



## February 2012 Activities, Fitness & Tennis Schedule

Prior Registration for Tennis is required. Call 480-991-1571 Childcare Available Mon.-Sat. 8 AM - Noon, Mon.-Thurs. 4 - 8:30 PM

MON. February 6, 13, 20, 27		
5:45 AM	Spin Core 90 Minute	Studio A/B Kay
8:30 AM	Water Aerobics	Resort Pool Bonnie
9:00 AM	Yoga - All Levels	Studio A/B Kurt
10:00 AM	Advanced Cardio Power Sculpt	Studio A/B Angie
11:00 AM	Restorative Yoga	Studio E Kurt
6:00 PM	Jr. Champs 10 yrs. & under	Tennis Courts Dan Kilen
6:45 PM	Stretch & Relax	Studio A/B Rasoul
7:00 PM	Skills Clinic Intermediate/Advanced	Tennis Courts Dan Kilen

TUE. February 7, 14, 21, 28		
9:00 AM	Pilates Mat	Studio E Joan
9:00 AM	Spin	Studio A/B Angie
10:00 AM	Chair Aerobics	Studio E Patti
10:00 AM	Nia	Studio A/B Razel
11:00 AM	Zumba Sculpt	Studio A/B Janet
4:00 PM	Tots 6 yrs. & under Jr. Champs 10 yrs. & under Jr. Advanced 12 yrs. & under	Tennis Courts Dan Kilen
5:00 PM	Yoga Restorative Yoga Feb	Studio A/B Jillian
5:00 PM- 9:00 PM	Valentine's Day Special Feb 14	OC Seven
5:30 PM	Jr. Advanced 12 yrs. & up	Tennis Courts Dan Kilen
6:00 PM	Italian Cooking Class Wine with dinner Feb 21	OC Seven
6:00 PM	Total Muscle Conditioning	Studio A/B Jillian
7:00 PM	Mixed Doubles League 3.0-4.0	Tennis Courts
7:00 PM	Beginning Exercise Dance	Studio A/B Ruth

WED. February 1, 8, 15, 22, 29		
6:00 AM	AM Express	Studio A/B Jillian
6:45 AM	Deep Stretch 45 minutes	Studio A/B Jillian
8:00 AM	Yogalates	Studio A/B Casey
8:30 AM	Water Aerobics	Resort Pool Bonnie
9:00 AM	Interval Training	Studio A/B Janet
10:00 AM	Stretch & Relax 45 minutes	Studio A/B Janet
4:30 PM	Nia 65 minutes	Studio A/B Razel
6:00 PM	Jr. Champs	Tennis Courts Dan Kilen
6:45 PM	Zumba	Studio A/B Janet
7:00 PM	Doubles Clinic	Tennis Courts Dave Critchley

THUR. February 2, 9, 16, 23		
9:00 AM	Spin	Studio A/B Susan
9:00 AM	Pilates Mat	Studio E Patti
10:00 AM	Chair Aerobics	Studio E Patti
10:00 AM	Nia	Studio A/B Razel
4:00 PM	Tots 6 yrs. & under Jr. Champs 10 yrs. & under Jr. Advanced 12 yrs. & under	Tennis Courts Dan Kilen
5:00 PM	Yoga	Studio A/B Jillian
6:00 PM	Interval Training	Studio A/B Jillian
6:00 PM	Wine Club Feb 16	OC Seven
6:30 PM	Drop-In Singles League Intra Club Singles	Tennis Courts
7:00 PM	Intermediate/Advanced Dance	Studio A/B Ruth
7:00 PM	Beginners Clinic	Tennis Courts Monique Viele

FRI. February 3, 10, 17, 24		
6:00 AM	AM Express	Studio A/B Jennifer
6:45 AM	Deep Stretch 45 minutes	Studio A/B Jennifer
8:30 AM	Water Aerobics	Resort Pool Bonnie
9:00 AM	Yoga All Levels	Studio E Casey
9:00 AM	Spin	Studio A/B Kay
10:00 AM	Power Sculpt	Studio A/B Angie
11:00 AM	B-Flexible	Studio E Angie
6:30 - 9:30 PM	Dine & Dance with the Rags Allen Trio	OC Seven

SAT. November 5, 12, 19, 26		
7:30 AM	Pickle ball	Tennis Courts
9:00 AM	Drill for Bagels	Tennis Courts Danya Guizzetti
8:30 AM	Spin	Studio A/B
9:00 AM	Pilates Flex	Studio E Patti
9:30 AM	Yoga All Levels	Studio A/B Rasoul
10:00 AM	Chair Aerobics	Studio E Patti
10:30 AM	Beginning Dance Exercise	Studio A/B Ruth
11:00 AM	Jr. Champs 10 & Under Jr. Advanced 12 yrs. & under Jr. Advanced 12 yrs. & up	Tennis Courts Dan Kilen, Dayna Guizzetti
11:30 AM	Advanced Dance Exercise	Studio A/B Ruth
6:30 PM	Hawaiian Dinner Feb 24	OC SEVEN—Nov. 19
6:30 - 9:30 PM	Dine & Dance with the Rags Allen Trio	OC Seven

