

2024 ACTIVITY GUIDE

LET THE
FUN
BEGIN!



**PICK FROM AN AMAZING VARIETY OF SPORTS
AND FITNESS PROGRAMS FOR EVERYONE IN YOUR FAMILY**

Cardio • Weight Training • Personal & Small Group Training • Group Exercise • Yoga • Pilates
Tennis • Pickleball • Aqua Classes • Lap Swimming • Children's Sports & Fitness • Childcare • Parties

PLUS THESE FAVORITES



Swim Lessons



Junior Tennis



Summer Camp



Summer Socials

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

Group Exercise/Pilates

Yoga, Mobility & Mat Pilates

🧑 14+ 📅 13 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. Mobility Flow includes dynamic range of motion movements, static and dynamic stretch techniques, and soft tissue release methods. Mat Pilates focuses on core training; get stronger and longer, gain balance as you develop new body awareness.

Group Cycling

🧑 14+ 📅 8 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.

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.

Cardio Fit

🧑 14+ 📅 4 Classes Weekly

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

Step & Zumba

🧑 14+ 📅 3 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. Zumba mixes low-intensity and high-intensity moves for an interval-style dancing fitness class.

Boxing

🧑 14+ 📅 1 Class Weekly

Group boxing class - a combination of boxing inspired exercising and punching. Beginner friendly, designed for all fitness levels. Personal Training options also offered. Great for cognitive function, balance, and movement.

Senior Fit

🧑 50+ 📅 3 Classes Weekly

A class especially designed for our seniors. Improve your endurance, strength, flexibility and balance in this all-levels class. Suitable for all levels.

Fitness

Gold Level Training

🧑 14+ 📅 Sessions scheduled based on your availability

Classes structured to fill your strength and conditioning needs. Modifications can be made to tailor personal goals.

Fit First

🧑 14+

Free health assessment with a posture exam.

Qualified trainer will provide an approach to reach your fitness goals.



Tennis & Other Racquet Sports

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+ 📅 5 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

Masters Swim

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

A great way for adults to get a recreational, low-impact cardiovascular workout and some competitive swim training. Coaches provide fun supportive group swimming and the opportunity to improve your stroke technique.

Water Aerobics

🧑 18+ 📅 4 Classes Weekly 🕒 M, W, F & Su 9:00-10:00 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 📅 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

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 - Sunday

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 10-Aug. 2

With new and old friends, this is a great environment for children to spend their summer doing the things they love: playing tennis, games, arts & crafts and so many more activities!

Kids' Parties

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