



Start With Yourself.

The OHF Boot Camp is an inspiring, holistic, and multi-dimensional approach to fitness. This approach, which borrows from disciplines as varied as functional fitness, yoga, Pilates, dance, Qi Gong as well as traditional calisthenics as you know it. OHF Boot Camp workouts challenge the body to work collectively as a whole, firing up the muscles in a sequential pattern. Because of the integration of more muscles into the workout, boot camp can be an effective alternative to conventional training for those trying to lose weight. Think about the things in your life that you do everyday: getting out of bed, walking steps, standing up from a chair, opening a car door and getting into the car. These tasks may seem trivial, but over a lifetime poor movement patterns in performance of these trivial activities will lead to back pain, neck soreness and tightness, and knee damage. Poor movement patterns also create general levels of fatigue and soreness. Our classes are a 60-minute dynamic total body workout designed to improve strength, agility, flexibility, and endurance. Beaches, forests, mountains, and the trails of Santa Cruz will motivate and inspire you to reach your fullest potential.

OHF is the manifestation of a dream.

A dream to marry art and science in my own way: integrative health and functional fitness. A dream to return to the fundamentals of who we are and why we are here: to be present in order to enjoy life and all it has to offer, to live in harmony with our surroundings and celebrate the magic of this thing we call life.

OHF is a philosophy.

A place to live your life from. The desire to live a life that is yours. To integrate your values within a lifestyle that is sustainable.

OHF is about empowering YOU.

It is the reflection of my passion to assist others in being free. It is about the exploration in revealing the places that need support and fine-tuning. It's the pursuit of vitality and the discovery of inner peace and harmony.

OHF is the manifestation of a vision

To integrate the spiritual, mental, emotional and physical aspects of ourselves. I believe we have the power within to change and transform our own lives. My motto for my life has always been "Start With Yourself" and I carry this personal mission tag line to my business.

Goals of the OHF Boot Camp Fitness Training Program:

The program is structured around the following core areas:

- Building overall physical strength through muscular strength and muscular endurance training.
- Increasing cardiovascular endurance through aerobic and anaerobic dynamics.
- Increasing flexibility.
- Increasing kinesthetic awareness.
- Improving overall body balance and coordination.
- Coordination of fine motor skills- by constant adjustment to changes in the terrain.
- Increasing speed, agility and quickness – SAQ.
- Intensifying mental focus, clarity and concentration.
- Building emotional power, control and renewal.
- Increase overall health, fitness and well-being.



OFT Class Information

Locations

- ❖ Locations and directions are posted on the online calendar. If there are any changes to the schedule, you will be notified in-class from your instructor. Please check the schedule to keep updated on a regular basis.

Class details and weather policies

- ❖ We meet multiple times a day for 60 minutes around Santa Cruz County.
- ❖ There are no refunds for classes paid at this time.
- ❖ If it is raining, we will either cancel class or relocate it to our training studio. There will be a message on our voice mail 45 minutes prior to the class start time stating the details of the class. If the message is unchanged, the class will be as scheduled. If you have any questions or doubts about the weather please call the office or your instructor.
- ❖ If you are going to be late, please call instructors cell at least 15 minutes prior class to find out exact direction of the workout, and for them to leave you equipment to pick up prior to joining the group.
- ❖ For any general questions on your class, please call the office. There is not always someone in the office, so if your question is urgent you may need to call your instructor.

Tips for a great and successful workout

- ❖ Please arrive on time and ready to go.
- ❖ Please arrive hydrated; it takes 30-60 minutes for you body to absorb fluids. Keep a bottle of water in your car to have immediately following your workout. If you need to bring water with you to the workout, please have a water bottle holder (i.e. belt), as your arms are just as important as your legs in jogging.
- ❖ Dress appropriately; in the winter months it is wise to have non-cotton layering clothes, gloves and a rain jacket.

