

# 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 - TENNIS - PICKLEBALL - CHILDREN'S SPORTS & FITNESS AND MUCH MORE!

#### PLUS THESE FAVORITES



Stingrays Swim Team



Yoga



Tennis Mix & Match



Group Cycle



**GOLD RIVER**  
SPORTS CLUB

2201 Gold Rush Drive • Gold River  
916-638-7001 [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

Gold River Sports Club offers roughly 35+ classes per week, including step, barre, yoga, Pilates, kickboxing, cycle, and many more. From early morning to late evening, there is a class designed for you!

### Yoga

🧑 14+ 📅 9 Classes Weekly

Yoga emphasizes breathing, physical and mental strength, flexibility, and balance. All instructors can provide you with modifications based on your skill level and abilities.

### Group Cycling

🧑 14+ 📅 7 Classes Weekly

Cycle classes are a great way to get in a vigorous workout. Our enthusiastic Instructors guide the participants through warm-up, steady up-tempo cadences, sprints, climbs, and cool-downs along with rocking music.

### Pilates Reformer

🧑 14+ 📅 Sessions scheduled based on your availability

The Pilates reformer sessions will help you improve your flexibility and strength, and develop control. Pilates teaches body awareness and good posture, and works the body from the inside out.

### Barre & Zumba

🧑 14+ 📅 5 Classes Weekly

Barre takes the sculpting benefits of Pilates and barre work to the group exercise studio. Zumba mixes low-intensity and high-intensity moves for an interval-style dancing fitness class.

### Qi Gong

🧑 14+ 📅 2 Classes Weekly

Qi Gong is a Chinese practice of aligning breath, movement, and awareness. It is highly beneficial for balance, sleep, meditation, and upper body movement and lower body stabilization.

### Chizzled & Weight Lifting

🧑 14+ 📅 7 Classes Weekly

These classes are designed to develop resting metabolism through building lean muscle mass, body density and overall toning.

## 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. Our programs are designed for people of all fitness levels.

### Women on Weights

🧑 14+ 📅 Sessions scheduled based on your availability

For women only, strength training in the weight room in a group setting. Motivational and very specialized program with one of our personal trainers. A fun way to tone and get lean!

### Triathlon

🧑 14+ 📅 April - May

Are you ready? Learn all the Triathlon ins and

outs if you're a beginner or hone your technique if you're a seasoned pro via the tutelage of our Tri-professional instructor.

## Welcome Back Workouts

🧑 14+

Free 1 hour personal training session per member. Meet with a trainer to reassess, re-measure, and establish a successful workout plan to help achieve your fitness goals in 2021!

## Tennis

Whether you are a beginning player or a seasoned competitor, you have found the right place! Our well-maintained tennis facility and highly experienced pros will provide you with the means to advance your game, and find the joy of the sport.

### Tennis Drills

🧑 18+ 📅 8 Drills Weekly

Drills are a great way to perfect your swing, while being guided by one of our tennis pro's. They are the perfect way to work on conditioning and hitting many balls in repetition.

### Drop-in Mix and Match Social Tennis

🧑 18+ 📅 Twice a Week 🕒 W 6:00 PM & Sa 9:00 AM

Looking for people to play with? Come join our Drop-in Mix and Match! You will make many new friends and play a lot of tennis. Just bring your racquet, and we will supply the rest.

### League Tennis Play

🧑 18+ 📅 Ongoing

From in house Spare Time leagues, to UTR and USTA leagues, Gold River Sports Club will be available for all your competitive tennis needs. Having been a strong competitor over the past 23 years, winning 5 national titles, Gold River Sports Club is looking forward to another great league season!

### Junior Tennis Clinics

🧑 4-18 📅 Varies

For the Beginning junior to the accomplished tournament player, Gold River Sports Club has a level of instruction for every child in your family.

### Drop-in Squash

🧑 18+ 📅 3 Times a Week 🕒 M & W 5:00 - 8:00 PM Sa 10:00 AM - 12:00 PM

Great way to find other squash players and get a few games in with a round robin format. Drop-in will happen as soon as allowed. Drop-in is currently offered with some restrictions.

### Drop-in Pickleball

🧑 18+ 📅 4 Times a Week 🕒 Mon, Tue, Thu & Sun

Pickleball is becoming an increasingly popular sport and Gold River Sports Club is your one stop shop to find new players and friends.

## Swimming

A wide range of activities awaits you in the water in 2, year-round, heated outdoor pools that can be used for lap-swimming, water exercise classes led by our certified instructors, swim clinics, our swim team, and more!

### Masters Swim

🧑 18+ 📅 2 Times a Week 🕒 M & W 6:00 - 7:15 PM

The Masters Swim program is a great way for adults to get a recreational, low-impact cardiovascular workout and some competitive swim training. Guided workouts provide fun supportive group swimming and the opportunity to improve your stroke technique.

## Water Aerobics

🧑 18+ 📅 4 Classes Weekly 🕒 M, W, F & Su 9:05 - 9:50 AM

This is a non-impact aerobic workout in the pool, suitable for all levels. A variety of resistance equipment is used to enhance strength and function

## Swim Lessons

🧑 3 - 18 📅 4 Classes Weekly 🕒 M, W, F & Su 9:05 - 9:50 AM

Learning to swim is one of the best skills a child can have. It encourages participation in a variety of healthy and enjoyable water activities.

## Gold River Stingrays (Swim Team)

🧑 5-18 📅 5 days a week with occasional meets on Sat

Our recreational swim team competes in the Sacramento area NorCal Swim League. Come join our head coach Paul Murphy for a spring and summer of fun and competition.

## Mini Rays (Swim Team)

🧑 4-8 📅 5 days a week with occasional meets on Sat

This is a beginner level program that guides young athletes looking to make the transition from swim lessons into competitive swimming. Swimmers learn proper stroke technique, side breathing, diving, and confidence in their water safety skills to prepare them for the Stingrays Swim Team.

## Youth Programs

Your children matter a lot to us, and we offer a wide variety of activities for them to participate in throughout the spring and summer months.

### Play Center

🧑 6 mos-6 yrs 📅 Ongoing

The Play center offers a wide variety of enriching activities that focus on development of your child's fine and gross motor skills.

### Kids' Club

🧑 7-12 📅 Ongoing 🕒 Monday - Friday

Kids club is designed to provide a multitude of activities for your children to keep them entertained.

## Youth After School Sports Program

🧑 7-12 📅 5 Sessions a Week 🕒 Monday - Friday

Homework tutoring followed by our Sports 101 program. Sports 101 is an enrichment program that introduces your child to a variety of sports including court sports, group exercise, physical education type activities and games.

## Kids Summer Camp

🧑 5 - 12 📅 5 Days a Week 🕒 Monday - Friday

Kids Summer Camp creates a great atmosphere and environment for children to spend their summer with new and old friends doing the things they love. Playing tennis, taking swim lessons, games, arts & crafts and so many more activities to enjoy over the summer! Available in Half-day or Full-day sessions.

## CLUB AMENITIES

- STRENGTH AND CARDIO FITNESS CENTERS
- TRX
- FUNCTIONAL FITNESS
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- 25 TENNIS COURTS (20 LIGHTED COURTS)
- 2 - 25-YARD LAP AND RECREATION SWIMMING POOLS
- KIDS' CLUB (7-12 YEAR OLDS)
- PLAY CENTER (6 WEEKS - 6 YEAR OLDS)
- FREE TOWEL SERVICE
- LOCKER ROOMS WITH STEAM ROOM AND SAUNA
- TWO SQUASH COURTS
- RACQUETBALL COURT