

2011 Member Success Story Wilson Combs

"I take care of granddaughters, ages two and three. About a year ago shortness of breath prompted me to see a doctor. The doctor said I needed to lose weight and that I also had high cholesterol, high blood pressure, and type II diabetes. I weighed 254 pounds and wore 54-inch pants tight. I started going to the club gym in January 2011 using the elliptical machine.



Before

"The first day I did seven minutes at level three and thought I could die I was so exerted!

"Now I do one hour at level 20 on the machine four times a week.

"In June I had lost 75 pounds and started to also use the free weights and other resistance equipment to tone my body because of the excess skin from the weight loss. I do this three times a week. On Thursday night I do the aerobics with Michele Midgley; it's great for cardio! I have lost 90 pounds and weigh 165. I wear 34-inch waist pants. Also my cholesterol and blood pressure are normal and the diabetes is gone without ever taking any medication."

"By the way, I am 70 years old."



After



January & February Fitness Classes

Yoga / Free!

**Tuesday Night 6:00-7:00 PM
& Saturday 9:00-10:00 AM**

Please bring a mat/towel or blanket and drinking water.

Free R.I.P.P.E.D. Classes • Thursdays 7:45-8:45 PM

Resistance

Interval

Power

Plyometrics

Endurance

Diet

New Time!*

Zumba Class Friday Nights

***6:00-7:00 PM**

Free

A cardio-aerobic class that fuses musical rhythms and moves to create a dynamic, fun & easy workout! Achieve long-term benefits while experiencing an absolute blast in one exhilarating class of calorie-burning, energizing movements meant to engage your entire body. Tones and sculpts your body while burning fat.

All classes are subject to change without notice.

Free Child Care on Tuesday and Thursday nights from 5:45-8:45 PM

Personal Trainer at The Clubhouse

Julie Garcia, Personal Trainer at Anatolia

(530) 219-2279





TaeKwonDo Classes at the Clubhouse

Come see the benefits of martial arts training with **Anatolia Family TaeKwonDo**. Physical Fitness, confidence-building, everyday self-defense techniques, responsibility and respect are integral parts of each training session at **Anatolia Family TaeKwonDo**. Regular attendance and participation in this structured environment results in a feeling of well-being and personal satisfaction not found in other karate programs.

Adult and children's classes are now available Monday through Thursday and Saturday mornings. Classes are held in the Aerobics Room at the Clubhouse.

Fees: \$75 — one student

\$130 — two students in same family

\$185 — three students in same family

\$240 — four students in same family

\$295 — five students in same family

\$350 — six students in same family

**For more information,
please stop by the Front Desk
or call (916) 798-7918.**

January TaeKwonDo Special

Pay one new enrollment fee, get the second one free (family members only)



February TaeKwonDo Special

Pay one new enrollment fee, get the second one free (family members only)



TaeKwonDo Class Times

Mondays/Wednesdays

- **White-yellow belts:**
6:00-6:45 PM
- **Low green-purple belts:**
6:45-7:30 PM
- **Blue-red belts:**
7:30-8:15 PM

Tuesdays/Thursdays

- **Black belts, 11 years of age & younger:**
6:00-6:45 PM
- **Black belts, 12 years of age & older:**
6:45-7:30 PM

Saturdays

- **White-yellow belts:**
10:15-11:00 AM
- **Low green-red belts:**
10:30-11:15 AM
- **Black belts:**
11:15 AM-12:00 PM
- **Weapons**
12:00-12:30 PM

Fitness Center Reminders

Equipment is First-Come, First-Served

There is a 30-minute time limit on the Fitness Center equipment if someone is waiting to use it. Please be neighborly and stay



within your 30-minute time limit.

Watch television while you walk...

If you would like to hear one of the three televisions, bring a Walkman-type radio. Each television is linked to a specific radio station. Just tune in to the radio station labeled nearest the television program you wish to watch.

Please be courteous and refrain from using your cell phone while in the Fitness Center.



Please refrain from dropping the weights.

You must be 14 years of age and have signed a waiver to exercise.

Reminders



Gift Certificates Available

Why not give that special person a gift certificate for a massage? Come in and see John to purchase a gift certificate for a 30, 60, or 90-minute massage with Brenda, Anthony or Todd. More details on page 4.



