

Fitness & Health News



UPCOMING EVENTS:

- March 2nd: Jr. Tennis Session 2
- March 3rd: Stroke 'n' Turn Session 3
- March 4th: Water Babies
- March 7th: Racquetball Intro.
- March 7th: Tennis Social
- March 7th: Parents' Night Out
- March 7th: Pickleball Tournament
- March 11th: Racquetball Event
- March 12th: Pickleball Event
- March 14th: Pickleball Clinic
- March 17th: Racquetball Tournament
- March 20th: Pickleball Event
- March 20th: Group Fitness Event
- March 21st: Parents' Night Out
- March 28th: Pickleball Drills Clinic

Up Front

- **Parking:** Please be courteous of others and ensure you are parking within the white lines. Also, please park in the designated parking areas.
- **New Internet:** We are upgrading our internet at the club starting Thursday, March 5th. You will enjoy a faster and more reliable service moving forward. Reminder, the cardio room, workout rooms, and the sauna are no cell phone use areas.
- **Tennis Social:** The next Tennis Social is March 7th at 1 PM. Sign up at the front desk today!



2026 Stroke 'n' Turn



Tuesday-Thursday

Session 3 Starts: March 3rd
 Session 4 Starts: April 7th

After School Jr. Tennis Program

Ages: 6-17



Session 2: March 2nd-March 26th
 Session 3: March 30th- April 23rd

AQUATICS

Bree Renz
530-885-1602 ext. 107

There are many reasons why parents should invest in swimming lessons for their children. The main reason; swimming is the only sport that can save your child's life. Drowning is still one of the most common accidental deaths in children, so being able to swim is an essential life-saving skill. Other reasons why your child should learn to swim, it's fun, it offers a social setting and it's a great source of exercise. Swimming keeps the heart and lungs healthy, as well as improves endurance, flexibility, balance, and posture. Not only does swimming provide life skills, social skills, and health benefits, but it also offers challenges and rewards for accomplishments, which builds self-confidence.

To get your baby water safe, sign up for Water Babies, Wednesdays from 11:30-12:00 PM. You can register at the front desk today. We are also offering a Jump-Start Stroke Clinics for ages 5 and 6, Tuesdays, Wednesdays, Thursdays 3:30-4:00 PM. Let's commit to being water safe!

To enhance your child's swimming, register for the Stroke 'n' Turn Clinics for ages 7-18, on Tuesdays, Wednesdays, and Thursdays. This is a great program to improve your child's swim strokes. For more information contact our Aquatic's Director, Bree Renz at Bree@ar-fc.com.

For more information visit our website: www.ar-fc.com!

COURTSIDE NEWS

At the pro level, tennis has changed a lot over the years and perhaps the most important change has been the shift from continental and eastern forehand grips to semi and full western grips. These grips lead to what is known as the double bend forehand.

What is the Double Bend?

Using the semi to full western grip, the hand is positioned under the racquet with the butt-cap facing the target and the racquet head laid well back. However, from this double bend position, too many players roll the wrist when they swing in order to get the racquet head ahead of the hitting hand. Players must learn to maintain the integrity of this position through contact by driving the butt-cap forward with the forearm instead of swinging the tip of the racquet around too early.

With the semi and full western grips, the contact point must be further out in front of the body and the player must brush up and through the topspin with the racquet face maintaining its orientation while it swings through the ball. Long after contact, the forearm rolls usually to a palm up position. When you work on your forehand using this stroke pattern, remember to maintain conformity in the double bend through contact and not try to catch the racquet up with the wrist, forearm or early body rotation.

Do this and you will begin hitting your forehand like the pros.

RACQUETBALL

This month's racquetball orientation for kids will be held on Saturday, March 7th for kids at 1-2:30 PM and adults from 3-5 PM. Basic rules, safety, and shot selection are emphasized to get your game going! Please sign-up at the front desk as space is limited. ARFC provides all equipment needed.

