



JUNE 2017 • • •

Club Hours

Monday-Friday, 5AM-10PM
Saturday-Sunday, 8AM-8PM

Tee-rific Dads

By Rachael Mintzlaff, Certified Personal Trainer

Every year in June, we celebrate the dads of the world. The man who drove us home from the hospital..the man who taught us how to ride a bike..the man who told his daughters their dress was too short for church....our dad.

On this Father's Day, you can find the many dads on the links, spending the day enjoying their favorite hobby. But did you know that when you involve your kids, golf can be more than just a hobby?

Golf is a gift fathers can share with their kids from age 2 to 52. It is 18 holes of exercise and quality bonding; a half-day of your child's full attention that you might not get anywhere else. In fact, studies have shown that walking 36 holes a week significantly reduces the risk of developing coronary heart disease, increases HDL (good) cholesterol, lowers blood pressure, and prevents the loss of bone mass.

As a personal trainer, I encourage my golfers to supplement their resistance training routine with cardiovascular activities, such as walking 18 holes of golf instead of driving the cart.

This Father's Day, try sharing one of America's favorite pastimes with your children and turn it into a healthy activity for the whole family.

Body Knows Best 3 PT sessions for \$99*

*First-time PT clients only.
Valid June 1-30, 2017.

Summer Camps

A daily schedule of guided tennis, swimming, rock climbing, along with instructor taught classes and art projects each week for campers ages 4-14.

Rock It Science

May 30-June 2

Journey through the fascinating world of science with experiments and hands on learning.

Foodie Fun

June 5-9

Explore a world of food options, preparing simple nutritional snacks while having fun playing with food.

Safari Kingdom

June 12-16

Learn about the circle of life and how we are a part of it with a trip to the zoo, too!

Monet's Garden

June 19-23

Learn a little about the great impressionists with drawing, painting, clay and a trip to Botanical Gardens.

Let's Move

June 26-30

Learn to be active and have fun doing it with Master Personal Trainer, Eyal Segal.

Making a splash at the pool with Pool Parties!

Saturday, June 3, 3-6PM

Sunday, June 4, 3-5PM

Saturday, June 10, 3-6PM

Fire Safety Puppet Show

Monday, June 12, 10AM

Monday June 26, 10AM

Held in the Front Lobby.

Group Fitness at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO A						
Bootcamp 6AM Andy Strength 9AM Annika BODYPUMP™ 10AM Susan Barre 11AM Margaret Power Salsa 5:30PM Miguel Bootcamp 6:30PM Andy	BODYPUMP™ 6AM Danielle Barre 8:30AM Kristin Stretch 9:30AM Miguel BODYPUMP™ 5PM Susan Zumba® 6PM Ariela Bootcamp 7PM Maria	Bootcamp 6AM Katie Core (30) 7AM Jeff BODYPUMP™ 8:30AM Miguel Dance Mix 9:30AM Katie Yoga (75) 11AM Melissa Barre 5PM Michaelene BODYPUMP™ 6PM Maria Bootcamp 7PM Andy	Strength 6AM Lynn BODYPUMP™ 8:30AM Tobie Fit Mix 9:30AM Miguel Barre 5:30PM Margaret BODYPUMP™ 6:30PM MaryBeth	BODYPUMP™ 6AM Myrna Power Salsa 8:30AM Miguel BODYPUMP™ 9:30AM Tina Yoga 12:15PM Sarah	Barre 8:30AM Margaret BODYPUMP™ 9:30AM Angela SH'BAM™ 10:30AM MaryBeth Stretch 11:30AM Jackie Pilates Sculpt 12:30PM Miguel	Bootcamp 9AM Maria Turbo Kick® 10AM Hillary Barre 11AM Gloriela BODYPUMP™ 4PM Tina Stretch 5PM Drew Yoga 6PM Drew
STUDIO B						
Yoga 8:30AM Kristin Pilates 9:30AM Kristin Core (30) 5:30PM Bridget BODYFLOW™ 6PM Tina Beginner Yoga 7PM Georgia	Turbo Kick® 9:30AM Hillary Yoga 10:30AM Nicole Pilates 5:30PM Miguel Yoga (75) 6:30PM Alexis	Turbo Kick® 6AM Jennifer Strength 9AM Hillary Stretch 10AM Ling SH'BAM™ 6PM MaryBeth Yoga Stretch 7PM Maria	Yoga 8:15AM Susan Turbo Kick® 9:30AM Ling Gentle Yoga 11AM Tra BODYFLOW™ 5PM Tina Pilates 6PM Kristin Warm Yoga 7PM Ling	Bootcamp 8:30AM Malita Pilates 9:30AM Jennifer Yin Yoga 6PM Georgia	Turbo Kick® 9:30AM Jennifer Yoga (75) 10:30AM Melissa Step 11:45AM Kwiyoung	Tai Chi (90) 10:30AM Miriam Zumba® 4PM Ariela
STUDIO C						
Cycling 6AM Kirstie Cycling 9:30AM Hazel Cycling 6PM Stefanie	Cycling 5:45AM Andy Cycling 12PM Kelly Cycling 6PM Drew	Cycling 6AM Alison Cycling 9:30AM Tobie Cycling 6PM Chris	Cycling 5:45AM Andy Cycling 12PM Maria Cycling 6PM Maria	Cycling 6AM Lauren Cycling 9:30AM Hazel	Cycling 9AM Jorge Cycling 10:30AM Tobie	Cycling 10AM Traci Cycling 4PM Chris
INDOOR POOL						
H2O 6:15PM Martí	H2O 9:30AM Annika	H2O 6:15PM Shaina	H2O 9:30AM Annika	H2O 9:30AM Ling	H2O 9:30AM Colleen	