



## Airport Health Club



### Locker Room Cell Phone Policy

For the privacy of your fellow members, and for helping to create a more relaxing and peaceful environment in the locker room, please note the clarification to our policy regarding cell phone use:

1. Absolutely no camera use in the Locker Room (or anywhere in the Club). Violation of this policy may result in membership termination.
  2. Please make calls only in the lobby, hallways or outside. If you must answer a call in the Locker Room, take the cell to the TV Lounge and arrange to call back from one of the designated areas when you are dressed.
  3. When in the Locker Room, please check your texts and emails only in the TV lounge.
- Thanks so much for your cooperation and understanding.

### New Personal Trainer - Lisa Fuller

Lisa has a B.S. degree in Exercise Science. She has been a licensed Physical Therapy Assistant through the American Physical Therapy Association since 1993. She has held a National Strength and Conditioning (NSCA) Personal Trainer certification since 1996. She is Pilates certified and teaches many different Group Exercise classes. She has college experience working in an athletic training room and thereafter has 30 years working in Personal Training and Physical Therapy. Lisa can be reached for Personal Training at [lisaf@airportclub.com](mailto:lisaf@airportclub.com).



### New Group Training With Lisa! Tidal Wave!

Mondays & Wednesdays, 7:15 - 8:15am April 8 - 22

Tidal Wave is a circuit based class designed to challenge all aspects of a workout. Rolling through intervals of strength, cardio, core and power. Taught by Lisa Fuller, Personal Trainer and Group X Instructor. To sign up or for more information contact Lisa at [lisaf@airportclub.com](mailto:lisaf@airportclub.com). Six weeks twice a week for \$180.00. [FLYER](#).



### New Pilates GPT With Lisa: Reformer Strength!

Mondays & Wednesdays, 6:00 - 7:00am

This is designed to be a full body workout. Varying positions and props to build long lean muscle in addition to creating that strong core that helps each of us remain healthy and vibrant. Taught by Lisa Fuller, experienced Personal Trainer and Physical Therapy Assistant. Sign up with Lisa at [lisaf@airportclub.com](mailto:lisaf@airportclub.com). [FLYER](#).



### New Personal Trainer - Devin Keller

Devin is a certified Personal Trainer coming to us with experience from rehabilitation, bootcamps, strength and conditioning and coaching. He was a rugby player and wrestler.

Devin graduated from San Diego State University. You can contact him for personal training at [devink@airportclub.com](mailto:devink@airportclub.com).



## Buy 10 Massages and Get the 11th Free!

The Massage Department is offering a free massage when you purchase a package of 10! Make a commitment to be good to your body. Regular massage is an essential part of a fitness routine and a massage a month will have you feeling better than you ever thought possible. Whether you like a vigorous pre-workout session or a relaxing, tension-taming appointment our Massage Therapists have you covered. These packages also make great gifts.

Cost: Package of 10 - 30 minute massages - \$450.00, 10 - 60 minutes massages - \$700.00, 10 - 90 minute massages - \$1,000. Prices are for members only, deep tissue is an extra fee. Buy your massage package today, either at the Service Desk or by calling 528-2582. For more information contact Jamie, Massage Department Coordinator at 521-2425 or [jamie@airportclub.com](mailto:jamie@airportclub.com).

## Group Personal Training

New! Pilates Reformer Strength, Mondays &/or Wednesdays 6:00 - 7:00am, Lisa [FLYER](#).  
Pilates ReformBarre, Tuesdays 8:00 & 9:00am, Wednesdays 8:00 & 9:00am, Thursdays 10:00am, Colleen [FLYER](#).

Fish Out Of Water, Mondays & Wednesdays 9:00 - 10:00am, Collin [FLYER](#).

Classical Pilates Magic Circle Series, Tuesdays 1:15 - 2:15pm, Darien [FLYER](#).

Pilates Reformer Calisthenics For Teens, Tuesdays &/or Thursdays 4:00 - 5:00pm Mike [FLYER](#).

Gym Then Coffee, Mondays & Wednesdays 8:00 - 9:00am, Collin [FLYER](#).

Caffeine Circuit, Fridays 9:00 - 10:00am, Collin [FLYER](#).

Pilates Reformer, Fridays 8:00am & 9:00am Sarah [FLYER](#).

Functional Strength Training, Fridays, 6:30am, Alice [FLYER](#).

Pilates Reformer, Mondays 9:00am & 5:30pm, Wednesdays 10:00am, Fridays 10:00am, Saturdays 9:00am, Amy [FLYER](#).

Pilates Reformer, Wednesdays 5:30pm, Thursdays 6:00am, Alice [FLYER](#).

Strength/Circuit, Tuesdays 5:30am & 9:00am, Thursdays 6:00am, Anne [FLYER](#).

