



The Gold Member Schedule

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am - 6:45 am Masters Swim Jimmy		5:00 am - 6:45 am Masters Swim Jimmy		5:00 am - 6:45 am Masters Swim Jimmy	8:00 am - 9:00 am * Tennis Drill 4.0 + Bob
8:30 am - 9:30 am Masters Swim Jimmy					
8:30 am - 9:30 am FUNctional Strength Rick	8:30 am - 9:30 am FUNctional Strength Rick	8:30 am - 9:30 am Masters Swim Jimmy		8:30 am - 9:30 am Masters Swim Jimmy	9:00 am - 10:00 am * Cardio Tennis KP
8:30 am - 9:30 am Pilates Reformer Lawren	10:30am - 11:30am Pilates Reformer Lawren		8:30am - 9:30 am FUNctional Strength Rick	8:30am - 9:30 am FUNctional Strength Rick	11 am - 12 pm *Tennis Drill 3.0/3.5 Bob/Aleksey
9:00 am - 10:00 am * Tennis Drill 3.0 KP	5:00 pm - 6:00 pm Pilates Reformer Jodi	10:00 am - 11:00 am * Tennis Drill 2.5/3.0 Bob/Jen	5:00 pm - 6:00 pm Pilates Reformer Rana		11 am - 12 pm Pilates Reformer Gwen
6:00 pm - 7:00 pm * Tennis Drill 3.5 Bob					
7:00 pm - 8:00pm Strong Yogi Rick	6:00 pm - 7:00 pm *Tennis Drill 3.5 Bob/Chris	6:00 pm - 7:00 pm * Tennis Drill 3.5 Bob/Tommy	6:00 pm - 7:00 pm * Tennis Drill 3.0 Kp/Tommy		Sunday 8:30 am - 9:30am Strong Yogi Rick

* Tennis Drill	Pilates Refomrer	Yard Classes	Masters Swim
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Regularly \$20 per Class.**** New weekend Times for Yard Classes

Sign up Front Desk

* All Tennis Drill Classes are for Tennis Members Only

12 hour Cancellation Policy

Cross Fusion - Is a diverse assortment of functional strength exercises and metabolic conditioning performed at scalable intensities while enhancing athletic development, building strength, increasing power, speed and aerobic capacity.

FUNctional Strength - is what everyone with a fitness lifestyle needs to feel good and live well. Whether it's carrying groceries playing with the kids, or just participating in other fitness events, strength is the foundation for quality of life. Essential strength is a class designed to introduce and develop strength concepts such as stability, mobility, and work capacity while improving cardiovascular function maximizing fat consumption.

Strong Yogi - Develop flexibility and joint stability by using focus, breathing, and mindful movement. We utilize Yoga techniques and strength and conditioning exercises with emphasis on injury prevention.