

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



Tennis



Summer Camp



Pickleball



GOLD RIVER
SPORTS CLUB



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

Group Exercise/Pilates

The Club offers 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 as well as over 20 live stream virtual classes.

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!

Fit First

🧑🏻 14+
Free 1 hour personal training session per

member. Meet with a trainer to assess, measure, and establish a successful workout plan to help achieve your fitness goals!

Cardio Fit

🧑🏻 5 Classes Weekly
The best of both worlds - weights and cardio in an interval format. Get more done in less time!

Step

🧑🏻 2 Classes Weekly
Low impact cardio workout with high benefits without the stress on the joints using a platform to strengthen legs, improve coordination, and strengthen the mind as well as the body.

Tennis & Other Racquet Sports

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 fulfill all your competitive tennis needs. With 5 national titles and numerous regional titles over the past 23 years, Gold River Sports Club is the premier club for the competitive tennis player.

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 5:30 - 7:30 PM Sa 10:00 AM - 12:00 PM
Great way to match up with other squash players and enjoy a series of fun and competitive games in a round robin format.

Drop-in Pickleball

🧑🏻 18+ 📅 7 times a week 🕒 Mon - 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 our two, year-round, heated outdoor swimming pools. Enjoy a wide variety of activities including, 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 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 9:00-10:00AM

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 📅 Ongoing

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 Christie D'Eon for fun and competition.

Mini Rays (Swim Team)

🧑🏻 4-8 📅 5 days a week with occasional meets on Sat
This beginner level program 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.

Play Center

🧑🏻 6 mos-6 yrs 📅 Ongoing
The Play center offers a wide variety of enriching activities that focus on your child's motor skills and development.

Kids' Club

🧑🏻 7-12 📅 Ongoing 🕒 Monday - Friday
Kids' Club is designed to provide a multitude of activities for your children to keep them entertained.

Kids Summer Camp

🧑🏻 5 - 12 📅 5 Days a Week 🕒 Monday - Friday June 12-Aug 4
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.

Kids' Parties

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

CLUB AMENITIES

- STRENGTH AND CARDIO FITNESS CENTERS
- TRX
- FUNCTIONAL FITNESS
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- 22 TENNIS COURTS (20 LED LIGHTED)
- 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
- TEN PICKLEBALL COURTS