

# 2023 ACTIVITY GUIDE

HERE'S THE  
ULTIMATE WAY TO...

ENJOY  
SUMMER

(Hint: it starts now)

## 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



Swim Lessons



Brats & Beers Cycle Class



Summer Camp



Summer Socials



**EL DORADO HILLS**  
SPORTS CLUB & ASANTE SPA



530 Post Court • El Dorado Hills  
916-933-4929 [sparetimesportsclubs.com](http://sparetimesportsclubs.com)

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

## Group Exercise/Pilates

The Club offers over 65 classes per week, including resistance, interval, dance, yoga, pilates, and other class formats. From early morning to late evening, there is a class designed for everyone as well as over 20 live stream virtual classes.

### Glow Ride

🧑🏻 14+ 📅 April 19, 6:00-7:30PM

It's time to break out the glow sticks for the fun filled 90-minute class.

### 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.

### Water Fitness

🧑🏻 14+ 📅 Ongoing

Multiple water classes weekly in our heated pool. Increase your range of motion, build cardiovascular endurance and muscular strength.

### Yoga Workshop

🧑🏻 14+ 📅 May 12 ⌚ TBD

Join us to relax, reset and connect through yoga poses, stretches and meditation.

### Brats and Beers Cycle Class

🧑🏻 14+ 📅 June 14 ⌚ Wednesday 6:00 - 7:00 PM

Enjoy an indoor cycle class followed by Beer and Brats in the Asante Spa courtyard.

## 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.

### Bootcamp

🧑🏻 14+ 📅 Ongoing

Specialized small group training designed for the intermediate and advanced clients.

### Forever Young

🧑🏻 50+ 📅 Ongoing ⌚ Varied

Specialized small group training designed for mature clients looking to remain functional fit and active while building muscular and cardiovascular strength.

### 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 the 25-yard lap pool ideal for the cardio swimmer or our recreational pool for water fitness, swim lessons or just relaxing with the family. Both 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 small group swim lessons. Lessons 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 its keeping them fit and healthy or providing stellar childcare services.

### Kids' Night Out

🧑🏻 3 - 12 📅 April 15 ⌚ Friday 4:30-7:30 PM

We'll take care of the kids while parents have a night out too. Pajama party includes arts & crafts, dinner, movies, and more.

### Mother's Day Craft

🧑🏻 6 Wks+ 📅 Week of May 8

Make something Special for that Special Mom.

### Father's Day Craft

🧑🏻 6 Wks+ 📅 Week of June 12

Make a one of a kind gift for Father's Day.

### Ice Cream Social

🧑🏻 6 Wks+ 📅 June 22, 4:30-5:30 PM

Join us for free ice cream sundaes poolside.

### Kids' Parties

Let us help make a special day even better! Bounce House, pool usage and other party hallmarks available.



## APRIL

### Every Bunny's Favorite Massage

**\$10 off any CBD Massage**

**50-minutes starting at \$130**

This healing treatment brings you the benefits of CBD oil. CBD directly influences muscle and nerve pain and inflammation. This massage will address chronic pain while you enjoy a relaxing massage.

### Oxygen Facial

**\$99 (reg. \$115)**

Dry skin from the winter weather? Get spring ready with this revolutionary treatment designed to exfoliate, illuminate and oxygenate, leaving the skin luminous, refreshed and rejuvenated.

### Product Special of the Month

25% off all Image Skin Care Gift Sets

## MAY

### Give Mom the Gift of Relaxation

For every \$50 spent on Asante Spa gift cards, you will receive a \$5 gift card FREE! (Valid month of May)

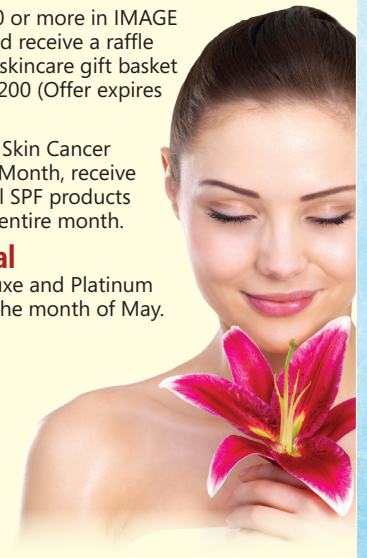
Join us for Wine and Mimosas at the spa on Mother's Day weekend.

Spend \$150 or more in IMAGE Skincare and receive a raffle ticket for a skincare gift basket valued at \$200 (Offer expires May 13).

May is also Skin Cancer Awareness Month, receive 10% OFF all SPF products during the entire month.

### Hydrfacial

10% off Deluxe and Platinum services for the month of May.



## CLUB AMENITIES

- 11,000 SQ. FT FITNESS CENTER
- TWO THERAPEUTIC SPAS
- LOCKER ROOMS WITH STEAM AND SAUNA ROOMS
- GROUP EXERCISE STUDIO
- KIDS' CLUB (7-17 YEAR OLDS)
- PRIVATE AND GROUP FITNESS TRAINING
- GROUP CYCLING STUDIO
- PLAY CENTER (6 WEEKS - 6 YEAR OLDS)
- ASANTE SPA
- DEDICATED PILATES STUDIO
- BASKETBALL
- 25-YARD LAP POOL
- COMPLIMENTARY TOWEL SERVICE
- FAMILY RECREATION POOL