



The Adventure Slide Show Series is BACK!

Join Snowcreek Athletic Club in welcoming the Adventure Slide Show Series. Events will take place on Tuesday nights in the bistro at Snowcreek, beginning at 7:00pm on January 3rd. Plus, enjoy Happy Hour all night long!

JAN 3RD - CHRISTIAN PONDELLA

Bolivia Ski mountaineering in the Cordillera Real

Three skiers look for adventure in the Cordillera Real Mountains of Bolivia. With the Capital La Paz as their starting point, they immerse themselves in the local culture, eat bad chicken, and venture onto several 6000 meter peaks in hopes of successful ski descents on the notorious steep and firm faces.

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January 10 - Speaker: Jim Barnes

Kyrgyztan: Climbing Big Walls in the Remote Karavshin

January 17 - Speakers: Shawn Reader and Sean Jones

Yosemite Valley and Hetch Hetchy: first ascents with Sean Jones

January 24 - Speaker: John Dittli

Leather Boots and Three Pins to Carbon Fiber and Titanium: A 35 year retrospective of Backcountry Skiing in the Range of Light

January 31 - Speaker: Cathleen Calkins

Kamchatka Peninsula- Backcountry Skiing Russia's Remote Volcanos



Follow us on Facebook & Twitter!



New Winter Menu!
 DAILY HAPPY HOUR
 DRINK AND APPETIZER SPECIALS 4:30 to 6:30 P.M.
 Located Inside Snowcreek Athletic Club
 51 CLUB DRIVE | MAMMOTH LAKES | OPEN TO THE PUBLIC
 760-934-8511 | SnowcreekAthleticClub.com

WHAT'S NEW???**No 2012 Excuses...You Have More Classes to Choose From!**

Newly added classes to help get and KEEP you fit this New Year! Check it out...

Saturday Morning Zumba is back! Shake it with Kaysie Williams and our newest instructor **Karrie McFadden** on Saturday mornings at **9am!** Follow it up with Jaimie B's **Power Hour Yoga** at **10am.**

Early morning **Sunday Vinyasa Flow** at **8:30am** with **Lori Follis.** Start your day with a little sweaty relaxation before you head up to the hill!

Friday Evening Gracie Jiu-Jitsu with **Eric Leach** from **7-8:30pm.** All levels welcome!

“Stroller Moms” Programming with Jaimie B. January 4th - 27th

New Moms: If you're looking to get that Pre-Pregnancy body back, or if you just want to have some fun with your little one and introduce fitness at an early age while you stay fit, join **Jaimie Bayer** for **4 weeks of a full 1-hour work out** combining core with upper and lower body exercises using a combination of your own body weight and gym equipment. The best part??? Work out side-by-side with your child! Choose to work out either once or twice a week on **Wednesdays** and **Fridays** from **10:00a.m. - 11:00a.m.** in the Snowcreek gymnasium.

*This program requires a minimum of 4 participants to begin as scheduled.
Contact the Snowcreek Service Desk with inquiries at 760.934.8511*

From Coach to Assistant Instructor...Congratulations Eric Leach!

Members can now look forward to more advanced and challenging Jiu-Jitsu classes at Snowcreek Athletic Club, as there is a whole new level of learning to experience. Former Coach Eric has now been promoted to **Assistant Instructor**, by Royce Gracie, in December. With the new title, Eric earned his **purple belt** in the sport, among some of his students. Congratulations to all class members who were promoted!

KIDS Programming (see service desk for details):

- * **ROYCE GRACIE JIU-JITSU®** (ages 13+)* **M/W/F 7:00pm** w/Eric Leach
- * **KIDS' TIBURONS WINTER SWIM** w/Teryn continues **Tuesdays & Thursdays**
- * **KIDS' MMA** w/OMAR **Sundays 2:15 - 3:45**
- * **Private Swim Lessons Available by Appointment. See the front desk**

SIGN UP AT THE SNOWCREEK SERVICE DESK or call 760.934.8511 x104

***Age prerequisite is at instructor/coach discretion & may be modified at any time.**

Royce Gracie Jiu-Jitsu® Classes with Assistant Instructor Eric Leach

Snowcreek Athletic Club and the Mammoth Lakes Jiu-Jitsu Team are proud to be part of the [Royce Gracie Jiu-Jitsu Network](#). Royce Gracie is a UFC Hall of Famer, legend, and pioneer in the sport of mixed martial arts. He is widely considered to be the most influential figure in the history of modern MMA. Gracie gained fame for his domination in the Ultimate Fighting Championship, winning tournaments UFC1, UFC2, and UFC4, and became known for beating opponents much larger than him. Gracie popularized Brazilian Jiu-Jitsu and revolutionized mixed martial arts, with his results contributing towards the grappling movement, and cross-training in the sport.

Eric Leach attained his Purple Belt from Royce and has trained in various martial arts such as Judo, Karate, and Kempo. His focus now is on Gracie Jiu-Jitsu and is proud to hold classes at Snowcreek Athletic Club on both **Monday, Wednesday, and *JUST ADDED* Friday nights from 7-8:30pm**. All Snowcreek members are welcome and free to train with included membership. **Non-Snowcreek members** may pay a \$10 drop-in fee to participate.

Classes are designed for men, women, & kids ages 13 and up.

It's Happy Hour All Night Long at the bistro!

Enjoy **Tuesday night** food and drink **Specials ALL NIGHT LONG** as you check out the Adventure Slide Show Series starting **TUESDAY, JANUARY 3rd!**

Having a party? The bistro can help you host! Call 760.934.8511 to book your next event.



