



RANCHO VALENCIA
An Auberge Resort

MEMBER NEWSLETTER

SEPTEMBER 2011

FROM THE RESORT

Piazza Appointed Fitness and Membership Manager

We are delighted to announce **Sean Piazza** has been appointed Rancho Valencia's Fitness and Membership Manager.

"Sean has been instrumental in the development of our current fitness program

and we look forward to growing our fitness and wellness offerings through Sean's direction," said **Hotel Manager Oz Soykok**.



Sean is passionate about helping people reach their fitness goals and develop healthy lifestyles. He believes workouts should be structured around each individual's needs and goals, whether it's obtaining better balance, stamina, muscular stability, or strength. Sean has been in the fitness industry for over 12 years and has opened and managed four health clubs in San Diego. He is

certified by the National Academies of Sports Medicine and Sports Nutrition and is a certified trainer in the disciplines of Spin and TRX training.

In his free time, Sean can be found carving waves on his surf board, climbing Palomar Mountain on his bike, or playing in a soccer, softball or dodge ball league. And, although Sean is one of the most kind and gracious people you'll ever meet, be careful he has a perfect record as an amateur/semi-professional boxer!

Thank you in advance for congratulating Sean on his new appointment. Sean can be contacted at 858.759.6493 or spiazza@ranchovalencia.com to discuss your fitness needs, or to discuss the benefits of upgrading your tennis membership to a full resort membership.



AUBERGE ADVENTURE

Family Day at the Beach

Join sand sculptor **Raymond Karch**, winner of the U.S. Open Sandcastle Competition, for a day at the beach that is sure to bring your family closer together, produced by the Rancho Valencia team. Your family will be united by the singular goal of building an epic sandcastle. Creativity is sparked. Plans are improvised, discussed and finalized. Cooperation becomes paramount, and family fun is inevitable! No special skills are required, and all tools and equipment are provided. The proper use of molds and forms will be taught along with basic carving techniques (i.e. towers, walls, windows, doors, steps, archways, and brickwork.)

You will be chauffeured to the beach in a Mercedes Benz by your personal Rancho Valencia Beach Butler, who will set up your lawn chair seating and shade umbrella. Your Butler will also

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WINE DINNER SERIES

An Evening of Tapas and Clos Pissarra Wines

from Master Sommelier Emmanuel Kemiji



Enjoy Spanish tapas paired with Clos Pissarra Wines for a festive, casual evening produced by **Wine Director Stacy Jacobs** in Rancho Valencia's Fountain Courtyard. Dance between tapas stations to the sounds of GypsyMenco, and celebrate life and friends at an evening to be remembered.

Master Sommelier **Emmanuel Kemiji** will also join us to share his passion and philosophy on winemaking. Everyone is sure to enjoy the fare and wine pairings orchestrated by **Executive Chef Eric Bauer** and **Sommelier Jayson Knack** including:

A display of classic tapas including Iberico Ham sliced on our Berkel Slicer,

Housemade Fig Butter, Grilled Breads, Spanish Hard Cheeses with Quince Preserve,

Preserved Tuna Stuffed Piquillo Peppers, Tortilla Espanola, and Shooters of Heirloom Tomato Gazpacho

2006 d.abbatis, Gran Cava Brut Nature, Penedes

Toasted Chino Farms Padron & Pappadew Peppers, Marcona Almonds, Frisée Lettuce, Sheep's Milk Cheese, Sherry Vinaigrette

Rancho Valencia White Sangria

Classic Seafood Paella— Clams, Shrimp, Monkfish, Squid, Saffron, Langoustine, Paprika, Tomato

2006 Arrels, Grenache, Montsant

Braised & Grilled Kurobota Pork Short Rib, Romesco Sauce, Braised Kale with Applewood Bacon

2008 Clos Pissarra, El Ramon, Priorat

Station of Mini Fried Churros and Assorted Dipping Sauces Mini Espresso Flans, Vanilla Bean, Caramelized Cocoa Nibs

Argueso Cream Sherry

\$65 per person, plus tax and gratuity

September 14th at 6:30pm in the Fountain Courtyard

Limited seating, for reservations call 858-759-6216.



