

Monday

6:00-6:45	Outdoor Cycle	Jennifer	PD
6:00-6:45	Workit Circuit	Josh	OC
6:15-7:00	Masters Swim	Karen	LP
7:00-7:45	Masters Swim	Karen	LP
8:00-9:00	Water Fitness	Walter	RP
8:00-9:00	Gentle Yoga	Kathy R.	OC
8:15-9:15	Zumba	Bonnie/Teresa	PBC
9:00-9:30	Pod Crushers	Josh	POD
9:15-10:00	Pilates Mat (Int/Adv)	Whitney	OC
9:30-10:30	Water Fitness	Walter	RP
9:30-10:15	Stretch	Erin	OT
10:30-11:00	Pod Crushers	Josh	POD
10:30-11:15	Pilates Mat (Beg./Int)	Amy	OC
10:45-11:30	Masters Swim	Alex	LP
11:30-12:15	Masters Swim	Alex	LP
11:30-12:30	Not-So-X-Treme Muscle	Walter	OC
12:00-1:00	Vinyasa Yoga	David	OT
4:30-5:15	Pilates Mat	Gina	OC
5:00-6:00	Water Fitness	Jeanne	RP
6:00-6:45	Outdoor Cycle	Lee	PD

Tuesday

6:00-6:45	Outdoor Cycle	Lee	PD
6:00-6:45	Shred	Tiffani	OC
7:00-8:00	Water Fitness	Honorah	RP
7:45-8:30	50+ Circuit	Tiffani	OC
8:15-9:15	Water Fitness	Honorah	RP
9:00-9:45	Body Burn	Whitney	OC
9:30-10:30	Water Fitness	Joel	RP
10:00-10:45	Pilates Mat	Gina	OC
10:30-11:15	Outdoor Cycle	Sue	PD
11:00-12:00	Flexibility In Movement	Shelley	OC
4:30-5:30	Ripped	Melanie	OC
5:15-5:45	Pod Crushers	Josh	POD
4:45-5:45	Water Fitness	Walter	RP
5:45-6:45	Water Fitness	Walter	RP
5:30-6:45	Masters Swim	Alex	LP
6:00-6:45	Workit Circuit	Josh	OC

Studio**Wednesday**

6:00-6:45	Outdoor Cycle	Vince	PD
6:00-6:45	Ripped	Melanie	OC
6:15-7:00	Pre Masters Swim	Ann	LP
7:00-7:45	Pre Masters Swim	Ann	LP
7:00-7:30	Pod Crushers	Josh	POD
8:00-9:00	Water Fitness	Judy	RP
9:00-10:00	X-Treme Muscle	Melanie	OC
9:30-10:30	Water Fitness	Judy	RP
10:00-11:00	Gentle Yoga	Kathy R.	OT
10:15-11:15	Pilates Mat	Lisa	OC
10:30-11:00	Pod Crushers	Josh	POD
10:45-11:30	Masters Swim	Karen	LP
11:30-12:15	Masters Swim	Karen	LP
11:30-12:30	Not-So-X-Treme Muscle	Walter	OC
12:00-1:00	Hatha Yoga	Vickie	OT
4:30-5:30	Body Burn	Whitney	OC
5:00-6:00	Water Fitness	Jeanne	RP
5:45-6:45	Zumba	Sandra	OC
6:00-6:45	Outdoor Cycle	Traci	PD

Thursday

6:00-6:45	Workit Circuit	Josh	OC
6:00-6:45	Outdoor Cycle	Vince	PD
7:00-8:00	Water Fitness	Honorah	RP
8:15-9:00	50+ Circuit	Tiffani	OC
8:15-9:15	Water Fitness	Honorah	RP
9:15-10:15	Boot Camp	Aleshia	OC
9:30-10:30	Water Fitness	Joel	RP
10:00-11:00	Zumba	Tina	PBC
10:30-11:00	Pod Crushers	Sue	POD
11:00-12:00	Flexibility In Movement	Shelley	OC
12:00-1:00	Vinyasa Yoga	David	OT
12:15-1:15	Pilates Mat	Amy	OC
2:00-3:00	Light and Lively	Sue	OC
5:30-6:30	Ripped	Laura/Traci	OC
5:30-6:30	Water Fitness	Walter	RP
5:30-6:45	Masters Swim	Karen	LP

Studio**Friday**

6:00-6:45	Outdoor Cycle	Roseanne	PD
6:00-7:00	Pilates Mat	Alice	OC
6:00-6:30	Pod Crushers	Josh	POD
6:15-7:00	Pre Masters Swim	Ann/Catherine	LP
7:00-7:45	Pre Masters Swim	Ann/Catherine	LP
7:00-7:30	Pod Crushers	Josh	POD
8:00-8:45	Not-So-X-Treme Muscle	Alice	OC
8:00-9:00	Water Fitness	Judy	RP
9:00-10:00	Pilates Mat	Lisa	OC
9:00-9:30	Pod Crushers	Josh	POD
9:30-10:30	Water Fitness	Judy	RP
10:30-11:30	Restore Yoga	Kathy R.	OC
10:45-11:30	Masters Swim	Karen	LP
11:30-12:15	Masters Swim	Karen	LP

Saturday

7:45-8:30	Outdoor Cycle	Lori/Jennifer	PD
8:30-9:30	Boot Camp	JoJo	OC
8:30-9:30	Water Fitness	Tami/Pauline	RP
9:30-10:30	Water Fitness	Tami/Pauline	RP
9:45-10:45	Pilates Mat	Alice	OC

Studio

PD = Pool Deck LP = Lap Pool RP = Recreation Pool
OC = Outdoor Tennis Court OT = Outdoor Oak Tree
POD = Outdoor Pods on Tennis Court PBC = Pickle Ball Court

The group exercise schedule and brochures are available to download from our website.

