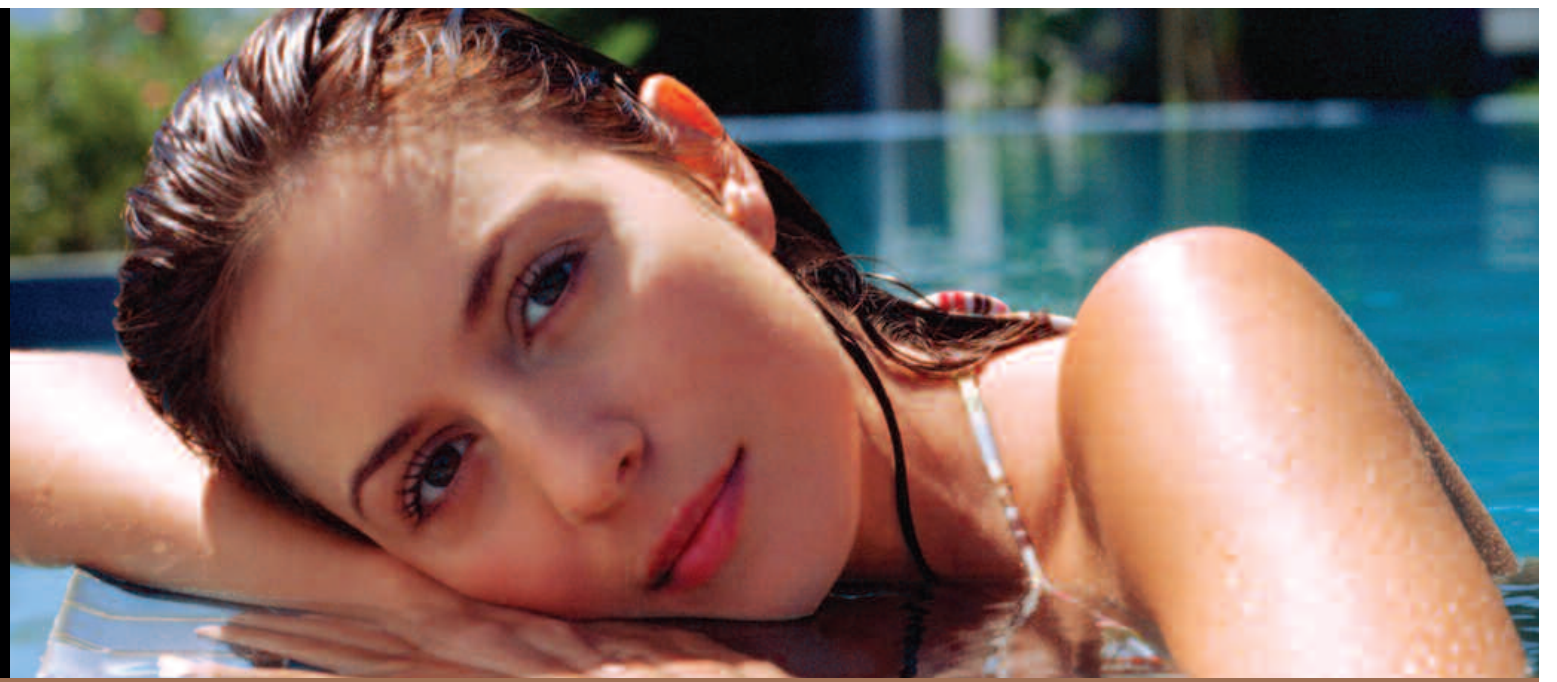




Immerse Yourself in the Moment.™



MAY AND JUNE 2008 ACTIVITY SCHEDULE

Monday

- 8:00-9:00 a.m. – **Pilates Mat** – Designed to strengthen and stretch muscles, open up joints, and release tension.
- 9:30-10:20 a.m. – **Body Sculpt** – Chisel and tone those problem areas with this resistance training class.
- 10:30 a.m.-12:00 p.m. – **Adult Tennis Clinic** – Expert instruction and drills for any level. (\$25)
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for all levels.
- 5:00-5:50 p.m. – **Spin and Tone** – Forty-five minutes on the spin bike followed by core stabilization. All fitness levels welcome.

