



Website * Group Exercise Schedule * Group Personal Trainings

Airport Health Club



New Outdoor Group X Classes!

Thursday Outdoor Cycle with Vince, 6:00 - 6:45am

Tuesday and Thursday Water Fitness, 7:00 - 8:00am with Honorah

New Time - Tuesday and Thursday Water Fitness, 8:15 - 9:15am with Honorah

50+ July Hikes

Thursday, July 9 at 9:00am

Tuesday, July 21 at 9:00am

Join Lori for our monthly hikes. See [flyer](#) for details. Sign up with Lori at lorie@airportclub.com.



Pod Crushers!

Monday through Friday, 9:00 - 9:30am.

Josh our amazing new Personal Trainer will be teaching this brand new 30 minute Group Personal Training! It is held in the basketball gym pods. A combination of strength and some cardio on the cycle bikes. All levels welcome. It is free until July 20 so you can give it a try! Normally it will be \$14.00 per session. For more information or to sign up contact Josh at josh@airportclub.com. Feel free to drop in if there is room. It is limited to 6 people.



Masks

The County and the State have now mandated we all wear masks while inside the facility, even while exercising*. The exception to this will be when you are in the shower. Outside you can take it off as long as you are 6 feet from anyone. Thanks for helping us keep you safe and comply with the mandate.

*some individuals are exempt from wearing a mask, see CDPH Guidance.



Online Class Videos!

We now have a collection of videos online! The link is on our [homepage](#) and the password is Airport. We will continue to add more videos to our library.

Online Reservations!

Now you can book your classes, tennis courts, pickleball courts and lap swim lanes online! Just follow this [link](#) to make a reservation. Reservations are strongly recommended. Reservations can be made 25 (twenty five) hours in advance. Here is the [link](#) to instructions.

Pickleball

Drop In:

Tuesdays, Thursdays and Sundays 9:30 - 11:30am

Thursdays, 5:30 - 7:30pm

Intro Free Clinics:

Wednesday July 8, 6:30pm

Tuesday July 28, 12:00pm

Sign up online. For more information contact Adam, our Pickleball Pro at adammackinnon@gmail.com. [FLYER](#).



Stay Connected



Airport Health Club | (707) 528-2582 | www.airportclub.com | memberservices@airportclub.com

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