



Airport Health Club



Memorial Day

Monday May 27

The Club will be open from 7:00am - 7:00pm.

Pool Rules

Please take a moment to click on the link to our Pool Rules and share them with your family. This helps everyone enjoy the summer poolside. [LINK](#).

Human Race- Cancer Wellness Program Fundraiser

Saturday May 4

Members and staff are walk/running in the Human Race to raise funds for our Cancer Wellness Program. We'd like to invite all of you to join us! Here is how you can help:

- Make a donation. See Lori Ennis or Sue Freyer with cash or a check or charge it on your club account at the Service Desk.
- Join our team to walk/run 3K or 10K on race day!



Donations are tax deductible. All donors will receive a receipt with a tax ID#.

May Personal Training Special

For the month of May you can purchase 4 - 30 minute personal training sessions for \$159.00. Limit of 2 packages per member. [FLYER](#).

Spring Artisan Week

May 6 - 11

We will have up to three Vendors a day in our Lobby for the above days. This is a great opportunity to do some shopping and support local Artisans!



Wellness Coaching & Personal Training Package

Two 1/2 hour personal training sessions and two 1/2 hour wellness coaching sessions for \$160.00. Done by David McGuire, Wellness Coach and Personal Trainer. To book or for more information contact David at davidm@airportclub.com. [FLYER](#).

Pop Up Zumba Class

Friday May 17, 6:00 - 7:30pm

Veronica Lebednik, Zumba Jammer, will be in town from Portland to teach a special Zumba class at the Club. Sign up at the Service Desk. Fee: \$15.00. [FLYER](#).



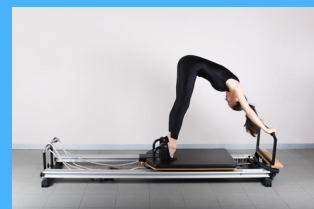
Introducing Cupping Massage with Cairyl!

Cupping is an ancient tradition that Cairyl incorporates into a regular Swedish-style massage. The cups create a vacuum which promotes blood flow and healing. Cupping can also help soften muscle tissue and loosen adhesions in the fascia which allow for deeper relaxation. This therapy is great for releasing toxins, pain management, relieving sciatica, sports injuries and activating the lymphatic system. All the benefits of cupping are amplified as the cups are used to glide along the skin in traditional massage strokes. The effect is an overall feeling of wellness, relaxation and renewal. Cupping Massage with Cairyl is available here at the Club May 1 through June 30. Pricing is \$55.00 for 30 minutes, \$85.00 for 60 minutes and \$120.00 for 90 minutes. Call the Service Desk to book - 707-528-2582.

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. [FLYER](#).



Massage Gift Cards on Sale for Mother's Day!

Mother's Day is on Sunday May 12. We are selling Massage Gift Cards at 10% off the regular prices. They will be available for purchase from May 1 through 12. Massage can be as short as 30 minutes or as long as 90. Our sessions range from a relaxing Swedish style to therapeutic deep tissue or a luxurious hot stone massage. The Massage Department is available 7 days a week to both members and non-members. The non-member rate for massage includes day-use of the whole Club. Contact the Service Desk to buy your Gift Card, either in person or by calling 707-528-2582.

Private and Semi-Private Swim Lessons

Please contact the Swim Instructor of your choice to coordinate lessons or contact our Aquatics Coordinator Tarryn Matthies for more information at tarrync@airportclub.com.

Instructors:

Shannon Lawee - shannonlawee7@gmail.com

Katelyn Hackett - katelynh@airportclub.com

Ann Wessman - annwessman538@gmail.com

Lisa Frazee - hafrazee@att.net

Karen Chequer-Pfeiffer - swimpfeif@aol.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](#).

Pilates Reformer 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](#).

Swim Stroke Clinic

Saturday May 11, 10:00 - 11:00am

Become more efficient in the water, increase your speed and help reduce injury. Open to all levels. Taught by Katelyn Hackett. Sign up at the Service Desk. Fee: \$25.00. [FLYER](#).



Lecture: Mushrooms As Medicine

Tuesday May 7, 12:00 -1:00pm

Learn about the value of mushrooms. They are great for your immune support, energy, stamina, nerve regrowth and brain health. Taught by Dr. Jen Riegle, Naturopathic Doctor. This is free, sign up at the Service Desk. [FLYER](#).



Spanish Wine & Cheese Pairing

Saturday June 1, 3:30 - 5:00pm

Come taste 5 Spanish wines paired with 5 cheeses from different regions of Spain. To sign up or for more information contact Kerri Cook at tiltedplatter@gmail.com. [FLYER](#).

Kids' Cooking Class - Healthy Drinks.

Saturday June 1, 10:00 - 11:30am

Join Jenny, Holistic Nutrition Consultant for a hands on cooking class where they will be making healthy energy boosting drinks and talking about nutrition. This is for kids ages 6 - 12. Sign up at the Service Desk. [FLYER](#).



Lecture: Natural Ways to Deal with Allergies

Wednesday May 22, 6:00 - 7:00pm

Dr. Jen Riegle, Naturopathic Doctor will be discussing natural ways to deal with Spring allergies. It is free, sign up at the Service Desk. [FLYER](#).



Abbey Road Indoor Cycle Class

Sunday May 19, 9:15am

Join Maren again this year for the popular Indoor Cycle class to the music of the Beatles! Sign up at the Service Desk starting May 5.

Guests That Are Minors

Guests of members that are minors must have a minor waiver signed by a parent or guardian prior to using the Club. Here is the link to our waiver online. [LINK](#).

Kids' News

May Flowers Happy Hour, Friday May 10, 3:30 - 7:30pm [FLYER](#).

Personal Safety & Self Defense

Saturday June 1, 1:00 - 2:00pm, Free Intro Lecture

Saturdays June 8 - 29, 1:00 - 3:00pm Series 1

Saturdays July 6 - August 3, 1:00 - 3:00pm Series 2

Learn how to move your body in a situation where maximum power may need to be generated in a short time period. Learn rolling, falling, wrist escapes and striking. Taught by Destinee Tartuffe, 3rd degree Black Belt in Judo and Self-Defense Instructor at the SRJC. Sign up at the Service Desk for the Introductory lecture. [FLYER](#).

You can now make payments online through our Member Self Service module. If you need help contact Membership at 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 | memberservices@airportclub.com

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