NEW MEMBERS

Please Welcome

TO THE CLUB:

Lindsay and George Bolton

Wendy Broad

Joann and Steve Laverson

Karen and Jamie Moyer

Stacey and Joe Phillips

Anna and Todd Schafer

AND TO TENNIS:

Annie and Chris Glenn

Kim Rosner

Janice Weitzen



**RANCHO VALENCIA
TRAINER SPOTLIGHT**

Lenita Anthony

How do you keep up with Rancho Valencia's own spin instructor **Lenita Anthony**? Apparently you don't – Lenita took the Gold at the USA Cycling Master's Track Nationals in Trexlertown, PA, this year by finishing the 2 kilometer race in just two minutes and 42 seconds! At the same competition, Lenita also received the Silver medal in the 500 meter time trial.

In addition to being an accomplished cyclist, Lenita is a former nationally ranked tri-athlete, Reebok Master Trainer, and practicing Clinical Exercise Physiologist at UCSD since receiving her Masters in Applied Exercise Physiology. Not to mention a loving mother and fanatical, year-round surfer!

Although Lenita is tough to keep up with, you can catch her in Rancho Valencia's spin studio for an exhilarating workout that will make you feel like a champion as well.

FROM THE KITCHEN

Enjoy one of Chef Bauer's signature entrees at home. Or better yet, take the night off, and invite family or friends to join you in The Restaurant!



Day Boat Alaskan Halibut Filet with Morels, Schaner Farm Fava Beans, Vermouth and Bacon Sauce

Ingredients:

| | |
|--------------------------------|--------------|
| <i>Halibut Filet</i> | 6 ounces |
| <i>Clarified Butter</i> | 1 ounce |
| <i>Spring Onion Butter</i> | 1 tablespoon |
| <i>Whole Butter</i> | 1 tablespoon |
| <i>Morel Mushroom</i> | 2 ounces |
| <i>Bacon Lardons</i> | 1 ounce |
| <i>Shallots</i> | 1 teaspoon |
| <i>Vegetable Stock</i> | 1.5 ounces |
| <i>Fava Beans</i> | 1 tablespoon |
| <i>Vermouth Butter Sauce</i> | 1.5 ounces |
| <i>Chives</i> | .5 teaspoon |
| <i>Porcini Mushroom Powder</i> | 1 teaspoon |
| <i>Citrus Zest</i> | 1 pinch |

Preparation:

1. Season Halibut on both sides with salt. Pan sear in clarified butter and cook to medium rare, basting with spring onion butter.
2. In a sauté pan with whole butter, sauté morel mushrooms, bacon lardons and shallots until mushrooms are softened and lightly golden brown.
3. Add vegetable stock, fava beans and vermouth butter sauce.
4. Cook over medium heat; stir gently ensuring all items are evenly mixed, until fava beans are *al dente*.
5. Finish with chopped chives and spoon all ingredients in a large shallow bowl.
6. Place halibut topped with mushroom powder and citrus zest in the center of the bowl.

FROM THE COURTS

Arturo's Tennis Tip

Playing an opponent with a big serve:

On the return of serve, do not take a big backswing swing if your opponent has a big serve. Instead, keep your backswing compact and short. This will allow you more time to adjust and hit the ball.

Always watch the ball into your strings and avoid taking your eyes off the ball before impact. Many people look to see where they are going to hit the ball—before they actually hit the ball. If your head lifts up, so does your racquet, often causing miss-hits.



FROM THE UMPIRE CHAIR

What's the Call?

John DeLille, Tennis Director

If a player hits a drop shot with heavy backspin, it lands in his opponent's court and then bounces and spins back into his court—without his opponent touching it—what is the call?

If his opponent doesn't reach over the net and touch or hit the ball, he loses the point.



DO EXERCISE AND WEIGHT LOSS GO TOGETHER?

It's the weekend and you have time to get in an extra long workout, so you head to the gym and get about 3 miles of brisk walking on the treadmill and 30 minutes of circuit training on the resistance machines. You leave the gym feeling refreshed and ready to take on the day, keep in mind that you burned about 500 calories from the workout (300 from the walk, 200 from the weight circuit).

