

Join Us For The
SAP OPEN
 Friday, February 17th
 **Chamisal**
 Tennis & Fitness Club

www.chamisal.com

The Friendly Club

February 2012

SAP open



**JOIN THE
 CHAMISAL BUS
 to the
 SAP OPEN**



**Friday, February 17, 2012 - Evening Session
 (Bus leaves at 5:00pm)**

Watch the **BEST** in Men's Tennis

Reserved Baseline Upper Reserved Seats

Transportation to SAP Open and back to Chamisal

On Bus Drinks

Leave San Jose at 10pm

Arrive back at Chamisal at 11:30pm

\$70 per person

\$85 includes Box Dinner (contact pro shop for menu)

LIMITED TO THE FIRST 47

FREE Adult Tennis Lesson

Anyone is welcome to participate; no membership is required. From 12 noon to 1:30pm on February 18th. Call Chamisal Pro Shop to RSVP. Bring a racquet if you have one, if not we will have one for you.

Wheel of Referral

When you refer a new member who joins in January and February, you will get to spin the Wheel, on the First Friday Party in March. The Wheel has great prizes; Dinners, Hotel Rooms, Massages and more.....if you have a friend thinking of joining, call the pro shop for a free guest pass...



**Congratulations to
 Mikelea and Scott Kelley**

They referred the most new members in 2011, and received no dues for 2012.

Club Singles Champions



We started play way back in September, with over 100 matches played, we have crowned the 2011 Club Singles Champions. During the finals we had a Round Robin with all the players who didn't make it to the finals and topped it off with a Tri Tip BBQ. Don't forget to sign-up for the Club Singles Ladder, which will run from February to August; you can do this by emailing Scott Krueger at scott@chamisal.com.

Tennis & Fitness News

2012 Chamisal Junior Open & Novice Tennis Tournament

Join us for this year's Chamisal Junior Open & Novice Tennis Tournament on February 25-26 & March 4-5. We will try to get the tournament completed the first weekend. Join us for a player BBQ Saturday, February 25th. Entries close Monday, February 20th at midnight. If you are interest in playing, please e-mail scott@chamisal.com.

Staying on Track

If you work out on a regular basis, you know how hard it is to achieve results without a clean, healthy diet. For some people getting in the gym is the easy part, but as most of us know, if our caloric intake is higher than what we burn it doesn't matter how much we work out, the pounds will add on. Here are some tips on how to keep the daily intake of calories under control.

Keep a diary, this is a great way to log what you consume. If you aren't conscious of what you're eating, you're likely to over eat.

Calculate your Caloric Needs. You can go online and use a calculator, or do some simple math and figure out your BMR or basal metabolic rate. To estimate how many calories you should consume in order to maintain your weight use the following formula (to lose weight, you'll need to cut calories or burn extra calories and shoot for a level lower than the results you get with this formula.)

Calculate Your BMR

Your BMR is the amount of energy your body needs to function. We use about 60% of the calories we consume each day for basic bodily functions such as breathing.

Women: $655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $66 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$

Step two: In order to incorporate activity into your daily caloric needs, do the following calculation:

- If you are sedentary : BMR x 20 percent

New R.I.P.P.E.D.

Saturday Morning Class... 9am - 10am

R.I.P.P.E.D is a total body, high intensity style program utilizing free weights, resistance, and body weight. No boredom here. You are sure to jam through R.I.P.P.E.D with determination, strength and smiles. This is for all levels men and women alike. R.I.P.P.E.D is effective, tough but doable and will absolutely challenge your fitness level and endurance. What are you waiting for? Come get R.I.P.P.E.D!

Staying on Track Continued...

- If you are lightly active: BMR x 30 percent
- If you are moderately active (You exercise most days a week.): BMR x 40 percent
- If you are very active (You exercise intensely on a daily basis or for prolonged periods.): BMR x 50 percent
- If you are extra active (You do hard labor or are in athletic training.): BMR x 60 percent.

