

# 2021 ACTIVITY GUIDE

YOUR ULTIMATE SOURCE FOR SPRING AND SUMMER PROGRAMS



## It's Time To Get Active Again!

### Indoor and Outdoor Activities For Children & Adults

CARDIO AND WEIGHT TRAINING - PERSONAL AND SMALL GROUP TRAINING - GROUP EXERCISE - YOGA  
LAP SWIMMING AND AQUA CLASSES - CHILDREN'S SPORTS & FITNESS AND MUCH MORE!

#### PLUS THESE FAVORITES



Summer Camp



Summer Tennis Jr. Camp



Master Swimming



Rhythm Cycle



 **DIAMOND HILLS**  
SPORTS CLUB & SPA

1510 Neroly Road • Oakley  
925-420-4575 [sparetimesportsclubs.com](http://sparetimesportsclubs.com)

\*Offer expires April 30, 2021 and is a first visit joining incentive. Requires a one-time \$29 initiation fee. Cannot have been a member in the past 30 days to be eligible. Other restrictions may apply.



# 2021 ACTIVITY GUIDE

Program Key: 🧑🏻 Ages 📅 Program Dates 🕒 Days/Times

## Group Exercise/Pilates

The Club offers about 60 classes per week, including cardio, resistance, interval, dance, yoga, Pilates, barre, aqua and other class formats. From early morning to late evening, there is a class designed for everyone.

### Fusion Barre

🧑🏻 13+ 📅 Ongoing

A wonderful fusion of Pilates and Barre makes this workout unique. In this class, you will build muscle endurance and get all the benefits of Pilates and Barre in a group setting.

### Aqua Fit

🧑🏻 13+ 📅 Ongoing

Get fit and tone! A fun, low impact way to exercise your heart and build your muscles. This class includes the use of aqua bells and noodles to tone and build strength.

### Rhythm Cycle

🧑🏻 13+ 📅 Ongoing

Party on the bike! High energy music helps you feel the rhythm and ride to the beat.

### Zumba

🧑🏻 13+ 📅 Ongoing

Dance away the hour and have a great time! This class fuses hypnotic Latin rhythm with easy to follow moves to create a dynamic workout that will blow you away!

### Restorative Yoga & Guided Meditation

🧑🏻 13+ 📅 Ongoing

This class focuses on deep relaxation and stress relief through guided meditation. Our restorative practice includes asanas that are sequenced and timed to allow the body to relax, unwind, and reset.

## Fitness

Our experienced trainers have a variety of backgrounds, specialties, and professionally recognized certifications so you can rely on them to guide and motivate you to a new level of fitness. We offer programs designed for people of all fitness levels.

### 8-Week Transformation

🧑🏻 18+ 📅 April 5 - May 28 🕒 M - F 9:00 AM or 5:30 PM

8-Week Small Group Training focusing on weight loss, strength and physical conditioning. Come join the movement to regain your health.

### Small Group Training

🧑🏻 13+ 📅 Ongoing

Small Group Personal Training of 4 clients is available to our members. This type of training builds community, accountability and makes Personal Training more affordable.

### Private Training Services

🧑🏻 13+ 📅 Ongoing

One-on-One private training is available to our members who are looking for more specialized attention.

## Tennis & Pickleball

Whether you are a beginning player or a seasoned competitor, you have come to the right place. Few other sports clubs in the region offer you the court resources necessary to improve your game like us. Plus we have Pickleball too!

### Drop-in for Members

🧑🏻 16+ 📅 Ongoing 🕒 Mon - Wed 5:30 PM

A fun and organized social event that will ensure seeing your friends and maybe even meeting someone new. Our Drop-in coordinators will set you up with a partner and the fun begins.

### 10-Minute Complimentary Clinic

🧑🏻 16+ 📅 March - April 🕒 Monday 5:00 PM

A complimentary mini-clinic provided by the Director of Tennis. A great way to learn a quick tip and go apply it immediately in our Monday evening hit!

### In-House Tennis Leagues

🧑🏻 16+ 📅 Ongoing

World Team Tennis March-May/Women's/Mixed all doubles format. We provide Social/Competitive in House Leagues for members in a fun format all year long. This particular format consists of two men and two women, playing Men's/Women's/Mixed doubles all in one night, similar to World Team Tennis.

### Summer Tennis Jr. Camp

🧑🏻 5 - 17 📅 June - July

A great opportunity to have fun on the tennis court, learn and develop tennis skills, and meet new friends. Introduce your child to tennis at a premium facility!