Tuesday

- 6:00-6:50 a.m. – **Cardio Boot Camp** – Combines cardio and strength conditioning exercises for a high-energy workout.
- 9:00-10:30 a.m. – **Intermediate/Advanced Ladies Tennis Clinic** – Level 3.5 and up welcome. (\$25)
- 9:30-10:20 a.m. – **ABC Fitness** – Back to the basics: abs, back, and cardio.
- 10:00-11:00 a.m. – **Ladies Golf Clinic** – All levels welcome. Golf Members only. (\$20)
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for more advanced players.
- 5:00-6:00 p.m. – **Hatha Yoga Flow** – Combines flexibility, strength, and relaxation techniques to balance the body, mind, and spirit.

Wednesday

- 8:00-9:00 a.m. – **NEW CLASS – Pilates Mat** – Designed to strengthen and stretch muscles, open up joints, and release tension.
- 9:00-9:50 a.m. – **Circuit Training** – This fast-paced class combines cardio and resistance training exercise in a circuit program.
- 3:00-3:45 p.m. – **Pee Wee Tennis** – Get a head start on the other kids in the neighborhood. (4-6 years old, \$15)
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for all levels.
- 5:00-5:50 p.m. – **Spin and Tone** – Burn calories on the spin bikes and tone up the muscles with a variety of resistance training.
- 5:30-7:00 p.m. – **Men's Tennis Clinic** – Come hit with the pro. Ages 18 and up. All levels welcome. (\$25)

Thursday

- 6:00-6:50 a.m. – **NEW TIME – Spin and Tone** – Cardio and resistance training in one class. 30 minutes of spin and 30 minutes of sculpting.
- 9:00-9:50 a.m. – **NEW CLASS – Aqua Aerobics** – Beat the heat and get your cardio and resistance workout in the pool. Ages 12 and up.
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for more advanced players.
- 5:00-6:00 p.m. – **Hatha Yoga Flow** – Combines flexibility, strength, and relaxation techniques to balance the body, mind, and spirit.

Friday

- 8:00-9:00 a.m. – **NEW TIME – Pilates Mat** – Designed to strengthen and stretch muscles, open up joints, and release tension.
- 9:00-9:50 a.m. – **Super Sets** – Fast-paced class focuses on resistance training for strength and conditioning.
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for all levels.

Saturday

- 8:30-9:20 a.m. – **NEW TIME – Spin and Tone** – Spinning combined with circuit training will get the heart beating and the muscles pumped.
- 9:30-10:20 a.m. – **NEW TIME – Power Yoga** – Take your yoga skills to the next level and increase your strength through challenging poses.
- 1:00-2:00 p.m. – **Junior Golf Clinic** – Golf clinic for children ages 7 and up. Golf Members only. (\$20)

Dates to Remember

May 1 Spa Pool Opens for Summer Season
May 3 Golf Shop Vendor Demo
May 8-10 Robert Trent Jones Cup Member-Guest
May 9 Pool Party Kick-Off
May 11 Mother's Day Brunch
May 16 Couples Twilight Golf

May 17 Ryan's Outdoor Recreation Trip:
ATV and Kayak Tour of
Eldorado Canyon
May 23-24 Men's Club Championship
May 26 Memorial Day at Stonewater Park
May 31 Olympia Company Pool Party
(Spa will close at 3 pm)

June 1 Parent & Child Golf, 3 pm
(RSVP to Golf Shop)
June 6 Couples Twilight Golf
June 14 Ryan's Outdoor Recreation Trip:
Mountain Biking at Mt. Charleston's
Bristlecone Trail