Instructors and numbers

Leta B. Jussila (831) 239-9326

Michelle Bean (775) 240-3936

Caitlin Levin: (650) 269-4419

Bill Marzolla (530) 575-1242

Sarah Kalman (310) 251-3647

Websites & Email Addresses:

OHF Headquarters: 615 Washington Street, Santa Cruz, CA 95060

Client/Patient Clinic: 21511 B East Cliff Drive, Santa Cruz, CA 95062

w. optimalhealthandfitness.com

w. santacruzbootcamp.com

w. santacruzchallenge.com

w. ohf831.sc

e. info@optimalhealthandfitness.com

e. ohf831@gmail.com



Eastside

Anna Jean Cummings Park: From CA-1 Hwy, take Bay/Porter exit and head towards the mountains. Cross over Soquel and head up Old San Jose road. Park in upper parking lot at Anna Jean Cummings Park as far as you can, to the right.

Aptos Park: From CA-1 Hwy, take State Park Dr. exit. At the end of the ramp, take a left onto State Park Dr. Take a right onto Soquel Dr. go through stop light and under train trestle. Nisene Marks State Park entrance in on the left after the bridge.. Park in dirt lot by Epicenter Cycling before the actual park entrance. We meet in the parking lot.

Café Rio: From CA-1 Hwy, take State Park Dr. exit toward Seacliff Beach. At the end of the ramp, take a right on State Park Dr. Take a left onto Center Ave and then a slight right onto Seacliff Dr. Take a right on Spreckles Dr. and stay right until you reach the beach. Park in the Cafe Rio parking lot.

Capitola Beach: From hwy 1 take bay/porter exit. Turn onto bay going toward the ocean. When you get to a 4 way stop sign (at Gayle's), continue straight. Keep heading down towards the ocean, bay eventually turns into Monterey. You will start to head down the hill towards the town/beach and go over the train tracks. Towards the top of the hill take a left on Escalona. Park right there in the residential neighborhood, near the 200's on Escalona.

De LaVeaga: From CA-1 Hwy, take the Morrisey Exit. Make a right on Fairmount and another right onto N. Branciforte Drive. Take a left onto Goss Avenue. Take a right onto Market Street. You will see a dirt pull out on your right hand side. We often park there where you see a trail head on the right and sometimes we drive further and enter the park and park in the parking lot. Please look at schedule to see if it says Trailhead or Park in Park.

Hidden Beach: From CA-1 Hwy, take Rio Del Mar exit. Take a right on Rio Del Mar Blvd. and follow until Sumner. Take a left on Sumner and follow approximately .6 mile, park on right side of the street, where you see "beach access."

New Brighton Beach: From CA-1 Hwy take Park Ave. exit. Go towards ocean the through the first four way stop sign; continue on to next stop sign at Park Ave and Coronado. Take a right on Coronado and park there.

Mentel: From Soquel Avenue, you can take Mentel Avenu or S. Park Way which is across from Whaler's Car Wash. Both streets off Soquel Avenue take you to where we meet for class. Between Walgreens and Capitola Road to give you perspective off of Soquel Avenue in Santa Cruz.

Nisene Marks: From CA-1 Hwy, take State Park Dr. exit. At the end of the ramp, take a left onto State Park Dr. Take a right onto Soquel Dr. go through stop light and under train trestle. Nisene Marks State Park entrance in on the left after the bridge.

Polo Fields: From CA-1 Hwy, take Rio Del Mar exit. Take a left at the end of the ramp, go over the Hwy and through two stop lights and park immediately on the street after second stop light (Soquel).

Seacliff Beach: From CA-1 Hwy, take State Park Dr. exit toward Seacliff Beach. Take ramp toward Seacliff Beach, and take a right on State Park Dr. Head towards entrance of Seacliff Beach, take a left on Center St, and take your first right at the stop sign onto Broadway. Follow to the end where there is a dirt turnout to park along the fence on the backside of the parking lot.

Westside

De LaVeaga: From CA-1 Hwy, take the Morrissey Exit. Make a right on Fairmount and another right onto N. Branciforte Drive. Take a left onto Goss Avenue. Take a right onto Market Street. You will see a dirt pull out on your right hand side. We often park there where you see a trail head on the right and sometimes we drive further and enter the park and park in the parking lot. Please look at schedule to see if it says Trailhead or Park in Park.