### Junior Tennis All Year Programming

🧑🏻 5 - 17 📅 Ongoing 🕒 Monday - Saturday

Year around programming to challenge your player or teach your beginner in a fun, creative and structured environment from Certified Teaching Professionals. Great fun and excellent development opportunities await your child in our high quality and comprehensive Jr. Academy.

### Pickleball

🧑🏻 16+ 📅 Ongoing

Pickleball is essentially a cross between tennis and table tennis. The court is smaller and the rules are simple (similar to tennis) and easy to learn. The game provides fast-action and long rallies. Pickleball is fun for all ages and all levels of play. We offer a complimentary intro for all members, lessons and clinics, social and competitive events and a weekly Drop-in!

## Swimming

A wide range of activities awaits you in the water. Choose from large lap pools for the cardio swimmer, water exercise classes led by a certified instructor, and for your enjoyment, our pools and therapeutic spas are heated year-round.

### Master Swimming

🧑🏻 18+ 📅 Year Round 🕒 T - Th 5:00 - 6:30 AM & 7:00 - 8:00 PM, Sa 7:30 - 9:30 AM

Work with our US Masters certified coaching staff who provide structured workouts, actively correct stroke technique and help you reach your fitness goals in the water. Swimmers of all skill level welcome.

### Try A Tri

🧑🏻 14+ 📅 April 10 & 24

Work with our US Masters certified coaching staff and Fitness Department to work on efficient swimming technique, triathlon endurance, strategize for each leg of a triathlon and compete in our Super Sprint Triathlon.

## Swim Lessons

🧑🏻 2+ 📅 March - December

Private & Semi-Private lessons available. Lessons are 25 minutes and available for all skill levels.

### Aquaknights Swim Team

🧑🏻 5 - 18 📅 April 5 - July 31 🕒 M - F 3:30 - 7:30 PM

A summer recreation team that is family oriented and dedicated to providing a motivating and challenging environment for each swimmer to compete and participate in a team sport. Visit Aquaknights.com for info.

### STAS Swim Team

🧑🏻 5 - 18 📅 Year Round 🕒 Monday - Thursday

SpareTime Aquatics is a member of USA Swimming. For novice to International level swimmers.

## Youth Programs

Hands down, we offer the area's best health club based youth programs whether its keeping them fit and healthy or providing stellar childcare services.

### Kids Night Out

🧑🏻 18 mos - 13 📅 Ongoing

Parents enjoy an evening out, while we provide a fun safe environment for kids. Kids will enjoy crafts, active play, snack, and dinner.

### Kids Day Out

🧑🏻 18 mos - 13 📅 Ongoing

Need to run errands? Drop your kids off for a fun afternoon of games, crafts, active play, snack, and lunch.

### Summer Camp

🧑🏻 5 - 13 Yrs Old 📅 June 7 - July 16

The Summer Camp at Diamond Hills offers children a safe, friendly, active environment. Campers will have an amazing time participating in a variety of fun kids activities including: sports, games, fitness, crafts, and much more

### Youth Run Club

🧑🏻 7 - 13 📅 April 5 - 29 🕒 Mon - Fri 3:00 - 4:00 PM

A fun friendly environment that will encourage kids to believe in themselves. Run Coaches will inspire kids to lead a fun healthy active lifestyle.

### Kids Sports Conditioning & Group Exercise Classes

🧑🏻 7 - 13 📅 April 5 - 29 🕒 Mon - Fri 3:00 - 4:00 PM

A workout with a fun environment for kids to develop their cardiovascular system, speed, agility, balance, endurance, strength, and flexibility.



**DIAMOND HILLS**  
*Spa*

Diamond Hills Spa is open to the public and offers the perfect environment for relaxation. We have seven private treatment rooms that are available for massage, facials and spray tanning. Diamond Hills Spa features an exclusive retail shop where you can purchase products from our professional skincare lines including Eminence, PCA Skin and Farmhouse Fresh Goods. We also offer gift certificates for all occasions.

Each month we feature a special on facials, massage and nail services as well as a retail special. Check out [diamondhillsspa.com](http://diamondhillsspa.com) and our Facebook page!

**20% OFF**  
**One 60+ Minute Service**

Hrs: Sa - M 9:00 AM - 2:00 PM, W - F 10:00 AM - 7:00 PM

Limit one coupon per household. First time spa client ONLY. Cannot be combined with any other discounts or offers. Some restrictions may apply. Coupon valid until 06/30/21.