

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 • Aqua Classes • Lap Swimming • Children's Sports & Fitness • Childcare • Parties

PLUS THESE FAVORITES



Swim Lessons



Gym Sports



Summer Camp



Summer Socials

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

Group Exercise/Pilates

Glow Ride

🧑🏻 14+ 📅 May 6, 6:00-7:00 pm
It's time to break out the glow sticks for the fun filled 60-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.

Cycle Class - Bikes & Brew

🧑🏻 21+ 📅 June 13 🕒 Thursday 6:00 - 7:00 PM
Enjoy an indoor cycle class followed by beer and snacks in the Asante Spa courtyard.



Fitness

Smart Start

🧑🏻 13+ 📅 Ongoing 🕒 Varied
New to exercise or need tips on form? Meet with our personal training staff to get your fitness questions answered.

Nutrition Coaching

🧑🏻 13+ 📅 Ongoing 🕒 Varied
Customized healthy meal planning and support to help members meet their nutrition goals and to set them up for long term success.

Bootcamp

🧑🏻 13+ 📅 Ongoing
Specialized small group training designed for the intermediate and advanced clients. Big challenge, even bigger rewards!

Forever Young

🧑🏻 All 📅 Ongoing 🕒 Varied
Specialized small group training designed for mature clients looking to remain functional fit and active while building muscular and cardiovascular strength.

Personal & Small Group Training

🧑🏻 13+ 📅 Ongoing 🕒 Varied
Having trouble meeting fitness goals on your own? We got you! Individualized program goal development and training options for the novice client to the elite athlete.

Swimming

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 for the beginner to advanced swimmer. Basic water safety will be taught in all sessions.



Youth Programs

Kids' Night Out

🧑🏻 3 - 12 📅 June 15 🕒 Saturday 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+ 📅 Week of May 6
Make something Special for that Special Mom.

Father's Day Craft

🧑🏻 6+ 📅 Week of June 10
Make a one of a kind gift for Father's Day.

Ice Cream Social

🧑🏻 6+ 📅 June 18, 11:00 AM - Noon
Join us for free ice cream sundaes poolside.

Summer Camps

🧑🏻 5-12 📅 June 24-27, July 22-25
Activities include indoor sports, crafts, swimming, group activities, and off campus activities.

Kids' Parties

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



Social Activities

Anniversary Fiesta

🧑🏻 All ages 📅 May 17 🕒 5:00-7:00 pm
No time for a siesta! Join us for a fiesta. Street tacos and beverages will be served plus a Kids' zone area.

 *Asante Spa*

MAY

Give Mom the Gift of Relaxation

Gift Card promo for Mother's Day – For every \$50 you spend in gift cards; you will receive a \$5 gift card for Free.

Join us for Wine and Lite Bites

Mother's Day May 12

Sierra Tied Pop-Up Event

Saturday, May 11. Jewelry 11am to 2pm.

Skin Cancer Awareness Month

10% off all SPF products.

Hydrfacial

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