Add this number to your BMR.

The result of this formula will be the number of calories you can eat every day and maintain your current weight. In order to lose weight, you'll need to take in fewer calories than this result.

As you lose weight, you can re-calculate the formula to assess your new BMR.

Group Exercise Classes

22nd Annual
Mercedes Benz of Monterey - Stahl Motor Company
Elite 16 Tennis Championships

March 10th & 11th
Best Players in California
Matches start at 10:00am



March 10th & 11th
Senior & NTRP
Singles & Doubles
Entries Close March 5th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Step</i> with Katherine 8:30 am - 60 min.	<i>Boot Camp</i> with Amanda 9:00 am - 75 min.	<i>Turbo Kick</i> with Amanda 8:30 am - 60 min.	<i>Boot Camp</i> with Amanda 9:00 am - 75 min.	<i>Step</i> with Katherine 8:30 am - 60 min.	New <i>R.I.P.P.E.D</i> with Jaime 9:00 am - 60 min.	
<i>R.I.P.P.E.D.</i> with Amanda 9:35 am - 75 min.	<i>Aqua Aerobics</i> with Brian 10:30 am - 60 min.	<i>Step & Sculpt</i> with Katherine 9:45 am - 60 min.	<i>Aqua Aerobics</i> with Brian 10:30 am - 60 min.	<i>R.I.P.P.E.D.</i> with Amanda 9:35 am - 75 min.	<i>Yoga</i> with Kristen 10:30 am - 60 min.	<i>Yoga</i> with John 10:00 am - 60 min.
<i>Beg. Pilates</i> with Sarah 11:00 am - 30 min.	<i>Yoga</i> with Kristen 10:45 am - 75 min.	<i>Stretch</i> with Katherine 11:00 am - 60 min.	<i>Yoga</i> with Kristen 10:45 am - 75 min.	<i>Beg. Pilates</i> with Sarah 11:00 am - 30 min.	<h3>Club Hours</h3> <p><i>Cafe</i> Monday - Friday 11:30am-9:00pm Saturday & Sunday 11:30am-6:00pm</p> <p><i>Child Care</i> Monday - Friday 8:30am-12:30pm Monday - Friday 4:30pm-7:30pm Saturday & Sunday 9:00am-2:00pm</p> <p><i>Fitness Center</i> Monday - Friday 5:00am-9:00pm Saturday & Sunday 8:00am-6:00pm</p> <p><i>Pool & Spa</i> Monday - Friday 6:00am-9:00pm Saturday & Sunday 6:00am-9:00pm</p> <p><i>Pro Shop</i> Monday - Friday 9:00am-8:00pm Saturday & Sunday 9:00am-6:00pm</p>	
<i>Stretch</i> with Sarah 11:30 am - 60 min.	<i>Restorative Yoga</i> with Kristen 12:15 pm - 60 min.		<i>Restorative Yoga</i> with Kristen 12:15 pm - 60 min.	<i>Stretch</i> with Sarah 11:30 am - 60 min.		
<i>Hard Core</i> with Eric 4:30 pm - 30 min.	<i>Core Strength</i> with Sarah 4:30 pm - 45 min.	<i>Hard Core</i> with Eric 4:30 pm - 30 min.	<i>Core Strength</i> with Sarah 4:30 pm - 45 min.			
<i>Cardio Crunch</i> with Lisa 5:30 pm - 55 min.	<i>Zumba</i> with Tammi 5:30 pm - 55 min.	<i>Cardio Crunch</i> with Lisa 5:30 pm - 55 min.	<i>Zumba</i> with Tammi 5:30 pm - 55 min.			
<i>Yoga</i> MJ 6:30 pm - 60 min.	<i>Spin Class</i> with Megan 6:30 pm - 60 min.	<i>Yoga</i> with Rebekah 6:30 pm - 60 min.	<i>Spin Class</i> with Megan 6:30 pm - 60 min.			