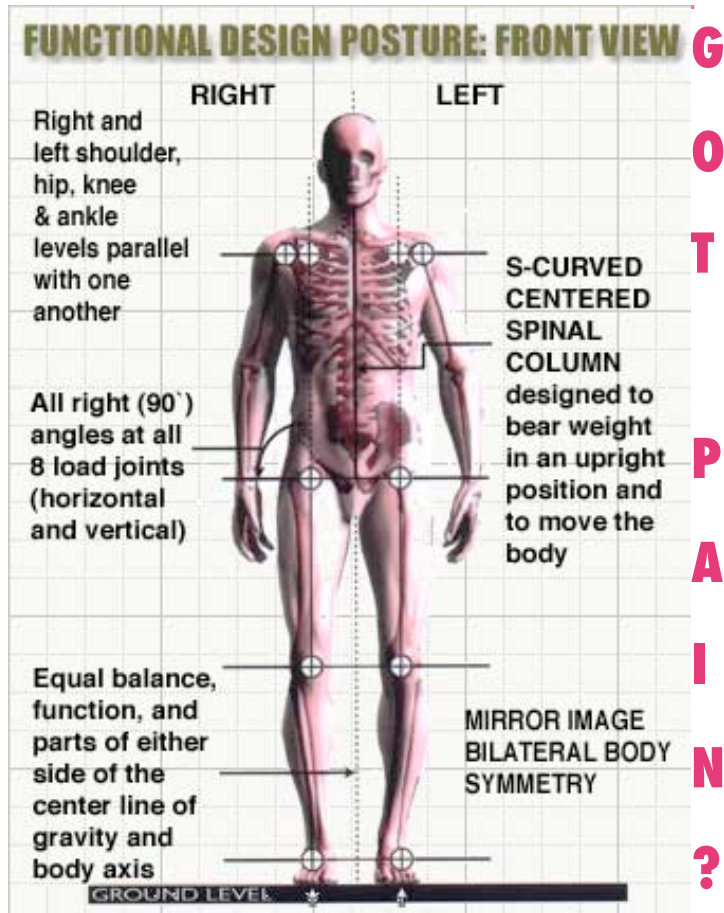


February



Pacific Shores Club Comprehensive Wellness Program

Come see why more than 120 million Americans deal with Chronic Pain!

An estimated 120 million Americans suffer from some type of chronic pain. Pain is the leading cause of worker absenteeism, with 50 million lost days a year and 3 billion in lost wages. 1 out of 6 American households has someone with severe chronic pain, costing over \$100 billion to cover RSI-related conditions affecting computer users. Migraines, back pain and arthritis account for an estimated \$40 billion according to the Surgeon Generals report of Physical Activity and Health.

Fitness is not limited to the gym, bring wellness to the workplace. From smoking cessation to stress relief, from stretch breaks to meditation. This year, we want everyone to reap the benefits of wellness.

This is why we are rolling out our Comprehensive Wellness Program customized to your company and departments.

Overall wellness does not have to mean hours at the gym,

10-15 minutes a day can make a difference in your employees daily lives.

For more information please contact our Wellness Team, Seisha or Tyler for more information or to schedule a complementary consultation

ssukekane@pacificshores.com

tyler.haedrich@clubone.com

Holiday Schedule

Monday February 15th
Closed

PAIN FREE MOTIONS free intro session

Wednesday February 10th
12pm - 1pm

The focus of this program will be on the human structural design and how it is related to CHRONIC PAIN, impingements and limitations. The focus will then shift to how the individual can return to optimal health without the use of drugs, braces or expensive ergonomic equipment.

LUNCH PROVIDED

Contact Tyler at tyler.haedrich@clubone.com

TRX

TRX suspension training is a revolutionary method of leveraged bodyweight exercise. It is the most effective total body workout you can get!

Try a class today!

Date: Feb 1 - 26th (Tu/Thur)

Time: 12pm - 1pm

Cost: \$100 / 4 weeks

RSVP:

ssukekane@pacificshores.com

Date: Feb 8 - March 3 (M/W)

Time: 5:30pm - 6:30 pm

Cost: \$100 / 4 weeks

RSVP:

hborromeo@pacificshores.com

Ski and Snowboard Conditioning

Get ready for ski & snowboarding season while preventing injury.

