

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



Kids Camp



**Asante Spa Mother's
Day Gift Card Special**



Bikes And Brew



**Personal And Small
Group Training**



EL DORADO HILLS
SPORTS CLUB & ASANTE SPA

530 Post Court • El Dorado Hills
916-933-4929 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.

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Program Key: 🧑🏿 Ages 📅 Program Dates ⌚ Days/Times



Group Exercise/Pilates

The Club offers about 80 classes per week, including step, resistance, interval, dance, yoga, pilates, and other class formats. From early morning to late evening, there is a class designed for everyone.

Back to the 80's Glow Ride

🧑🏿 14+ 📅 May 17 ⌚ Monday 6:00 - 7:00 PM
Break out your leg warmers and neon shirts for the 80's Glow Ride.

Waterpoozoa

🧑🏿 14+ 📅 May 21 ⌚ Friday 9:45 - 10:45 AM
Help us kick off summer with a team taught aqua fitness class.

Bike and Brew

🧑🏿 14+ 📅 June 14 ⌚ Monday 6:00 - 7:00 PM
Enjoy an outdoor cycle class followed by Beer and Brats in the Asante Spa courtyard.

Zumba Mash-Up

🧑🏿 14+ 📅 July 13 ⌚ Tuesday 6:00 - 7:00 PM
Break out your dancing shoes for our team taught Zumba class.

High on Life Fitness Party

🧑🏿 14+ 📅 August 31 ⌚ Friday 6:00 - 7:00 PM
It's hard to not be High on Life when our High Fitness instructors team up to teach.

Pilates

🧑🏿 14+ 📅 Ongoing
Our certified Pilates instructors are here to help you improve your flexibility, increase muscle strength, tone your physique and enhance your muscle control.

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.

Smart Start

🧑🏿 12+ 📅 Ongoing ⌚ Varied
New to exercise or need tips on form? Meet with our personal training staff to get your fitness questions answered.

Nutrition Coaching

🧑🏿 12+ 📅 Ongoing ⌚ Varied
Customized nutrition planning to help members meet their nutrition goals.

TRX Training

🧑🏿 14+ 📅 Ongoing ⌚ Varied
Personal and small group TRX training uses your bodyweight to develop strength, balance, flexibility and core stability.

Personal and Small Group Training

🧑🏿 14+ 📅 Ongoing ⌚ Varied
Individualized program goal development and training options from the novice client to the elite athlete.



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 Swim

🧑🏿 14+ 📅 Ongoing ⌚ Monday - Friday Mornings
Coached workouts in a team environment.

Private Coaching

🧑🏿 7+ 📅 Ongoing
Perfect your technique, learn a new stroke or work on endurance with your own private coach.

Summer Swim Lessons

🧑🏿 3+ 📅 May - August ⌚ Monday - Thursday
Private and semi-private in water swim lessons. Lessons available for the beginner to advanced swimmer. Basic water safety will be taught in all lessons.



Youth Programs

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

Kids Camp

🧑🏿 6 Wks+ 📅 Ongoing ⌚ Mon - Thu 8:00 - 11:00 AM & 4:00 - 7:00 PM, Fri - Sat 8:00 - 11:00 AM
Daily activities, games, outside play, crafts, etc. Reservations only

Kids Night Out

🧑🏿 3 - 12 📅 April 30 ⌚ Friday 5:00 - 8:00 PM
We'll take care of the kids while parents have a night out too. Pajama party includes arts & crafts, dinner, movies, and more.

Spring Eggstravaganza

🧑🏿 6 Wks+ 📅 Wk of March 29
Handmade Spring Artwork

Mother's Day Craft

🧑🏿 6 Wks+ 📅 Week of May 3
Make something special for that Special Mom

Father's Day Craft

🧑🏿 6 Wks+ 📅 Week of June 14
Make a one of a kind gift for Father's Day



Dr Dunbar

📅 Ongoing
Asante Spa's medical director provides Botox and other injectables every 2nd Wednesday of each month.

Back Facial

📅 April 1 - April 30th
Let us beautify your back for Spring. Deep cleansing, exfoliation, and hydration. **\$75 (reg. \$85)**

Seaweed Wrap

📅 April 1 - April 30
Detoxifies, removes dead skin cells and moisturizes the entire body. **\$99 (reg. \$110)**

Hours: Tuesday - Friday 11:00 AM - 7:00 PM
Saturday 10:00 AM - 4:00 PM

CLUB AMENITIES

- 10,000 SQ. FT FITNESS CENTER
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- DEDICATED PILATES STUDIO
- 25-YARD LAP POOL
- FAMILY RECREATION POOL
- TWO THERAPEUTIC SPAS
- KIDS' CLUB (7-17 YEAR OLDS)
- PLAY CENTER (6 WEEKS - 6 YEAR OLDS)
- BASKETBALL / VOLLEYBALL GYMNASIUM
- COMPLIMENTARY TOWEL SERVICE
- LOCKER ROOMS WITH STEAM AND SAUNA ROOMS
- PRIVATE AND GROUP FITNESS TRAINING
- ASANTE SPA