SUN. February 5, 12, 19, 26		
9:00 AM	Spin 90 minutes	Studio A/B
10:30 AM	Yoga All Levels	Studio A/B Rasoul

## Studio Classes

No Prior Registration is required.  
Childcare Available  
Mon.-Sat. 8 AM - Noon, Mon.-Thurs. 4 - 8:30 PM

### SPIN CLASS

Individually paced Stationary cycling class utilizing the motivation of a group setting with focus on both physical and mental training. Class uses a variety of music

### YOGA, YOGA FLOW, YOGALATES - ALL LEVELS

Focus is on forms of movement that promote balance, flexibility, strength and relaxation through various postures and techniques. All fitness levels encouraged to participate. Yoga Flow based on flow principles. Yogalates combines Yoga & Pilates; breath, stretch & core strength.

### RESTORATIVE YOGA

This is a therapeutic class focusing on relieving stress and tension from the body while rejuvenating your mind and body.

### WATER AEROBICS

Aerobic conditioning and muscular endurance using the resistance properties of the water with a variety of water equipment to improve endurance and flexibility without stress to the joints. All levels welcome!

### ADVANCED POWER CARDIO SCULPT

This is an energetic class that combines work with the BOSU, weights, body bar and other props to maximize sculpting. Cardio intervals may be added for variety.

### STRETCH & RELAX

Focus is on movements that increase joint mobility, reduce risk of injury and increase overall flexibility.

### DEEP STRETCH

A gentle, warm blend of deep stretches, yoga poses with occasional use of props to increase muscle relaxation, posture awareness, and flexibility. All levels welcome!

### PILATES MAT, PILATES EXPRESS

Pilates is a series of low-impact flexibility and muscle-toning exercises. The emphasis is on proper body alignment, flexibility and the development of lean muscles.

### CHAIR AEROBICS

Class emphasizes core strengthening based on pilates principles. Exercises are strength conditioning, developing lean muscles and improving flexibility. Senior friendly class.

### ZUMBA, ZUMBA SCULPT

Zumba is a fusion of Latin and International music-dance themes that create a dynamic fitness class. Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Fun and easy to follow! Zumba Sculpt adds additional muscle work.

### EXERCISE DANCE - BEGINNING & ADVANCED

Experience the combination of exercise and dance. Stretch, Flex and develop the ABC's (Agility, Balance, Control) of this fun fusion class.

### AM EXPRESS

Cross-training class which focuses on cardio conditioning, muscular strength and endurance, flexibility. Class uses a variety of equipment.

### INTERVAL TRAINING

This sculpting class combines strength training with cardiovascular intervals to help boost your metabolism and build strength. All levels welcome.

### NIA

Nia is a low-impact mind/body class that combines yoga, tai chi, dance, and other exercises. Movements are combined with mindful images to experience a physical & mental workout. All levels welcome.

Resort Guests may attend any group fitness class for a \$15 charge.

Personal Training & Pilates Personal Training is also available. Please call 480-991-1571 for rates.

## Tennis Clinics

Prior Registration is required.  
Member, Non-Member Drop In Rates  
Call 480-991-1571

### DRILL FOR BAGELS (Saturdays at 9:00 AM)

Learn a variety of skills and strategy for singles and doubles. Many topics will be covered each week. Suggestions for weekly topics from students is welcome. Includes coffee & bagels.

### SKILLS CLINIC (Mondays at 7 PM)

Improve your skills, footwork and tactics in a fun, energetic environment. Learn specific patterns of play, advanced positioning on the court, offensive and defensive tactics and sharpen all your tennis skills through fast paced drill session.

### MIXED DOUBLE LEAGUE (Tuesdays at 7 PM)

This is a fun format that combines social tennis with some competitive play. Skill levels have a wide range from about 3.0 to 4.5. The format accommodates all.

### DOUBLES CLINIC (Wednesdays at 7 PM)

Train like the pros in this fast paced doubles clinic. Improve your doubles skills and learn new tactics. This is for competitive players looking to take their doubles game to the highest level.

### DROP-IN SINGLES LEAGUE (Thursdays at 6:30 PM)

Come out and play in this ongoing singles league. It's Drop-In. Please call 24 hrs. in advance if you would like to play.

### BEGINNER CLINIC (Thursdays at 7 PM)

Learn how to play the game! Clinic covers all the fundamentals. Ground strokes, approach shots, volleys, overheads, serves and returns.

### PICKLE BALL EVERY SATURDAY MORNING - 7:30 AM

Join in some casual, fun Pickle ball! This game is a combination of tennis, badminton and ping-pong. Played on a smaller court. Join in anytime! The more the merrier!

Resort Guests may reserve tennis courts for a \$15 charge and attend clinics at the member rate.

Tennis Lessons are also available. See our website for prices.