Revised on: 09.14.2020

CLASS DESCRIPTIONS

Body Burn: This class will combine muscle strength and endurance with core toning elements from Pilates.

Boot Camp: An advanced high-energy workout using the step, weights, bands, and floor aerobics.

50+ Circuit: Participants get a great and fun workout while transitioning through cardio, strength and balance work.

Flexibility in Movement: A gentle exercise class that promotes flexibility for all people. Specially designed for those just starting an exercise program and anyone with arthritis, autoimmune disease, or recovering from a stroke, surgery or cancer.

Outdoor Cycle: A group cycle fitness program. A great cardiovascular workout appropriate for all levels of fitness. First time? Please arrive 10 minutes prior to class.

Light & Lively: This is an easy to follow class and a favorite among our 50+ members. Class includes low impact movement with muscle conditioning.

Not-So-X-Treme Muscle: This class is perfect for all who want a light muscle class. You will get a full body workout on a moderate level.

Ripped: A full-body weight-training workout. All levels welcome!

Shred: This class will help you shed fat, make your muscles appear more defined and rev up your metabolism.

Workit Circuit: Hit every muscle group as you burn calories, get stronger and gain endurance. Get ready for a full body workout! All levels welcome! Modifications will be given.

X-Treme Muscle: This class is tough! A full body muscle strength and endurance workout using weights, body bars and the step.

AQUATICS

Water Fitness: A great cardiovascular and strength-building workout in the water. Classes feature a variety of equipment for a great total body workout without impact on the joints.

Pre-Masters Swim: This class will improve your speed and help you become comfortable with interval training.

Masters Swim: An invigorating and intense lap swim featuring stroke drills and use of the lap clock.

Group Fitness Director

Lori Ennis | 707.521.2443

CLASS DESCRIPTIONS

PILATES MAT & YOGA

Pilates Mat: A unique, method of mind/body conditioning. A blend of breath control, abdominal strength exercises, core stability and balance for the whole body.

Gentle Yoga: A calming, therapeutic class that uses props to support the body. Class focuses on floor stretching, standing poses, deep breathing, and relaxation; perfect for beginners or those recovering from illness or injury.

Hatha Yoga: Encompasses many different styles of yoga all of which emphasize proper alignment, core strength, flexibility, balance and breath awareness. May include some Vinyasa (flow) and use of props. All levels welcome! Please inform the instructor if you are new to class, healing an injury or pregnant.

Hatha/Vinyasa Yoga: Blending the benefits of these popular classes.

POD Crushers: A cardio and strength training Group Personal Training class. It is an individual pod based circuit training format. FREE to our members the month of July.

Power Yoga: A dynamic strength and flexibility building class, which combines vigorous standing poses with deep breathing and core strengthening, followed by floor stretching and relaxation. Prior *Yoga experience requested*.

Restore: A Hatha based practice that includes alignment focused standing postures, seated poses, deep stretching and relaxation. No Yoga experience necessary. Perfect for beginners!

Stretch: Stay long and lean with a proper stretch before or after your next class. Your body will thank you!

Vinyasa Yoga: These classes are energetic, meditative and heat building, as you flow from one pose to the next. The sequenced flows offer strength, flexibility and grace to evolve into a peak pose. Variation of postures offered throughout class so that you can adapt to your particular needs. Knowledge of sun salutations recommended.

Yoga & Meditation: Our regular Hatha yoga class format, followed by 15 minutes of relaxation, meditation and breathing.

Club hours: MON. - FRI. | 5:30am - 7:00pm
SATURDAY | 7:30am - 1:00pm
SUNDAY | TEMPORARILY CLOSED

Contact the Club : 707.528.2582 | WWW.AIRPORTCLUB.COM



Airport Health Club

GROUP EXERCISE SCHEDULE

UPDATED TO COMPLY WITH COVID-19 PROTOCOL

New Class Protocols

Classes are limited in size, we strongly recommend that you sign up to reserve your spot. There will be a wait list for those who weren't able to make it into class. An email will be sent to you letting you know if you moved up and made it into class.

You can sign up for classes 25 hours in advance on our website or by calling the service desk.

You may cancel your reservation online or by calling the service desk. Please cancel your reservation 2 hours before class time. Classes that start before 9:00am must be cancelled by 9:00pm the night before. A \$10.00 cancellation fee will be charged to your account if you don't cancel in time or don't show up to class.

There will be a 5 minute grace period to arrive in class as we anticipate navigating into and through the club may be slowed down a bit. Your spot may be given to a waiting member if you are more than 5 minutes late.

Classes are subject to change/cancellation.

Please do not wear cologne, scented oils or scented lotions to any class. Thank you!