You freshen up and head out to your favorite restaurant with friends. Before you get a seat, you head to the bar for a glass of your favorite cabernet (200 calories) and a small plate of Dungeness crab cakes (350 calories). You haven't even looked at the dinner menu and you are already in the hole 50 calories.

As personal trainer devoted to healthy living, I am here to tell you that if you think you will lose weight solely by focusing on intense workouts; it will not happen. For most people, working out is something we do 3-4 days a week, but it's our diet that is with us 24/7.

In order to achieve significant changes in weight, we must be diligent with our diet. The *New York Times* article Weighing the Evidence on Exercise speaks to this issue in more detail. The article states that if you want to decrease or maintain your current weight, you need to pair a healthy diet with a consistent workout regimen. If you don't have a clear understanding of how to create your own workout or nutritional program, let our trainers here at Rancho Valencia provide the assistance you need to map out your road to success!



FROM THE SPA

Strength, Stretch & Serenity September Special

Enjoy a private 45 minute full body, functional strength training session customized to your specific needs followed by 15 minutes of targeted, static stretching with one of our certified trainers. After your workout, unwind and rejuvenate with a 60 minute Sports Massage.

\$225, plus gratuity, through the end of September.

Please call The Spa at 858-759-6490 for an appointment.

FROM THE RESTAURANT

Bauer “Best Of!”

Chef Eric Bauer was just named in *San Diego Magazine’s* August Best of San Diego issue, “Best Chef to Watch!” Help us celebrate by coming in for dinner and congratulating him in person!



FAMILY DAY *continued from page 1*

ensure that you stay hydrated with chilled sparkling and still Italian waters, and will set up, and service, the special picnic lunch our staff has created to complete your perfect day at the beach. Everyone is sure to enjoy Chef Bauer’s fried chicken from San Diego’s own SeaBreeze Organic Farm—brined for 24 hours and complemented by corn on the cob, coleslaw from Crow’s Pass Farm, housemade cornbread biscuits and chocolate chip cookies.

Once your castle is complete, a picture will be taken of your creation and entered into Rancho Valencia’s Annual Sand Castle Building contest. The winning team will be selected at the end of the year and receive a complimentary two night stay at the Resort.

\$1,000, all inclusive. Reservations required and subject to Raymond Karch’s availability.

MOVEMENT STUDIO/FITNESS CLASS SCHEDULE FOR SEPTEMBER 2011

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|--|--|
| Spin (1.5 hour) 8:30-10:00am Victor | Spin 6:30-7:30am Victor | Spin 7:15-8:15am Lenita | Spin 6:30-7:30am Carlos | Spin 7:15-8:15am Jason | Spin 7:30-8:30am Jennifer | Spin 8:00-9:00am Carlos |
| Hatha Yoga 10:30-11:30am Renee | Outdoor Power Yoga 8:00-9:00 Lauren Croquet Lawn | Outdoor Fitness 8:30-9:30am Croquet Lawn | Ballet Sculpt 8:00-9:00am Jeannine | Cardio/TRX 8:30-9:30am Sport Court Sean | Outdoor Power Yoga 8:00-9:00 Lauren Croquet Lawn | Reformer Pilates \$ 9:00-10:00am Stacie |
| | Reformer Pilates \$ 9:00-10:00am Stacie | Ballet Sculpt 9:30-10:30am Jeannine | Reformer Pilates \$ 9:00-10:00am Stacie | Ballet Sculpt 9:30-10:30am Jeannine | Zumba 9:00-10:00am Karla | Cardio/TRX 9:00-10:00am Sport Court |
| | Spin 9:00-10:00am Carlos | Cardio Sculpt 10:30-11:30am Sean | Spin 9:15 to 10:15am Jennifer | Cardio Sculpt 10:30-11:30am Sean | Reformer Pilates \$ 10:00-11:00am Stacie | Hatha Flow Yoga 9:15-10:30am Carol |
| | Yoga 10:15-11:30am Josh | Reformer Pilates \$ 10:30-11:30am Jeannine | Abs Blast 10:30-11:00 Sean | Reformer Pilates \$ 10:30-11:30am Jeannine | Abs Blast 10:30-11:00 Sean | Ballet Sculpt 10:30-11:30am Jeannine |
| | Tennis/TRX 11:00-12:00pm Sport Court Sean | | Hatha Yoga 12:00-1:00pm Renee | | Tennis/TRX 11:00-12:00pm Sport Court Sean | |
| | Cy-Core 5:30-6:30pm Jeannine | Power Yoga 5:30-6:30pm Staci | Spin 5:30-6:30pm Carlos | Cardio Sculpt 5:30-6:30pm Stephanie | Power Yoga 12:00-1:00pm Staci | |