Please calendar Wednesday, March 11th during our evening racquetball programs as ARFC re-introduces our radar speed gun challenge! Club instructor, Richard Martin will register how fast you can hit a forehand and backhand. All are welcome to participate!

ARFC will host Demo Night for our Formula Flow racquets from Monday through Friday March 23rd-27th at 5 PM. Try the latest in racquetball racquets from the newest company in the racquetball industry!

Our annual *No Blarney Doubles* is scheduled on St. Patrick's Day, Tuesday, March 17th at 5 PM. Wear something **green!** ARFC instructor, Derek D'Amour will host.

FITNESS NEWS

Fitness is a life long journey. Many of you have gone through the ups and downs along the way. You may have explored weight lifting, yoga, running and other aspects of fitness and probably came to conclusions about what works for you. But just because you've tried something doesn't mean you fully understand it.

People tell me "I don't need help. I know how to lift weights." However, you may not know enough. I've been lifting weights consistently for 25 years and I'm still learning. Furthermore, with advancements in exercise science, there is far more information available today.

Optimal training methods from five years ago are now outdated. When meeting with "experienced" weight lifters, I often see glaring holes in their fitness routines. My point is, there is always more to learn, and until you work with a fitness professional you may be missing out on low hanging fruit that could make a dramatic difference in your health and fitness.

So please, schedule your complimentary training session, talk to us about what you're doing and break it down piece by piece. We have the knowledge and tools to help you optimize your time in the gym and actually achieve the results you have been chasing for years.

Contact desmond@ar-fc.com and book your complimentary session today.



PILATES STUDIO

Reformer Pilates is a highly effective, low-impact workout that uses spring-based resistance to build deep core strength, improve posture, and enhance flexibility. It is suitable for all fitness levels, offering adjustable resistance to support injury rehabilitation while simultaneously toning muscle. The machine provides precise feedback, helping you build a lean, strong body and better mind-body awareness.

Key reasons to try Reformer Pilates

- **Total Body Toning and Strengthening:** All movements are based on increasing core strength while incorporating all the muscle groups.
- **Improved Posture and Alignment:** Focus is on spinal alignment which will help correct poor posture.
- **Low-impact with High Results:** Gentle on the joints, ideal for rehabilitation.
- **Increases Flexibility and Mobility:** Reformer allows full range of motion improving mobility.
- **Mind-Body-Spirit Connection:** Controlled movements improve clarity, reduce stress.
- **Customizable for all Levels:** Beginner to Athlete!

St. Patty's Day Special:

Purchase a 20 pack of privates, receive two complimentary sessions!

KIDS' CORNER

Our award winning children's center is here for our ARFC families. Check your children into babysitting, Kids' Club, or sign up for Parents' Night Out and enjoy a few hours working out or going out.

Parents' Night Out



Minecraft: March 7th



Gold Hunt: March 21st

3:30 PM—7:30 PM

Pizza, Prizes, and Dessert!

One Child: \$45 members, \$55 non-members

Two Children: \$65 members, \$75 non-members

Family Rate: \$85 members, \$95 non-member

Group Fitness Schedule

Mondays:

7:00 AM	Water Aerobic	P
8:00 AM	Water Aerobics	P
8:00 AM	Chair Yoga	S1
9:00 AM	Zumba	S1
9:40 AM	Cycle/Weights	S
10:00 AM	Mat Pilates	S1
11:00 AM	R.I.P.P.E.D.	S1
12:00 PM	Rock n Low Impact	S1
12:00 PM	Water Aerobics	P
4:00 PM	Balance & Strength	S1
5:00 PM	Boot Camp	S1
5:15 PM	Spin	S
6:00 PM	Glutes & Core	S1
6:00 PM	Water Aerobics	P
7:00 PM	Yoga	S1

Tuesdays:

5:45 AM	Cycle & Weights	S
8:00 AM	Gentle Stretch	S1
8:00 AM	Water Aerobics	P
9:00 AM	Boot Camp	S1
9:40 AM	Cycle & Weights	S
10:00 AM	Flow Yoga	S1
11:15 PM	Low-Impact Aerobics	S1
5:00 PM	Abs & Back	S1
5:15 PM	Cycle & Weights	S
6:00 PM	Aqua Zumba	P
6:00 PM	Cardio Fusion	S1
7:00 PM	Yoga	S1

Wednesdays:

7:00 AM	Water Aerobics	P
8:00 AM	Water Aerobics	P
8:00 AM	Dance Aerobics	S1
8:30 AM	Spinning®	S
9:00 PM	Flow Yoga	S1
9:40 AM	Cycle & Weights	S
10:00 AM	Mat Pilates	S1
12:00 PM	Rock n Low Impact	S1
4:00 PM	Mat Pilates	S1
5:00 PM	Zumba	S1
5:30 PM	Cycle & Weights	S
6:00 PM	Water Aerobics	P
7:00 PM	Flow Restore Yoga	S1

Thursdays:

5:45 AM	Cycle & Weights	S
8:00 AM	Water Aerobics	P
8:00 AM	Chair Yoga	S1
9:00 AM	Zumba	S1
9:40 AM	Cycle & Weights	S
10:00 AM	H.I.L.T.	S1
11:00 PM	Dance Aerobics	S
5:00 PM	Abs & Back	S1
6:00 PM	Cycle & Weights	S
6:00 PM	Water Aerobics	P
7:00 PM	Yoga	S

Fridays:

7:00 AM	Water Aerobics	P
8:00 AM	Water Aerobics	P
8:30 AM	Spinning®	S
9:00 AM	Flow Yoga	S1
9:40 AM	Cycle & Weights	S
10:00 AM	Mat Pilates	S1
12:00 PM	Water Aerobics	P

Saturdays:

8:00 AM	Butts & Guts	S1
8:30 AM	Water Aerobics	P
9:00 AM	Zumba	S1
9:15 AM	Cycle & Weights	S
10:00 AM	Boot Camp	S1
11:00 AM	Flow Yoga	S1

Sundays:

8:00 AM	Boot Camp	S1
8:30 AM	Water Aerobics	P
9:15 AM	Cycle & Weights	S

GROUP FITNESS NEWS

Join Bonnie on **Friday, March 20th** at **12 PM** for her special **Drum Class**. “Drum Class” is a cardio jam session designed to release the rockstar within us all while promoting a total body workout. Instead of listening to the music, you become the music in this workout that combines cardio, conditioning and strength training with Pilates inspired movements.

We will be flowing through a series of isometric and plyometric movements including squats, lunges, jumps, twists, forward bends and stretches all while drumming to the beat of the class. We promise lots of sweaty fun, so come on out and make some noise!

ARFC will be offering St. Patrick’s Day themed classes throughout the week of March 16th. Listen to your instructors for details and celebrate in your favorite class.



PICKLEBALL NEWS

We are thrilled to share some exciting events happening at the club this March! Whether you’re a beginner or looking to refine your skills, there’s something for everyone.

March 7th at 9 AM: Join us for a free Pickleball 101 session. Perfect for newcomers or those needing a refresher, this session will introduce you to the fastest-growing sport. Limited to 16 participants, so sign up early!

March 12th at 5 PM: Get ready for some fun at our Cowbell Tournament! Enjoy 15-minute rounds with rally scoring. It’s a great way to test your skills and have a blast.

March 14th at 9 AM: We’re hosting another Pickleball 101.1 session, this time with a focus on strategies and court positioning. Dive deeper into the game and enhance your gameplay.



March 20th at 5 PM: Bring a friend for free Guest Friday! Play pickleball with others and enjoy courts divided by skill levels. It’s a fantastic opportunity to meet new players.

March 28th at 9 AM: Participate in our free Drill Session, an hour-long group circuit designed to sharpen your skills. Stay for recreational play afterward and continue the fun.

Sign up at the front desk.

We look forward to seeing you on the courts!