We all have pride in Anatolia; let's remember these Community Regulations

- Front yards need to be maintained.
- Trash cans need to be stored out of view.
- All Christmas decorations need to be taken down after the holidays.
- Whenever pets are outside of the home site, they must be on a leash or otherwise under full control of the owner.
- Residents must clean up after their pets.
- Pets emitting excessive noise, or in any manner disturbing other residents, may be prohibited by order of the Board of Directors after notice and a hearing.



Play Room Hours

The Play Room is staffed on Tuesdays and Thursdays, 5:45-8:45 PM at no cost to use it. There is a maximum of one-and-a-half hours per child and you must remain at The Clubhouse while your child is checked in to the Play Room (minimum age eight-weeks old). Play Room has an eight-children maximum at any given time which includes only two non-walkers. As always, we are gratefully accepting gently-used toys and books.



Membership Card Processing Hours

Tuesday-Friday: 12:00-7:00 PM
Saturday/Sunday: 9:00 AM-12:00 PM



Activities, Classes, and Events

If you have any **suggestions** for activities, classes, or events, please let us know. The Club facilities and basic staffing are funded by your dues. Many additional activities will be developed and funded by charging fees if there is sufficient interest. With your beautiful facility, the possibilities are limited only by your creativity and imagination! Your input and ideas are encouraged and will always be welcome.



Guest Policy

Each household is permitted to bring **four free guests** into the Clubhouse per day. Additional guest fees: \$3 per guest. Members must stay with their guests at all times.



Mondays are "Members Only."

No guests are permitted on Mondays.

Don't forget to bring your membership cards!



Pool & Foosball Check-out

- Leave us your membership card to checkout the pool table equipment and the foosball.
- Each person has 45 minutes to play and must return the equipment to the Front Desk in order to receive their membership card back.
- Since the Social Center is closed Mondays, the

pool table/foosball are not available to use.

- Children under the age of 14 must be supervised by an adult (18 years or older). If you or your child is using the table, please do so responsibly.
- You are responsible for any damage caused by yourself, your children and your guests.



The Clubhouse Frequently Asked Questions:

Q: How can I find information on renting rooms at The Clubhouse for an event or party?

A: *Stop by the front desk or call 294-0026 for detailed information on rooms available, dates, rules, pricing, and everything else that is necessary.*

Q: When, during the year, do the pools close?

A: *The pools never close. We stopped heating them after Labor Day for the winter time. Although they are cold for swimming, there are a few brave souls at Anatolia who do! The hot tubs on the other hand are heated year-round for your enjoyment.*

Q: Can we have a party in the park (Eagle's Nest) near The Clubhouse?

A: *We actually do not have control of the park. The Rancho Cordova Parks and Recreation controls the park; they can be reached at 362-1841. The tennis and basketball courts are also run by the City.*

Q: I lost my membership card. How can I get a replacement?

A: *New membership cards are available at the front desk for \$15 per card. Plus, you get to re-take your picture!*

Q: Can I bring guests to The Clubhouse? If so, how do I do that?

A: *Each household is allowed up to four free guests per day (\$3 per person after the limit). Each guest needs to be signed-in at the front desk.*

Q: How do I schedule a private training session or massage?

A: *Appointments are scheduled directly with each massage therapist (we have two males and one female) or our private trainer, Julie Garcia. Contact information for each is included on pages 4 and 6 respectively in the newsletter, and payment is accepted at the front desk.*

Q: I have a community get-together and would like to place a flier in The Clubhouse? Can I do that?

A: *Yes! Just provide the information to The Clubhouse staff and they can approve and post it.*

Q: What type of classes do you offer?

A: *We offer many classes here, including Mommy and Me Music, Yoga, Strength Training, Zumba, Tae Kwon Do, Ballroom Dancing, etc. We are always looking to add more classes, depending upon the members' demand.*

Q: When is the supervised child care during the week?

