

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



Kids Camp



Barracudas Swim Team



Swim Lessons
(Private/Semi/Parent-Toddler)



**Advanced Pickleball
Camp**



JOHNSON RANCH
SPORTS CLUB

2600 Eureka Road • Roseville
916-782-2600 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.

Pilates Mat & Mat Fusion

🧑🏻 14+ 📅 Ongoing 🕒 Mon & Fri 6:00 - 7:00 PM
Enjoy a variety of workout styles to challenge your body. All will incorporate Pilates principles with yoga, strength, cardio, intervals and of course ...CORE!

Barre Connect

🧑🏻 14+ 📅 Ongoing 🕒 Monday 9:45 - 10:45 AM
An effective fusion of dance conditioning, yoga balance & Pilates strength movements that create a toned, lean physique.

Yoga

🧑🏻 14+ 📅 All Week
For those seeking fitness benefits as well as optimal health. After just a few classes you'll be familiar with different yoga positions and terminology and you will be ready to reap the benefits of YOGA. Breathing techniques will give you more energy yet bring you to a more relaxed state. The movement in Yoga will give you strength beyond your expectations.

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.

Senior Stretch

🧑🏻 18+ 📅 Ongoing 🕒 Tuesday at 7:30 a.m.
Basic stretches done differently- The promise "You will stretch more muscles than ever before!"

Posture Screening

🧑🏻 14+ 📅 Ongoing 🕒 Varied
Look and feel 10 years younger- A quick yet thorough posture screen will give you a clear direction and path to a higher quality life.

21 Day Sugar Detox

🧑🏻 18+ 📅 April 7 📅 Ongoing/remote
Change your palate, lose weight, have more energy and sleep better.

Mind Over Matter

🧑🏻 18+ 📅 April 5 📅 Ongoing/remote

6 week fitness program encompassing cardio, strength and increased mental firepower.

VirtuaGym Training

🧑🏻 13+ 📅 Ongoing
Learn the VirtuaGym app inside and out. Includes Nutrition, strength, cardio workouts, & coaching options.

Youth Sports

🧑🏻 5-12 📅 Ongoing 🕒 Mon - Fri 12:30 - 6:00 PM
Children learn how to enjoy the world of sports through organized games and activities, etc. fitness questions answered

Tennis

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 Drill Classes

🧑🏻 18+ 📅 Everyday of the Week
Fast paced, instructional drill classes. "Live Ball" games, doubles strategy and drills for skills combine for a great workout.

USTA, SATA & In-House League

🧑🏻 18+ 📅 Ongoing 📅 Seasonal
League Play for all levels

Senior Drop-In Doubles

🧑🏻 18+ 📅 Ongoing 🕒 M - F 9:00 AM Sa/Su 9:30 AM
Pick Up Games! Courts 2 & 3. All Levels are welcome.

Tennis Summer Camp

🧑🏻 6-13 📅 June 7 🕒 Mon - Thu 9:30 AM - 12:30 PM
For beginning and intermediate players. Our staff makes instruction a priority and participants really learn to play! Lots of fun and games keep the kids interested and on task.

UTR Tennis Team

🧑🏻 ??? 📅 March- May 🕒 League Matches Sat & Sun
We are very excited to invite you to represent our club in the UTR Tennis Team. The league will feature Youth Squads (UTRs 1-4). Players compete against each other and the clock in this innovative and fun time based, co-ed format.

Advanced Pickleball Camp

🧑🏻 18+ 📅 April 12 - 16 🕒 M, W, Th, F 10:00 AM - 1:00 PM
Join us for some friendly competition playing America's fastest growing sport. Match up with players of equal ability. Players of all levels welcome.



AMENITIES

- TWO CLUBHOUSE LOCATIONS
- STRENGTH AND CARDIO FITNESS CENTERS
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- FULL SERVICE PILATES STUDIO
- 32 TENNIS COURTS
- (27 LIGHTED COURTS)
- 3 RACQUETBALL, 2 SQUASH AND 4 PICKLEBALL COURTS
- TWO 25-YARD LAP AND RECREATION SWIMMING POOLS
- 2 THERAPEUTIC SPAS
- KIDS' RECREATION ROOM
- PLAY CENTER (6 WEEKS - 6 YEARS)
- FREE TOWEL SERVICE
- LOCKER ROOMS WITH SAUNA AND STEAM
- FULL-COURT GYMNASIUM

Swimming

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

Swim Lessons (Private/Semi/Parent Toddler)

🧑🏻 6 mo+ 📅 June 7 - August 13
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. Plus Adult lessons too!

Master Swim

🧑🏻 18+ 📅 Ongoing 🕒 5:45 AM - 7:00 AM Tu & Th 9:00 - 10:00 AM
Coached, Adult group, swim workouts. Whether you just want help on a stroke or extra motivation. If you love to swim you will love this workout.

Aqua Fitness Workouts

🧑🏻 14+ 📅 Ongoing
Deep Water Workout, Water Warrior, Aqua Cardio Fit-all equipment provided.

Barracudas Swim Team

🧑🏻 5 - 18 Yrs Old 📅 April 5th- July 24 🕒 M - F 3:00 PM - 7:00 PM
Our acclaimed program promotes fun, friendship, team spirit, fitness and healthy competition, coupled with a focus on the fundamentals of swimming. This is a highly popular program and is a great experience for both parents and swimmers.

Life Guards

🧑🏻 7+ 📅 May 31 - Sep 6 🕒 Mon - Fri 1:00 - 7:00 PM
Certified Life Guards will be on the South Side pool deck during the summer



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 Camp

🧑🏻 5 - 18 📅 June 7- Aug 2 🕒 Mon - Fri 9:00 - 5:00 PM
We have designed our summer camp to be fun and educational in an effort to get your kids out of the house for their summer break. Each week is themed and will include theatre, dance, fitness classes, swimming and much more.

Parents Morning Out

🧑🏻 7 - 12 Yrs Old 📅 Ongoing 🕒 Mon & Thu 9:00 AM - 1:00 PM
Whatever the reason, we will watch your little ones while you enjoy some time to yourself.