



Website * Group Exercise Schedule * Group Personal Trainings

Airport Health Club



Thank You For Voting Us The Best Health Club Again!

We think this honor is a statement about the tremendous group of employees and members who make up the Airport Health Club family. Thank you staff and members for making us the number one health club in Sonoma County and thank you members for supporting our business and voting for us 7 years in a row! We appreciate all of you!



Holiday Hours

September 2 - regular hours
September 3 - Closed all day
September 4 - regular hours

Fall Artisan Weeks!

November 5 - 11 and November 26 - December 2

We will have up to 3 vendors a day for the above weeks in the Lobby. 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 per full day. All net proceeds will go to our Cancer Wellness Program. Call the Service Desk now to reserve your table. [FLYER](#).



Fall Personal Training Special

September 1 through 30

You can purchase four 30 minute personal training sessions for \$159.00. These can be purchased at the Service Desk. For more information contact Sue Freyer at suef@airportclub.com. [FLYER](#).



New Group Personal Training - Perform & Recover Mobility Series

Wednesdays, Sept. 12 - Oct. 3, 5:15pm - 6:00pm

Learn how to improve movement, prevent injuries and alleviate pain. Bevin, one of our Personal Trainers, will be leading this specialized group. Fee: \$80.00 for 4 weeks. For more information or to sign up contact Bevin at bevinf@airportclub.com. [FLYER](#).

New! Soul Yoga

Tuesdays September 11 - October 16, 2:00pm - 3:00pm.

David McGuire will be combining his Lifecoaching skills with Yoga instruction. Focusing on your internal wellness and quieting the reactive voices in your mind while doing Vinyasa Flow Yoga. Limit 8 people. For more information or to sign up contact David McGuire at davidm@airportclub.com. [FLYER](#).



Beginner Reformer Workshops

Level 1 - Saturday September 8, 12:00pm - 2:00pm [FLYER](#).

Level 3 - Saturday September 22, 12:00pm - 2:00pm [FLYER](#).

Learn how to use the reformers in the Pilates Studio so you can work on your own. For more information and to sign up contact Gwen Miller at gwenm@airportclub.com.



NEW! Kettlebell Group Personal Training

Saturdays, Sept. 8 - 29, 11:00am - 11:45am

This 4 week series will teach you technique for functional, total body training that improves strength, stamina and physique. Fee: \$80.00.

For more information or to sign up contact Bevin at bevinf@airportclub.com. [FLYER](#).



Ping Pong at the Club

We have tables set up on the racquetball courts Tuesdays and

Thursdays from 2:30 - 4:30pm. Tim our Ping Pong Leader will be there on

Saturdays from 2:00 - 4:00pm available for pointers, go to our [Ping Pong Saturday](#) FaceBook page to see the schedule and photos. It is a drop in

so no prior sign up needed. We have the paddles and balls! If you want

to play during your free time, we will set up the table for you, just reserve a racquetball court and let the Service Desk know you want to play! For more information you can contact Tim at timwanglee@gmail.com. Nice article on Ping Pong being a great brain sport, [link](#).



New! Functional Strength Training - GPT

Fridays, 6:30am - 7:30am, starting Sept. 7

This is a new group personal training with Alice. Work on a variety of exercises that improve flexibility, core, balance, strength and power.

Group personal training rates apply. For more information or to sign up contact Alice at alicer@airportclub.com. [FLYER](#).



Lecture: How To Heal Your Thyroid Naturally

Tuesday, September 11, 12:00pm - 1:00pm

Join Dr. Jen Riegler, Naturopathic Doctor as she dives into the causes of hypothyroidism and how to heal your thyroid naturally. It is free. Sign up at the Service Desk. See flyer for details. [FLYER](#).

Group Personal Training

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

New! Kettlebell Basics, Saturdays, Sept. 8 - 29, 11:00 - 11:45am, Bevin [FLYER](#).

New! Perform & Recover Mobility Series, Sept. 12 - Oct. 3, 5:15 - 6:00pm, Bevin [FLYER](#).

New! Soul Yoga, Sept. 11 - Oct. 16, 2:00 - 3:00pm, David [FLYER](#).

Pilates Reformer, Mondays 8:00am, Kathy [FLYER](#).

Pilates ReformBarre Stretch, Wednesdays 10:00am, Colleen [FLYER](#).

Pilates Reformer, Mondays 12:00pm and 5:30pm, Fridays 10:00am and 11:00am, Saturdays 9:00am, Amy [FLYER](#).

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

Pilates Reformer, Fridays 12:00pm, Whitney [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](#).

Tight N Ten, Mondays & Wednesdays, Sept. 24 - Dec. 5, 8:30 - 9:30am, Lesley [FLYER](#).

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

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

Pilates Intermediate Reformer, Tuesdays 5:15pm, Erin. [FLYER](#).
ReformBarre, Tuesdays - 9:00am and 10:00am, Wednesdays - 8:00am and 9:00am, Thursdays - 7:00am and 10:00am, Colleen. [FLYER](#).
Link to the complete schedule of all Group Personal Training. [LINK](#).

New! Soul Coaching

Tuesdays September 11 - October 2, 12:00pm - 1:00pm
Soul Coaching is a 4 part small group coaching series that will work on taking action, cultivating optimism and establishing habits. For more information or to book contact David McGuire at davidm@airportclub.com. Maximum 6 people. [FLYER](#).