A: *Our play room is staffed Tuesday and Thursday from 5:45-8:45 PM. This is a great option, as you can drop off your kids (space is limited to eight maximum) and enjoy The Clubhouse.*

Useful Community Phone Numbers

Utilities

Cable:

Comcast (push * for bulk services)
800-856-2374

Gas:

PG&E 800-743-5000

Telephone:

Frontier Communication 800-921-8101

Water/Sewer:

Sacramento County Utilities 874-6851

Garbage:

Allied Waste 638-9000

HOA Management Company:

Network Community Management Inc.
(Anatolia) 771-8551

Local Information

US Postal Office:

10923 Progress Court 800-275-8777

Library (Rancho Cordova)

264-2920

Elk Grove Unified School District

686-7711

Sunrise Elementary

985-4350

Parking Enforcement

876-6642

City Hall (Rancho Cordova)

851-8700

Cordova Park & Rec

362-1841

Code Enforcement




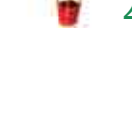
851-8770



JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	2 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	3 Free Childcare 5:45 - 8:45 PM Yoga 6:00 - 7:00 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12	4 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	5 Free Childcare 5:45 - 8:45 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12 R.I.P.P.E.D. 7:45 - 8:45 PM	6 Mommy & Me Music Play Group 10:00-11:00 AM Zumba Class 6:00-7:00 PM in Aerobics Room	7 Yoga 9:00-10:00 AM TaeKwonDo classes 10:15-11:00 AM W-Y 10:30-11:15 AM LG-Red 11:15 AM-12:00 PM BB 12:00-12:30 PM weapons
8	9 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	10 Free Childcare 5:45 - 8:45 PM Yoga 6:00 - 7:00 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12	11 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	12 Free Childcare 5:45 - 8:45 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12 R.I.P.P.E.D. 7:45 - 8:45 PM	13 Zumba Class 6:00-7:00 PM in Aerobics Room	14 Yoga 9:00-10:00 AM TaeKwonDo classes 10:15-11:00 AM W-Y 10:30-11:15 AM LG-Red 11:15 AM-12:00 PM BB 12:00-12:30 PM weapons
 15	16 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	17 Free Childcare 5:45 - 8:45 PM Yoga 6:00 - 7:00 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12	18 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	19 Free Childcare 5:45 - 8:45 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12 R.I.P.P.E.D. 7:45 - 8:45 PM	20 Mommy & Me Music Play Group 10:00-11:00 AM Zumba Class 6:00-7:00 PM in Aerobics Room	21 Yoga 9:00-10:00 AM TaeKwonDo classes 10:15-11:00 AM W-Y 10:30-11:15 AM LG-Red 11:15 AM-12:00 PM BB 12:00-12:30 PM weapons
22	23 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	24 Free Childcare 5:45 - 8:45 PM Yoga 6:00 - 7:00 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12	25 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	26 Free Childcare 5:45 - 8:45 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12 R.I.P.P.E.D. 7:45 - 8:45 PM	27 Zumba Class 6:00-7:00 PM in Aerobics Room	28 Yoga 9:00-10:00 AM TaeKwonDo classes 10:15-11:00 AM W-Y 10:30-11:15 AM LG-Red 11:15 AM-12:00 PM BB 12:00-12:30 PM weapons
 29	30 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	31 Free Childcare 5:45 - 8:45 PM Yoga 6:00 - 7:00 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12				Abbreviations: BB: Black Belt BI: Blue LG: Low Green Ppl: Purple W-Y: White-Yellow

FEBRUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	2 Free Childcare 5:45 - 8:45 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12 R.I.P.P.E.D. 7:45 - 8:45 PM	3 Mommy & Me Music Play Group 10:00-11:00 AM Zumba Class 6:00-7:00 PM in Aerobics Room	4 Yoga 9:00-10:00 AM TaeKwonDo classes 10:15-11:00 AM W-Y 10:30-11:15 AM LG-Red 11:15 AM-12:00 PM BB 12:00-12:30 PM weapons
 5	6 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	7 Free Childcare 5:45 - 8:45 PM Yoga 6:00 - 7:00 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12	8 TaeKwonDo classes 6:00-6:45 PM W-Y 6:45-7:30 PM LG/Ppl 7:30-8:15 PM BI-Red	9 Free Childcare 5:45 - 8:45 PM TaeKwonDo classes 6:00-6:45 PM BB ≤11 6:45-7:30 BB ≥12 R.I.P.P.E.D. 7:45 - 8:45 PM	10 Zumba Class 6:00-7:00 PM in Aerobics Room	11 Yoga 9:00-10:00 AM TaeKwonDo classes 10:15-11:00 AM W-Y 10:30-11:15 AM LG-Red 11:15 AM-12:00 PM BB 12:00-12:30 PM weapons
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