LET'S TALK ABOUT IT...In Response to Your Comment Cards

- ★ **TEMPORARY MANAGEMENT LEAVE/FYI:** Please note that Sarah Anisman & Danielle Bauman will be on leave through January/February. If you have immediate questions and/or comments related to class scheduling, marketing or retail and club space, please contact **Mary Mead** or **Lisa Eastman** for immediate attention.
 - ★ **YOGA/MMA ROOM CLEANLINESS:** We appreciate our members assisting staff in keeping the mind body space clean by checking your area after use. Please throw away or take with you used kleenexes, notes and papers, clothing, and and place thick blue mats, Swiss Balls, and foam rollers back in the gym area where they are meant to be used, & do not move furniture to/from this space without checking with management first. Thank you for helping us respect this space and keeping it germ/clutter free for all.
 - ★ **WINTER CLUB PARKING:** As we are moving into winter, we are working to provide ample parking for members and guests. A gentle reminder to our outside guests: **Parking spaces are reserved for those members & guests using Snowcreek Athletic Club ONLY. Violators will be cited, booted and/or towed.**
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HOW TO LIVE A HAPPIER AND HEALTHIER 2012

Jaimie Bayer, C.P.T., C.N.

This New Year, ask yourself, on a scale from 1 to 10, “how happy am I?...How healthy am I?” There are so many variables that contribute to our health and happiness day-to-day and week-to-week. Now ask yourself, “what contributes to my happiness?” Is it your job? Family? Health? Financial Stability? These all might be perfectly good answers depending on your lifestyle, goals, and aspirations. Whatever it is that puts a smile on your face or a skip in your step, your health is directly correlated to your happiness in life.

Many factors contribute to good health which, in turn, may help us live happier lives. Some aspects might be stress, diet, balance between our home, work, and social lives, as well as our quality of life. We all know the basic stress triggers; finances, work, kids, and family, to name a few. In order to live a more healthy life, pinpoint those triggers. Once you are able to do so, identify just one to change each month. If work or family life is overwhelming or stressful, try to find more balance and time for yourself. Set an appointment with yourself each day, or a few times a week. Allow that time to be spent doing something exclusively for you...it might even be something you've wanted to do for a while. Take charge of your life in this New Year.

Your quality of life can also play a role in your health and happiness. Stress, however can inhibit happiness and, moreover, your well-being. There are many things you can do to improve quality of life such as; meditating daily or (re)connecting with your spiritual side, taking up a new hobby or sport, becoming more active in the community or with a charity, or sweat out the stress. Physical fitness plays a large role in one's happiness and health. Make it a goal in 2012 to become more active, sweat it out, and move daily. Even those who are active already could benefit from a fitness makeover. If you are not currently a member at a gym or health club, join one or improve your fitness level by trying a new class, such as; willPower & grace, Yoga or Zumba, or just give yourself an extra hour a day to be active.

If you're already active, but feel as though you are in a rut or have hit a plateau, try hiring a trainer, get a workout partner, or try something new like boxing or mixed martial arts. This New Year, making the time in your day and week to become **and stay** active is an important choice you can make to improve your overall health and quality of life. Not only will you be doing your body a favor by increasing your metabolism and burning off fat, but you will end up having more energy overall and happiness.

Most importantly, diet contributes to overall health and happiness. You have heard the phrase “you are what you eat...” In some cases, this can be true. Would you rather be a piece of chocolate cake or a carrot? Most of us would choose the chocolate cake. It is sweet, tasty and luscious. A piece of cake can be appetizing, however, it is full of sugar, fat, carbohydrates, and calories. Wouldn't you rather be the carrot, full of nutrients, antioxidants, color and water? If you look at your current diet, which does it contain, more foods that look like the latter? How many colors (not white) do you eat a day? There are plenty of ways to make small dietary changes that can contribute to your overall health. Besides trying to pick the highest quality foods (raw, no additives, unprocessed, organic and fresh), try adding monthly or quarterly cleanses or supplements into your regime.

All of the above can increase your energy, balance out toxins and environmental pollutants, and provide healing to the body and its organs. Maintaining nutritional balance over time can not only help restore health and vitality, but also contribute to overall happiness. Unsure of how to change your diet and/or health routine? Hire a nutritionist of your choosing or start doing some research. Diet may be the easiest change to make, since YOU are the one choosing what to put in your mouth.

So what are the keys to living healthier, happier 2012? Simplicity and balance. If money is stressing you out, simplify your lifestyle, sell some of your stuff. Begin to turn the old into the new. Take the money you would spend on a new car (or shoes) and invest it in your health through fitness and diet. Simplify your diet by eating fresh, raw, unprocessed, non-wrapped foods. Get rid of the junk in your life, on your desk, and in your home. Too many social commitments? Simplify by saying no or **commit to yourself** by taking charge of your life. Set aside some personal time and try to stabilize your lifestyle. Allow yourself balance between physical fitness, nutrition and diet, and meditation and spirituality. By leading a more simple and balanced life, your overall health and happiness can improve dramatically.

Jaimie Bayer is an A.C.E. certified personal trainer and N.A.S.M at Snowcreek Athletic Club. Pre/Post Natal certified trainer, specializing in endurance and action sports athletes. She also holds a Clinical Nutritionist certification from the Natural Healing Institute where she continues to take classes in Herbology and other holistic wellness topics.