Depot Park: From Mission St/CA-1 Hwy, heading North, take a left on Laurel St. Then a right on Washington St. and park in the Depot Park parking lot, or park on street.

Frederick St Park: From CA-1 Hwy take Morrissey exit. Head towards Soquel on Morrissey. Turn left onto Soquel and then turn right onto Frederick St. and follow to dead end park is on the left. *For the early morning class, please be quiet as this is a neighborhood.*

Golf Club Drive/Lower Pogonip: From CA-1 Hwy take a right onto River/CA-9, continue past Encinal St. and take next left past Public Storage on Golf Club Dr. Park and meet for class at dead end. If for some reason there is no parking, you can park before the bridge and jog in.

Main Beach: From CA-1 heading North, take a slight left onto Chestnut St. Then a left onto Laurel St and then a right onto Washington St. which becomes Pacific Ave. Then turn left onto Beach St. Park across the street from the volleyball courts on the street.

Mission Hill Middle School: Heading North on CA-1 Hwy/Mission street turn right onto Mission and take your first right at the street light onto King Street: 425 King Street, park at Track.

Natural Bridges: Heading North on CA-1 Hwy/Mission St. turn left onto Swift St. Follow until Delaware St. Turn right onto Delaware and park at the back entrance of the State Park.

Pogonip Spring Street: From CA-1 Hwy heading north, take first right onto Highland Avenue to stop sign. Take left onto High Street. After stop sign, take next right onto Spring Street. Park at the end.

Santa Cruz High School Track: From Mission St/CA-1 Hwy, heading north, take a left on Laurel St. and then a left on Myrtle and park along side of Track near Taylor Street.

Seabright Stairs: Follow Seabright Ave. down towards ocean. Pass through the Seabright/Eaton light and then take a left on Atlantic. Follow until 3rd or 4th street and take a right. Park at the end of the street and meet the class at the top of the stairs.

Westcliff/Bay: Heading North on CA-1 Hwy/Mission St. turn left onto Bay Street. Follow until almost the end where you will see Cowell Street on your right. Park on Cowell near West Cliff Drive. We meet on the grassy area across the street overlooking the ocean.

Westcliff/Lighthouse: Heading North on CA-1 Hwy/Mission St. turn left onto Bay Street. Follow until the second stop sign where it ends. Take a right and park near the lighthouse.

Westcliff/Woodrow: Heading North on CA-1 Hwy/Mission St. turn left onto Bay Street. Take a right onto California Street which leads to a circle. Take a left or right to the other side where it meets with Woodrow. Follow Woodrow all the way down to Westcliff and park on the right close to the ocean.

Wilder Ranch: From CA-1 Hwy just North of Santa Cruz, park in dirt turnout on the left side of the Hwy outside Wilder Ranch entrance.



All Health Lectures are at the Santa Cruz Integrative Medicine and Chi Center.
Address is: 21511B East Cliff Drive. Directions:

From South of Santa Cruz:

Take Highway 1 North

Exit Soquel Drive

Left on Soquel Drive over the overpass

Left on Soquel Ave, the first left after overpass

Right on 17th Avenue

Right on East Cliff Drive

We are on the right in the East Cliff Village Shopping Center at East Cliff Drive and 15th Avenue

From East of Santa Cruz:

Take Highway 17 West

Take Highway 1 South

Exit Soquel Drive

Left on Soquel Avenue (note this the first left off the exit at the light)

Right on 17th Avenue

Right on East Cliff Drive

We are on the right in the East Cliff Village Shopping Center at East Cliff Drive and 15th Avenue

From Downtown Santa Cruz:

Go East on Laurel St

Right on San Lorenzo Blvd, turns into East Cliff Dr then Murray St then Eaton St (all one street, many names)

Right on 7th Avenue Left on East Cliff Drive

We are on the left in East Cliff Village Shopping Center at East Cliff Drive and 15th Avenue