba: Fast pace high energy aerobics done to Latin Music all levels welcome.

Group Exercise Schedule

Times	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
8 am	8:30 am Spinning May						Combo Penny
9 am		8:30am Pilates Tammy	8:30am Yoga Dolian	8:30 am Zumba Tammy	8:30am Yoga Dolian	8:30am Zumba Tammy	8:45am Yoga Penny
10 am						9:30am Pilates Tammy	
5 pm						5:30 pm Spinning Penny	
6 pm		6:00 pm Cardio Penny	5:30 pm Spinning Penny	6:00 pm Yoga Penny			
7 pm							