Date: Jan 25 - March 10 (M/W)

Time: 5:30pm - 6:30 pm

Cost: \$12.50 / drop in

RSVP: tyler.haedrich@clubone.com

PSC OLYMPIC GAMES

5 person teams - 10 events

Does your company have what it takes to win the gold?

Date: Feb 8 - Feb 12

Cost: \$99/team

RSVP: Jin.Kim@clubone.com

RUN CLUB & Bay to Breakers

Whether a beginner or an avid runner, we will provide you with all the tools necessary to complete Bay to Breakers on Sunday May 16th!

Date: March 10 (every Wednesday)

Time: 12pm or 5:30pm group runs

Cost: \$30

RSVP: lence.ferretti@clubone.com

6 Weeks Weight Management Program Free Introductory Session

You know how to lose weight - eat less and move more. It sounds simple but yet it is a difficult process for most. Getting motivated at first may be easy, but staying motivated can prove to be impossible. To stay on Track you must truly change your eating behaviors and understand and address the emotions behind them. You don't have to eat pre-packaged food or be weighed-in in front of a group of people to achieve the results you desire. To truly succeed you need to:

- Create a new relationship with food
- Stop sabotaging your own efforts
- Stay motivated

This program helps you success by allowing you to

- Eat consciously and hydrate your body to avoid false hunger
- Actually enjoy exercise
- Take the emotions out of eating and debilitate your eating triggers
- Make healthy choices for the long term
- Visualize yourself at your healthy weight - key to your success!

When: Thursday February 18

Time: 12-1pm

RSVP: lence.ferretti@clubone.com

Give blood three times a year Give blood three times a year
Give blood three times a year Give blood three times a year
Give blood three times a year Give blood three times a year

Blood Center of the Pacific's Blood Mobile is back!

February 16th from 11am-3pm

Link to register:

<https://www.bloodheroes.com/index.cfm?group=op&expand=292409&zc=94063>

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Train Well...Be Well

Make this the year you reach your goals! Whether it be weight loss, toning, muscle gain or sport specific training - we can get you there.

Train Well...Be Well incorporates FOUR 30 min personal training sessions a month with our Be Well portal where you can track your nutrition and exercise habits to ensure your progress.

Cost: starts at \$150/month

RSVP: lyndsey.dow@clubone.com or your personal trainer

WINTER SPORT LEAGUES

For more information or to submit your roster, please contact Dan Maldonado at 817.9030 or dmaldonado@pacificshores.com

Softball

Softball League

Starts February 25th
When: Thursdays
Time: 11:30am & 12:30pm
Cost: \$250 per team
Deadline to register is Feb 19th

Basketball

5 on 5

Starts February 22nd
When: Mon & Wed
Time: 11:30am - 1:30pm
Cost: \$300 per team
(\$15 extra nonmember)
Deadline to register is Feb 17th

Soccer

Soccer

Starts February 23rd
When: Tuesdays
Time: 11:30am - 1:30pm
Cost: \$250 per team
(\$15 extra nonmember)
Deadline to register is Feb 17th

February Group Exercise Schedule

		MON	TUE	WED	THU	FRI
6-7a	rockwall	total conditioning (6:15-7:00am)	spin	total conditioning (6:15-7:00am)	spin	
7-8a	rockwall	boxing conditioning		boxing conditioning		
7:30-8:30	pool		masters swim (\$)	masters swim (\$)		
11:30-12	rockwall	kickbox bag		kickbox bag		kickbox bag
12-1pm	main studio	sports conditioning	zumba	sports conditioning	cardio kickbox	zumba
	rockwall		spin		spin	
	seaport	flow yoga	pilates	yoga		power yoga
	wellness room		pain free		pain free	
5:30-6:45pm	pool	master swim (\$)	masters swim (\$)			master swim (\$)
5:30-6:30pm	main studio		BOSU kickbox		BOSU kickbox	
6-7pm	rockwall	spin	kickbox bag	spin	kickbox bag	