Child Care News

Crafty Kids - Tuesdays and Thursdays 9:00am -10:00am for 3 and 4 year olds.
Awesome Autumn Night Out - Friday September 14, 3:00pm - 7:00pm
[FLYER](#).



Ten Weeks to Weight Loss Challenge - Tight in Ten

Mondays & Wednesdays, 8:30am - 9:30am, starting Sept. 24
This is a small group personal training program twice a week with challenging workouts. This program is suitable for all abilities and fitness levels. For more information contact Lesley at lesleyb@airportclub.com. [FLYER](#).



Lecture: The Ketogenic Diet: What You Should Know

Tuesday September 25, 6:00pm - 7:30pm
Dr. Chris Holder and Dr. Jen Riegler, Naturopathic Doctors, will be going over the Ketogenic Diet. They will discuss the uses, effectiveness and safety of the diet. It is free, sign up at the Service Desk. [FLYER](#). The Ketogenic Diet Cleanse [FLYER](#).



Ketogenic Diet Cleanse - 2 Weeks

October 5 - 18
Pre-cleanse Meeting (free), Tuesday September 28, 6:00pm
This Keto Cleanse will be lead by Dr. Jen Riegler and Dr. Chris Holder, Naturopathic Doctors. It will include 3 group meetings, office hours, program management and complete instruction. For more information or to sign up email wildoakmedicine@gmail.com. [FLYER](#).

Basic Volleyball Skills Clinic

Saturday September 22, 8:30am
Improve passing, serving and spiking. Sign up at the Service Desk before September 19.
[FLYER](#).

Lecture: Everyday Hidden Causes of Cancer and What You Can Do About It.

Wednesday, September 19, 12:00pm - 1:00pm
Dr. Chris Holder, Naturopathic Doctor will discuss some of the environmental causes of cancer and ways to deal with it. It is free, sign up at the Service Desk. [FLYER](#).



Bloodmobile at the Club!

Tuesday September 25, 9:00am - 1:00pm
Schedule your appointment to donate blood at www.bloodheroes.com click "donate blood" and enter Sponsor Code: Airport Health. [FLYER](#).

Swim Classes

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:

Karen Chequer-Pfeiffer - swimpfeif@aol.com or 239-1711

Shannon Lawee - shannonlawee7@gmail.com or 650-219-4843

Lisa Frazee - hafrazee@att.net or 546-4878

Ann Wessman - annwessman538@gmail.com or 775-9096

Katelyn Hackett - katelynh@airportclub.com or 494-2795



Flu Vaccines

September 17, 4:00pm - 6:00pm

September 18, 9:00am - 11:00am

Get your flu shots right here at the Club in our Lobby. See flyer for details. [FLYER](#).

Fall Detox 5 Day Cleanse

September 17 - 21

Jenny Helman, Holistic Nutrition Consultant will lead you through a 5 day cleanse. There will be a pre-cleanse meeting on September 13 at 11:00am. See flyer for details and to sign up. [FLYER](#).



We at the Airport Health Club care deeply about our environment. As such we have taken a lot of time to investigate the issue of plastic cups and straws within our community. If you have any questions do not hesitate to reach out to our Cafe Manager, Lawrence at lawrencew@airportclub.com. [Link](#) to more information.

Indoor Cycle Celebration Class

Sunday, September 16, 9:15am - 10:15am

Join Sarah Trejo for this special class to celebrate her 10 years of teaching here at the Club! After class we will have some refreshments for participants in the lobby. Sign up at the Service Desk.



Pilates Mat Instructor Certification Course

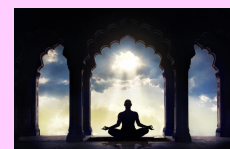
October 6 & 7, 9:00am - 6:00pm

Learn how to be a Pilates Mat Instructor right here at the Club. Taught by Gwen Miller. See flyer for details and registration. [FLYER](#). View all the Pilates Instructor Courses for 2018/19. [FLYER](#).

Meditation for Pain Management

Tuesdays, 6:00pm - 7:30pm October 2 - November 6

This comprehensive pain management program teaches the principles, benefits and practice of "meditation as a lifestyle". Taught by Lorraine Alexander, DASA Meditation Instructor. Fee: \$395.00. [FLYER](#).



Cell Phone Usage

As the world around us changes we are changing our policy.

- you can check texts and messages anywhere in the club
- phone calls may be picked up but then please move to a hallway, outside, lobby or lounge area in the locker rooms
- long conversations should only occur outside or in the lobby
- absolutely no photos or videos to be taken in the Club.



As always please be considerate of the fellow members around you.

BirthFit Power Hour

Saturday September 15, 12:00pm - 1:30pm

Come ready to move and learn about pelvic floor health, diastasis recti, fitness, nutrition and

mindset. For women of all ages. Taught by Bria Iacini, D.C. Free. Sign up at the Service Desk.

Teeth Whitening by BrighterWhite

Monday September 17, 8:30am - 8:30pm

New blue ion light process only takes 20 minutes and lasts up to 1 year. Cost: \$119.00. Sign up at the Service Desk. [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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