

50+ Monthly Social

Join your Airport Health Club friends and staff for our monthly social gathering.

The 50+ Social takes place at 6:00 pm on the last Thursday of every month.

It's a great way to meet new friends and get to know your fellow Airport Health Club members.

Each month we enjoy:

- Gourmet Dinner & Dessert by Starting From Scratch Café & Catering
- Coffee & Tea Service
- No-host Wine Bar
- Lots of Fun!

See the 50+ Bulletin Board for each month's menu and special details!

Vegetarian options are always available upon request and non-member guests are welcome!



Our Philosophy...

“Active Living for Well-Being”

- To offer a variety of activity classes and programs
- To educate our 50+ members on the latest information regarding health & fitness for the mature adult
- To create a fun social environment
- To provide an innovative & supportive setting that promotes personal well-being

The Airport Health Club provides:

- Lap pool
- Recreation pool
- Tennis courts
- Racquetball courts
- Gymnasium
- Exercise studios
- Strength training equipment
- Cardiovascular equipment
- Cafe
- Full service salon
- Massage
- Steam room
- Sauna
- Jacuzzi – both indoor and outdoor



For more information, contact
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Airport Health Club

50 Plus Weekly Schedule of Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pilates Mat 6:00-7:00 Alice-4	50+ Circuit 8:00-9:00 Collin-4	Hatha Yoga 6:00 - 7:00 Melissa - 4	50+ Circuit 8:00 - 9:00 Kathy - 4	Pilates Mat 6:00 - 7:00 Sherrese - 4	Water Fitness 7:30 - 8:30 Tami - P	Zumba 8:30-9:30 Tina - 1
Pre Masters Swim 7:00 - 8:00 Karen - 1	Water Fitness 8:00-9:00 Honorah-P	Pre Masters Swim 7:00 - 8:00 Ann - 1	Water Fitness 8:00 - 9:00 Honorah - P	Pre-Masters Swim 7:00 - 8:00 Katelyn - P	Pilates Mat 7:45 - 8:45 Alice - 4	Pilates Mat 8:45 - 9:45 Whitney - 4
Gentle Yoga 8:00-9:00 Kathy-1	Water Fitness 9:00-10:00 Joel-P	Water Fitness 8:00-9:00 Judy - P	Water Fitness 9:00 - 10:00 Joel - P	Water Fitness 8:00-9:00 Judy - P	Water Fitness 8:30 - 9:30 Tami - P	Hatha/ Vinyasa Yoga 10:00 - 11:30 Courtney - 1
Water Fitness 8:00-9:00 Morgan-P	Indoor Cycle 9:15-10:10 Maren-2	Water Fitness 9:00-10:00 Judy - P	Qigong 9:15-10:15 Josepha - 4	Not-So-X-Treme 8:00 - 9:00 Maggie - 1	Pilates Mat 9:00 - 10:00 Alice - 4	Vinyasa Yoga 3:00 - 4:00 Doug - 1
Water Fitness 9:00-10:00 Morgan - P	Pilates Mat 9:45-10:45 Kathy-4	Pilates Mat 9:15 - 10:15 Whitney -4	Tai Chi 10:15-10:45 Josepha - 4	Water Fitness 9:00 - 10:00 Judy - P	Vinyasa Yoga 10:00 - 11:15 Lori C. - 1	
Pilates Mat 9:15-10:15 Whitney-4	Zumba 10:30-11:30 Bonnie-1	Pilates Mat 10:30 - 11:30 Gwen-4	Zumba 10:30 - 11:30 Tina - 1	Pilates Mat 9:00 - 10:00 Kathy - 4		
Pilates Mat 10:30-11:30 Amy-4	Flexibility in Movement 11:00-12:00 Shelley- 4	Not-So-X-Treme Muscle 10:45 - 11:45 Caryl - 4	Flexibility in Movement 11:00 - 12:00 Shelley - 4	Indoor Cycle 9:15 - 10:00 Layne - 2		
Zumba Gold 10:45-11:45 Teresa-1	Qigong 12:00-1:00 Josepha-4	Indoor Cycle 12:00 - 12:45 Sue - 1	Indoor Cycle 12:00 - 12:45 Bob - 2	Zumba Gold 10:45 - 11:45 Bonnie - 1		
Hatha Yoga 12:00-1:00 Venus-4	Indoor Cycle 12:00-12:45 Bob-2	Hatha Yoga 12:00 - 1:00 Vickie - 4	Pilates Mat 12:00 - 1:00 Amy - 4	Indoor Cycle 12:00 - 12:45 Kim - 2		
Pilates Mat 4:30-5:30 Collin-4	Light & Lively 2:00-3:15 Caryl-1	Gentle Yoga 2:00 - 3:15 Kathy - 1	Hatha Yoga 12:15-1:15 Shoshana-1	Restore Yoga 12:45-2:00 Kathy - 4		
Water Fitness 5:30-6:30 Jeanne-P	Water Fitness 5:30 - 6:30 Walter - P	Pilates Mat 4:30 - 5:30 Sarah- 4	Light & Lively 2:00 - 3:15 Sue - 1			
Vinyasa Yoga 5:45-6:45 Heather-4		Water Fitness 5:30 - 6:30 Miriam - P	Water Fitness 5:30 - 6:30 Jeanne- P			
			Hatha Yoga 5:30-6:45 Melissa - 4			

Legend

1 = Studio 1
2 = Studio 2
4 = Studio 4
P = Pool

50 Plus Hike

Join the 50+ hikers for our monthly adventure!

On the third Thursday of each month, we hike a local trail. The scenery, length and difficulty rating vary, but it's always lots of fun!!

Please wear comfortable, sturdy shoes, layers of clothing appropriate for the weather, a hat, and sunscreen. Bring water and food, as needed. Camera, walking stick and binoculars are optional.

More information about each month's hike, such as difficulty, elevation and what to bring, can be found on the 50+ bulletin board in the weight room.



For more information,
contact Lori Ennis
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See us on Facebook and Twitter!

www.airportclub.com
This brochure is available in
PDF format on our website