



Trailhead

July 2022

Hours of Operations:
 Fitness Center (Daily): 6:30AM-8PM
 Scheduled Activities/Adult Swim: 6:30AM-10:30AM
 Open Swim (Daily): 10:30AM-8PM
 Slide: Friday-Sunday 12:15PM-6PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class Instructors: Mary: Blue Jessica: Orange Linda: Green Tony: Purple (\$)		Swim Lessons & Swim Team are now available on a monthly basis! Sign up via ForeTees			1 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B	2 Independence Weekend Celebration
3 Independence Weekend Celebration	4 Independence Day	5 2PM-3PM Fit-Mo	6 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit	7 7AM-8AM Spin 8:15AM-9:15AM Sculpt 9:30AM-10:30AM Pilates 2PM-3PM Fit-Mo	8 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit	9 8AM-9AM Fit-Mo
10	11 9:30AM-10:30AM AquaFit 10AM-11AM Sound Healing Chakra Meditation Summer Camp 11AM-3PM	12 10AM-11AM Sound Healing Relax and Release Summer Camp 11AM-3PM 2PM-3PM Fit-Mo	13 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit Summer Camp 11AM-3PM	14 7AM-8AM Spin 8:15AM-9:15AM Sculpt 9:30AM-10:30AM Pilates Summer Camp 11AM-3PM 2PM-3PM Fit-Mo 6PM-7PM Sound Healing Intentional Healing	15 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit Summer Camp 11AM-3PM 6PM-7PM Sound Healing	16 8AM-9AM Fit-Mo
17	18 9:30AM-10:30AM AquaFit 10AM-11AM Sound Healing Chakra Meditation Summer Camp 11AM-3PM	19 10AM-11AM Sound Healing Relax and Release Summer Camp 11AM-3PM 2PM-3PM Fit-Mo	20 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit Summer Camp 11AM-3PM	21 7AM-8AM Spin 8:15AM-9:15AM Sculpt 9:30AM-10:30AM Pilates Summer Camp 11AM-3PM 2PM-3PM Fit-Mo 6PM-7PM Sound Healing Intentional Healing	22 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit Summer Camp 11AM-3PM 6PM-7PM Sound Healing	23 8AM-9AM Fit-Mo 5PM BUMP, SET & SELTZERS 5PM Take Me Back to the 90's
24/31	25 9:30AM-10:30AM AquaFit 10AM-11AM Sound Healing Chakra Meditation	26 2PM-3PM Fit-Mo	27 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit	28 7AM-8AM Spin 8:15AM-9:15AM Sculpt 9:30AM-10:30AM Pilates 2PM-3PM Fit-Mo 6PM-7PM Sound Healing Intentional Healing	29 7AM-8AM Sculpt 8:15AM-9:15AM Glutes & Abs 9:30AM-10:30AM S&B 9:30AM-10:30AM AquaFit 6PM-7PM Sound Healing	30 8AM-9AM Fit-Mo

*Calendar is Subject to Change

REVISED 7/6/22

Calendar Events, Descriptions & Details

Family Activity Details:

Summer Camp | Week 1: Animal Planet | Week 2: Magic Mystery Week | Ages 5 years – 11 years | Reservations Required | Registration closes 72 hours in advance | Cancellations must be 72 hours in advance or 50% of the total fee will be charged. | Member \$125 | Guests \$150 | **Includes** | Crafts | Activities | Games | & more

Bump, Set & Seltzers | Ages 14+ | Reservations Required via ForeTees | Registration ends July 22 | Come get your Sand Volleyball Game on while competing in our 4 v 4 tournament and enjoying beverages from HIGH NOON | Other food and drink available from the Boujee Box.

Fitness Class Descriptions: Complimentary for Members | \$10/guest per class

Glutes & Abs | This class focuses on trimming and toning the core of the body – abdominals, lower back, glutes and thighs.

Pilates | Build a longer, leaner physique with Pilates mat work. The Pilates method helps to lengthen and strengthen muscles and balance the musculoskeletal system. The exercises focus on core strength, torso stability, and mobility of the limbs.

Sculpt | A combination of traditional body sculpting methods using free weights, resistance bands, balls, bars, and your own body weight! Designed to provide you with a total body workout in one short hour! Good for all levels.

Spin | Indoor cycling that focuses on endurance, strength, intervals, high intensity and recovery, and involves using a stationary exercise bicycle with a weighted flywheel.

Sound Healing | A guided meditation and sound immersion experience. Become entrained with the sounds of ancient instruments like crystal and Tibetan bowls and chimes as you are guided through a visual meditation.

Relax and Release- This is a deep mediation designed to help release tension and stress.

Intentional Healing-A focused mediation with set intentions of personal healing to create harmony within oneself.

Chakra Meditation-This meditation focusses on clearing and aligning each chakra, helping bring out internal energy that centers into balance.

S&B (Stretch & Balance) | This class emphasizes the stretching of all major muscle groups and connective tissues through a series of long held stretches and breath awareness for greater flexibility. The stretching is followed by improving our balance using various techniques.

AquaFit | A shallow water cardiovascular workout. Low impact, with little choreography, designed to increase the heart rate. The water gives a great workout for the abdominals, the gluteus and for overall strengthening. (Beginner to advance)

Performance Class Description: \$15/Member per class | \$20/guest per class

Fit-Mo (Fitness-Mobility) | Designed to enhance current levels of upper/lower body strength, core stability, rotational strength/power, and balance, range of motion and recovery techniques. This class is designed for the NEEDS OF GOLFERS.

Swim Lessons: 4 Lessons | \$48 for Members | \$68 for Guests | LIMITED SPACE AVAILABLE

Parent & Me (6 month-3 years) | Monday 10AM | Wednesday 10AM | Friday 10AM

Preschool (3-6 years) | Monday 9:30AM | Monday 11AM | Wednesday 9:30AM | Wednesday 11AM | Friday 9:30AM | Friday 11AM

Small-Group (6-12 years) | Monday 10:30AM | Wednesday 10:30AM | Friday 10:30AM

Private/Semiprivate (6 month+) | \$40.00 Private | \$50.00 Semi-private (2-3)

Swim Team: Members: \$50 Gold | \$40 Silver | \$40 High school Guests: \$70 Gold | \$60 Silver | \$60 High School

Gold | Monday-Friday 8AM-9:30AM

Silver 1 | Monday, Wednesday, & Friday 8AM-8:45AM

Silver 2 | Monday, Wednesday, & Friday 8:45AM-9:30AM

High School | Tuesday, Thursday & Friday 8AM-9:30AM