\$ Reformer Pilates classes are offered at an additional cost. For information regarding pricing and availability, please contact The Spa front desk at 858-759-6490.

MOVEMENT STUDIO/FITNESS CLASS DESCRIPTIONS

Outdoor Fitness: This is a circuit training session that includes a variety of effective exercises designed to tone, strengthen and keep you energized. All levels are welcome and each participant may go at their own pace. It is held outdoors on our croquet lawn which is an invigorating alternative to the gym. Get ready for a workout that you cannot wait to try again.

Spin: Spin classes offer a unique combination of high-energy music and cycling- inspired rides taught by some of San Diego's elite spin instructors. Classes are uniquely tailored to a wide range of abilities and fitness goals and are taught on our state of the art Keiser M3 bikes.

Hatha Yoga: All levels are welcome to this stretch/yoga class. This class incorporates traditional Hatha Yoga poses linking breath and movement. Benefits you will receive will be increased flexibility and quieting of the mind as you stretch and strengthen your body.

Cy-Core; Spin/Yoga: The Cy-Core class is an hour long class that pairs the intense cardio workout of indoor cycling with the lengthening, strengthening and toning benefits of yoga. After a 30 minute ride on the indoor cycling bike set to inspirational, upbeat music playlists that change weekly, your muscles are warm and ready to hit the yoga mats for 30 minutes of intensive stretching and strength building. With an emphasis on integrating breath and movement for optimum athletic performance in and out of the gym,

the Cy-Core class is perfect for increasing stamina, strength and flexibility in just 60 minutes.

Power Yoga: A challenging workout that will leave you with a feeling of peace. This class aspires to improve the connection between body and mind raising ones awareness to a higher level. The breath initiates each movement to create a fluid flow between yoga poses. The class design is unique and created to challenge the student while leaving the option of modification for those newer to yoga.

Yoga Sculpt: This yoga class is formulated around balance & strength training that features a variety of yoga postures with the use of light free weights. The class format is specifically developed to tone and increase your balance. The slow pace and challenging sequence help to build heat, stamina, lean muscle mass, and increase flexibility. Practice to up beat music! Great for all yoga levels.

Reformer Pilates (\$): Whether you want to improve your posture, tennis game, golf swing, flexibility, mobility or core strength, Pilates can help you! This small-group setting takes place in our custom reformer-studio and is available 3 days a week. For reservations and pricing inquiries, please contact The Spa front desk.

Ballet Sculpt: Ballet Sculpt is an intense, hour long class that combines the fat burning and cardio benefits of ballet, with the toning and slimming benefits of Pilates. Set to energizing music, and

utilizing small movements, low weights, and a ballet barre, Ballet Sculpt classes shape and sculpt the body quickly and safely.

Cardio Sculpt: This class combines cardiovascular work and fat-burning techniques with an emphasis on total body sculpting, with use of light weights, for a fun hi/low workout. Great for all fitness levels.

Cardio/TRX: This class takes suspension-training class is designed to combine cardio, power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Expect to sweat it out as you are taken through a variety of highly effective exercises that constantly keep the body guessing and the mind active.

Tennis/TRX: Open to guests of all skill levels, this class combines TRX exercises with tennis- based drills to help improve strength and agility both on and off the tennis court

Zumba: Zumba is a fusion of Latin and International music/dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.