TRX/Tabata, Wednesdays 8:30am, Anne [FLYER](#).

TRX, Fridays 10:30am, Anne [FLYER](#).

TRX, Mondays 6:30am, Tuesdays 9:00am, Wed. 3:00pm, Jake [FLYER](#).

Circuit, Mondays 10:00am, Jake [FLYER](#).

Pilates Reformer, Tuesdays 12:00pm, Thursdays 9:00am & 12:00pm, Gwen [FLYER](#).

Pilates OsteoReformer, Wednesdays 12:00pm, Fridays 12:30pm Gwen [FLYER](#).

Pilates Intermediate Reformer, Tuesdays 5:15pm, Thursdays 5:15pm, Fridays 11:00am Erin. [FLYER](#).

Link to the complete schedule of all Group Personal Training. [LINK](#).

## Indoor Cycle Camp!

Wednesdays, 7:30 - 8:30am, April 17 - May 22

This 6 week program will help you increase your power cycling! Taught by Sarah Trejo, our Indoor Cycling Coordinator. Fee: \$125.00, sign up at the Service Desk. [FLYER](#).

## Spring Artisan Week

May 6 - 11

We will have up to three Vendors a day in our Lobby for the above days. If you are interested in selling your handcrafted goods this is a wonderful opportunity. You can rent a table for \$20.00 per half day or \$35.00 for the whole day (8:00am - 12:30pm and/or 1:00pm - 6:00pm). All proceeds will go to our Cancer Wellness Program. Call the Service Desk now to reserve your

table.



## Kids' News

April Hoppy Hour, Friday April 12, 3:30 - 7:30pm [FLYER](#).

Kids Climbing, Thursday April 4 & Tuesday April 23 [FLYER](#).

## Indoor Cycle Workshop - Find Your Functional Threshold Power

Saturday April 13, 12:00 - 1:00pm

Sarah will be teaching you about finding your Functional Threshold Power. She will lead you through a test on the bike to find your individual threshold. This is an important test to do so you can measure your progress! It is free, sign up at the Service Desk. For more information contact Sarah at [saraht@airportclub.com](mailto:saraht@airportclub.com). [FLYER](#).



## Lecture: Preventing & Reversing Diabetes Type 2

Tuesday, April 9, 12:00 - 1:00pm

Did you know that in many cases type 2 diabetes can be reversed? Join Dr. Jen Riegler, Naturopathic Doctor for insight into cutting edge and traditional prevention and treatment. It is free, sign up at the Service Desk. [FLYER](#).



## Pilates Reformer 2 Instructor Certification

Saturday & Sunday April 6 & 7, 9:00am - 6:00pm

Learn to teach intermediate exercises on the Pilates Reformer. This is a certification through Balanced Body taught by Gwen Miller. [FLYER](#).

## Workshop: Meditative Sound Bath

Tuesday April 16, 1:00 - 2:00pm, free

Friday April 26, 6:00 - 7:00pm, \$25.00

A sound bath is a concert for relaxation and healing. No water or bath just beautiful healing vibrations that wash away stress and leave you feeling refreshed. It starts with guided meditation then the healing vibrations of the crystal singing bowls help you drift into deep relaxation. Sign up at the Service Desk. [FLYER](#).

## Lecture: Rejuvenate Brain and Hormones

Wednesday April 24, 6:30 - 7:30pm

Annie Osborn will be talking about regenerating your brain at any age, through nutrients, detoxification and exercise. It is free, sign up at the Service Desk. [FLYER](#).

## Lecture: Learn How To Find Relief From Allergies

Tuesday April 9, 7:00 - 8:00pm

Dr. Ed Bauman will be discussing how you can minimize or eliminate allergic reactions naturally. It is free, sign up at the Service Desk. [FLYER](#).



## Lecture: Empowered Nourishment

Wednesday April 17, 6:30 - 7:30pm

Come explore ways to be aware of eating habits that aren't serving you and how you can make small changes to feel empowered in how you relate to food. It is free, sign up at the Service Desk. [FLYER](#).



## Lecture: Supporting Champions

Tuesday April 16, 1:00 - 2:00pm

Supporting Champions has created a life changing low-tech medical tool that allows for collaboration between medical provider and patient. It is free, sign up at the Service Desk. See flyer for details. [FLYER](#).

You can now make payments online through our Member Self Service module. If you need help contact Membership at [memberservices@airportclub.com](mailto:memberservices@airportclub.com).

Just a reminder, if you need to make changes to your membership and you want it effective for billing please have it to us by the 25th of the month.

### Stay Connected



Airport Health Club | (707) 528-2582 | [www.airportclub.com](http://www.airportclub.com) | [memberservices@airportclub.com](mailto:memberservices@airportclub.com)

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