



January Social

Join your Airport Health Club friends and staff for our monthly social gathering. Vegetarian option available upon request. Non-member guests are welcome!



Date: Tuesday, February 24

Time: 6:00 p.m.

Menu:

Shrimp and Veggie Kabobs
Rice Pilaf
Tomato, Cucumber and Avocado Medley
French Bread and Butter
Coffee Service
No-host wine bar

Sign up: At the Service Desk by 2/22.

Cost: \$15.00 (\$17.00 after 2/22)

For more information, call Lori Ennis at 521-2443.



Our Philosophy...

“Active Living for Well-Being”

- ❖ To offer a variety of activity classes and programs
- ❖ To educate our 50+ members on the latest information regarding health & fitness for the aging adult
- ❖ To create a fun social environment
- ❖ To provide an innovative & supportive environment that promotes personal well-being

The Airport Health Club offers:

- ❖ Lap pool
- ❖ Recreation pool
- ❖ Tennis courts
- ❖ Racquetball courts
- ❖ Gymnasium
- ❖ Exercise studios
- ❖ Strength training equipment
- ❖ Cardiovascular equipment
- ❖ Cafe
- ❖ Full service salon
- ❖ Massage
- ❖ Steam room
- ❖ Sauna
- ❖ Jacuzzi – Indoor and Outdoor



50+ Program Winter 2008



“Active Living for Well-Being”



Airport Health Club

432 Aviation Blvd, Santa Rosa, CA 95403

50+ Weekly Schedule of Classes

February Hike

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Pilates 6:00 – 7:00 Sherrese - 4	Strength Circuit 8:00-9:00 Dahdri - 4	Yoga 6:00 –7:00 Melissa - 4	Strength Circuit 8:00-9:00 Dahdri - 4	Pilates 6:00 – 7:00 Sherrese - 4	Water Fitness 7:30 –8:30 Tami - Pool	
	Water Fitness 7:00-8:00 Gerry - Pool	Water Fitness 8:00-9:00 Joel - Pool	Zumba 6:00-7:00 Leticia - 1	Water Fitness 8:00-9:00 Joel - Pool	Water Fitness 7:00-8:00 Gerry - Pool	Water Fitness 8:30 –9:30 Tami - Pool	
	Gentle Yoga 8:00 – 9:00 Steve -1	Water Fitness 9:00-10:00 Joel - Pool	Water Fitness 7:00-8:00 Gerry - Pool	Nordic Walk 8:30-9:30 Mary-Foothill	Yoga 8:00 – 9:00 Anna G. –1	Pilates 9:00 – 10:00 Anna M. - 4	Yoga 10:00 – 11:30 Susan. - 1
	Water Fitness 8:00-9:00 Jill - Pool	Pilates 9:00 – 10:00 Dahdri - 4	Yoga 8:00 – 9:00 Linda - 1	Water Fitness 9:00-10:00 Joel - Pool			
	Water Fitness 9:00-10:00 Jill - Pool	Zumba 9:15 – 10:15 Jill - 1	Water Fitness 8:00-9:00 Jeanne - Pool	Beg. Pilates 9:15 – 10:15 Shaina - 4	Water Fitness 9:00-10:00 Maggie - Pool	Yoga 10:00 – 11:15 Anna G - 1	
	Int. Pilates 9:15 – 10:15 Johanna - 1	Beg. Spin 10:15-10:45 Bob - 2	Water Fitness 9:00 – 10:00 Jeanne - Pool	Zumba 10:15 – 11:30 Gerardo - 4	Pilates 9:00 – 10:00 Sherrese - 4		
		Flexibility in Movement 11:00 – 12:00 Lori -4	Pilates 9:15 - 10:15 Diana - 4	Flexibility in Movement 11:00 – 12:00 Dahdri -4			
	Yoga 12:45 – 1:15 Sue - 4	Yoga 11:00 – 12:00 Anna G - 1	Step & Strength 10:45 – 11:45 Linda - 1	Qi gong 12:00-1:00 Joseph-4			
Afternoon	Yoga 4:15 – 5:15 Diana - 1	Yoga 12:15 – 1:15 Anna G - 1	Yoga 12:00 – 1:00 Vickie - 4	Yoga 12:00 – 1:00 Monica - 1			
	Water Fitness 4:30 – 5:30 Jeanne - Pool	Qi gong 12:00 – 1:00 Maggie - 4	Water Fitness 5:30 – 6:30 Amy - Pool	Light & Easy 2:00 – 3:15 Linda - 1			
	Water Fitness 5:30 – 6:30 Jeanne - Pool	Light & Easy 2:00 – 3:15 Linda - 1	Zumba 5:45 – 6:45 Jill - 1	Water Fitness 5:30 – 6:30 Kim - Pool			
Evening	Pilates 7:00 – 8:00 Jeanne - 4	Water Fitness 5:30 – 6:30 Jill - Pool	Pilates 7:00-8:00 Anna M. - 4				
	Yoga 7:00 – 8:00 Anna G. – 1		Yoga 7:15 – 8:30 Susan. - 1	Yoga & Meditation 5:30 –6:45 Melissa - 4			

Join us for a hike out on the beautiful Sonoma Coast!

This is an approximately 4-mile hike with a 200 ft elevation gain.

Please wear comfortable, sturdy shoes, layers of clothing appropriate for the weather, a hat, and sunscreen. Bring water and a snack.

Camera, walking stick and binoculars are optional.

Date: Thursday, February 19th

Time: 9:00 a.m.

Meet: Club Lobby

Cost: Free

Instructor: Lori Ennis

Sign up: 24 hours in advance at the Service Desk.

For more information, contact Lori Ennis at 521-2443 or lorie@airportclub.com.



All of the above classes have been selected due to their appropriate nature for our 50+ members.