



Trailhead May 2022

Daily Hours of Operations:
Fitness Center: 6:30AM-8PM
Lap Swim | Swim Team | Swim Lessons: 6:30AM-10:30AM
Open Swim (all ages): 10:30AM-8PM
Slide: Friday 11AM-4PM (by request only)
 Saturday-Sunday 12:15PM-6PM | Monday-Thursday: Closed

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 7:15-8:15 Gentle Yoga 10:45-11:45 Power Yoga	3 7:00-8:00 Spin 8:15-9:15 Sculpt	4 7:00-8:00 Sculpt 8:15-9:15 Glutes & Abs 9:30-10:30 S&B	5 7:00-8:00 Sculpt 8:15-9:15 Glutes & Abs 9:30-10:30 S&B	6 7:00-8:00 Sculpt 8:15-9:15 Glutes & Abs	7 10:30AM-11:30AM Sun, Sound and Soul Yoga *NEW EVENT*
8 Mother's Day	9 7:15-8:15 Gentle Yoga 10:45-11:45 Power Yoga Memorial Pool Registration For Members (ForeTees)	10 Sound Healing 10:00-11:00	11	12	13 Sound Healing 10:00-11:00	14 7:15-8:15 Gentle Yoga Luau for Littles 10AM-12PM
15	16 7:15-8:15 Gentle Yoga 10:45-11:45 Power Yoga Memorial Pool Registration for Guests (ForeTees)	17 7:00-8:00 Spin 8:15-9:15 Sculpt 9:30-10:30 AquaFit	18 7:00-8:00 Sculpt 8:15-9:15 Glutes & Abs 9:30-10:30 S&B	19 7:00-8:00 Sculpt 8:15-9:15 Glutes & Abs 9:30-10:30 S&B	20 7:00-8:00 Sculpt 8:15-9:15 Glutes & Abs 9:30-10:30 S&B	21 7:15-8:15 Gentle Yoga
22	23 7:15-8:15 Gentle Yoga 10:45-11:45 Power Yoga Memorial Registration Closed	24 Sound Healing 10:00-11:00	25	26	27 Sound Healing 10:00-11:00	28 Memorial Weekend Celebration POOL RESERVATIONS REQUIRED
29 Memorial Weekend Celebration POOL RESERVATIONS REQUIRED	30 Memorial Day	31 7:00-8:00 Spin 8:15-9:15 Sculpt 9:30-10:30 AquaFit	<p align="center">Fitness Class Instructors: Jessica: Orange Melissa: Purple Mary: Blue Mary out of town- 5/8-5/15 and 5/22-5/30</p>		<p align="center">SWIM LESSONS & SWIM TEAM AVAILABLE! Please contact cstewart@arcisgolf.com for more information</p>	

*Calendar is Subject to Change

REVISED 4/22/22

Calendar Events, Descriptions & Details

Fitness Events

NEW Sun, Sound & Soul Yoga | Saturday, May 7 | 10:30AM-11:30AM

If you are looking for a calming experience for your body and mind, this event is perfect for you! As we soak up the sun on the event field, our instructors combine the power of Sound Healing and Yoga to bring you ultimate relaxation.

Reservations Required | Register via ForeTees | Ages 16+

Family Event Details:

Memorial Day Weekend | Fun in the sun | BBQ Lunch | Bar | Music | Games | Treats

Reservations for pool entry are REQUIRED (Saturday & Sunday) | Members may register starting May 9 | Guest registration starts

May 16 | Registration closes Monday, May 23 | Cancellations must be 24 hours in advance | No Show Fee will occur \$20/person |

Registration via ForeTees ONLY | Guest space limited | Guests MUST be accompanied by a member at all times

Youth Activity Details:

Luau for Littles: Luau-themed party for kids! Includes crafts, games, & more! | Reservations are REQUIRED | Ages 3 years – 9 years

Complimentary for members and \$10 guest fee | Registration closes 24 hours in advance | No show fees will occur | Cancellations must be 24 hours in advance

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

Gentle Yoga: A slow-paced stretch; focusing on alignment & bringing gentle movements to the areas that need it the most. Relaxes the mind & rebalances the body. Ideal for beginners & all levels.

Glutes & Abs: This class will focus 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.

Power Yoga: A medium to fast-paced flow, pairing energetic movements with each breath. Building heat, endurance, strength, flexibility & mental focus. A “workout” for the body, and a break for the mind. Perfect for those who enjoy a bit of a challenge.

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.

***NEW* 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.

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.