

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



JOHNSON RANCH
SPORTS CLUB



2501 Eureka Road • Roseville
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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 as well as over 20 live stream virtual classes.

Pilates Mat & Barre Fusion

🏠 14+ 📅 Ongoing 🕒 Mon 5:00-6:00PM, Wed 5:45-6:45PM

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 🕒 Tuesday 9:45 - 10:45AM

An effective fusion of dance conditioning, yoga balance & Pilates strength movements that create a toned, lean physique.

Yoga

🏠 14+ 📅 Ongoing 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.

Total Body Stretch

🏠 14+ 📅 Ongoing 🕒 Tu & Th 7:00-7:45AM

Basic Stretches done differently. The promise is you will stretch more muscles than ever before by doing less than ever before.

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.

TRX Training

Experience a safe, less intimidating small group class where we continuously FLOW from one exercise to another with little to no down time, intertwining stretching as well as strengthening for your ENTIRE body.

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.

Functional Movement Assessment

🏠 18+ 📅 Ongoing

This informative screening will show you how to boost body movement to optimal levels.

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.

Drop-In Drill Classes

🏠 18+ 📅 Everyday of the Week

Fast paced, instructional drill classes. Games, doubles strategy and drills for skills combine for a great workout. Text a pro for a spot.

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 welcome.

Tennis Summer Camp

🏠 6-13 📅 June 5-July 27 🕒 Mon - Thu 9:30 AM - 12:30 PM *No camp week of 7/4.

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

🏠 8-18 📅 March- May 🕒 League Matches Sat & Sun

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.

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.

Swim Lessons (Private/Semi/Group/Parent/Toddler)

🏠 6 mo+ 📅 June 3 - August 3

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 🕒 M-W-F 6:00-7:00 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

Class focuses on muscle strength, endurance, range of motion and flexibility. Using a variety of drills and equipment to keep your body guessing. Keeping methods simple and intensities challenging. Take advantage of the low impact and increased resistance that being in the water provides.

Barracudas Swim Team

🏠 5 - 18 Yrs Old 📅 March 3 - July 30

Our acclaimed program promotes fun, friendship, team spirit, fitness and healthy competition, coupled with a focus on the fundamentals of swimming.

Family Swimming

🏠 7+ 📅 May 27 - Sept 4 🕒 Mon - Fri 1:00 - 7:00 PM

Sat & Sun 12:00 - 5:00 PM

Lifeguards are on duty as your kids have fun in our family pool this 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' Spring Camp

🏠 5 - 18 📅 April 3 - 7 🕒 Mon - Fri 9:00 - 5:00 PM

Let's celebrate spring! Fun activities, games, arts and crafts!

Kids' Summer Camp

🏠 5 - 18 📅 June 5-30; July 10-Aug 10 🕒 Mon - Fri 9:00 - 5:00 PM

A fun and educational experience designed to get your kids out of the house. Each week is themed and will include theatre, dance, fitness classes, swimming and much more.

Parents' Morning Out

🏠 1 - 6 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.

Youth Sports

🏠 5-12 📅 Ongoing 🕒 M/T/Th/F 7:30-9:00 AM; 2:15-6:00 PM; W 1:15-6:00 PM *excludes holidays & non-school days.

Children learn how to enjoy the world of sports through organized games and activities.

Pickleball Kids' Camp

🏠 7 - 14 📅 TBD

Get your child into the fun with this skills and confidence building camp.

Kids' Parties

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

Pickleball

We are one of Northern California's best destinations for the fastest growing sport in the country - Pickleball! Along with our new 24-court complex, our program offers instruction, tournaments and so much more.

Pickleball 101

We'll get you up and playing confidently in no time! No experience necessary and we provide balls and paddles.

Pickleball Ladder Anyone?

📅 Ongoing

Novice, Intermediate & Advanced Ladders

Pickleball Camps

📅 Ongoing

Once you have the fundamentals down, we'll help you perfect your technique with our fun, friendly instructional camps.

Pickleball Fright Night Lights

📅 Ongoing

A fun pickleball social event that happens twice a month. Each pickleball party has a unique theme with music, food and open play for all skill levels.

AMENITIES

- TWO CLUBHOUSE LOCATIONS
- STRENGTH AND CARDIO FITNESS CENTERS
- GROUP EXERCISE STUDIO
- GROUP CYCLING STUDIO
- FULL SERVICE PILATES STUDIO

- 25 TENNIS COURTS (20 LIGHTED COURTS)
- 28 NEW PICKLEBALL COURTS
- 3 RACQUETBALL COURTS
- 2 SQUASH COURTS
- TWO 25-YARD LAP AND RECREATION SWIMMING POOLS

- 2 THERAPEUTIC SPAS
- KIDS' RECREATION ROOM
- PLAY CENTER (6 WEEKS - 6 YRS)
- FREE TOWEL SERVICE
- LOCKER ROOMS WITH SAUNA AND STEAM
- FULL-COURT GYMNASIUM