

20 PROGRAM 10 GUIDE

[WINTER 2010]


Club Sport[®]
FREMONT
sports • fitness • spa



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STEP

20
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WINTER

RING IN THE NEW YEAR

Join your favorite Group Fitness instructors to start the New Year right!

- 9AM Power up with Group Power
Challenge yourself in Splash Challenge
- 10AM First Ride of the Year
Yoga for a new You
- 11AM Samba Madness
Hit the Mat with Pilates

FRIDAY, JANUARY 1
9:00AM – 11:00AM

Members: Free, Guests: \$18

BOLLYWOOD FITNESS

From the dance & fitness company, Mona Sampath, Inc. Janani comes to you with a non-stop total body workout based on the Bollywood aerobic principles. This is a special one-time class held in the West Wood Studio. Please register at Activities.

SATURDAY, JANUARY 9
11:00AM – 12:00PM

Instructor: Janani
Members: Free, Guests: \$18
WEST WOOD STUDIO

LATIN BALLROOM FUSION PARTY

Dance the night away with a combination of choreographed Latin ballroom dances such as Cha-Cha, Samba, Tango, Salsa and Rumba fused with Latin jazz and modern dance movements. This is a high-energy dance workout -- no dance partner is needed.

SATURDAY, JANUARY 23
5:30PM - 8:00PM

Instructors: Angelica, Lori, Lorelei
Members: \$13, Guests: \$16

SUPER SATURDAY

Get Back to Class! Join some of your favorite Group Fitness Instructors for a series of 20-minute classes in all four Group Fitness Studios. All regularly scheduled classes are cancelled.

SATURDAY, JANUARY 30
8:00AM - 12:00PM

Members: Free

MELTDOWN WEIGHT-LOSS CHALLENGE

Melt away unwanted pounds! Look leaner and get stronger in 6 weeks with:

- Weekly workout routines featuring our top Trainers
- Weekly 'Fit & Lean' Nutrition Tips from our Nutrition experts
- Two free body fat measurement tests
- Discounts on Personal Training, Nutrition Coaching and services at The Spa

You'll get all the tools you need to lose unwanted fat and build muscles in all the right places. Sign up at the Fitness Desk no later than January 20 to schedule your pre-challenge body fat test. The first 50 members to complete their body fat test will receive a ClubSport T-shirt.

WEEK OF JANUARY 25 - WEEK OF MARCH 1

Members: Free

SEMI-PRIVATE TRAINING SPECIAL

When two hearts race, both win. In honor of Healthy Heart Month, receive 15% off any package of Semi-Private Personal Training purchased in February! Grab a friend or family member and get together with a trainer for a workout that's both fun and challenging. Visit the Fitness Desk for more information or contact Wellness Director, Rob Vargas at extension 507.

FEBRUARY 1 - 28

ZUMBA DANCE PARTY

JOIN THE PARTY! Roger Yamat will headline three hours of Zumba excitement, featuring several guest instructors and live percussion.

- Raffle Prizes
- ZumbaWear Merchandise
- Beer, Wine and Soft drinks

SATURDAY, FEBRUARY 6
6:00PM - 9:00PM

Instructor: Roger Yamat
Members: \$15, Guests: \$18

GOLF PERFORMANCE WORKSHOPS

Spend an evening with Rob Vargas and Spring Valley Golf Course PGA Professional Mark Dorcak as they discuss and demonstrate the benefits of proper golf strength training and how to balance your game. This workshop is open to the public so bring your friends and family. Register at Activities or Contact Rob Vargas for more information.

- Bring golf & fitness together
- Prevent injury
- Hit longer shots
- Increase flexibility
- Develop strength in target areas
- Correct your swing technique

THURSDAY, JANUARY 14
6:00 - 7:00PM

-OR-
THURSDAY, MARCH 18
6:00 - 7:00PM

Members: Free, Guests: Free



GROUP POWER 2010 LAUNCH

YOUR HOUR OF POWER

Power your way into the new year with our 2010 Group Power Launch. We'll be showcasing this intense January release with two classes taught by our experienced instructors. The party doesn't stop there! Following the event, we'll have light food and refreshments.

Give it a try. Power up!

Wednesday, January 20
5:30AM & 7:00PM

FREE TO MEMBERS
EAST WOOD STUDIO



Space is limited. Sign up at Activities.

INTRO TO HEALTH QIGONG

Join May Chen in this unique mind body workout experience. Harness your own vital body electromagnetic energy and apply it in a fun, dynamic way. You will learn five of the ancient self-healing fitness animal forms: the tiger, deer, bear, monkey, and bird. Register at Activities.

SATURDAYS: MARCH 20 & 27
3:00PM - 5:00PM

Instructor: May Chen
Members: \$38, Guests: \$48

KETTLE BELL TRAINING

Do you have 5, 10, 20 lbs to lose? Be excited about what you see in the mirror! Zach's Kettle Bell Training will jump-start your metabolism into high gear. Come and get the body you've always wanted. Sign up at Activities for this full throttle class.

MONDAYS, WEDNESDAYS & FRIDAYS
12:00PM - 1:00PM

-OR-
TUESDAYS & THURSDAYS
6:00PM - 7:00PM

-OR-
SATURDAYS
9:00AM - 10:00AM

Instructor: Zach Michalski
Members: \$319 for eight classes (\$40/class) or \$399 for twelve classes (\$33/class)

BLAST CLASSES

Looking for a fun and effective way to burn calories? Visit the Fitness Floor and attend one of our Blast Classes. Circuit Blast classes are designed to train your muscles and tone and firm your body ensuring high quality results and avoiding plateaus. Bootcamp Blast classes offer a variety of cardiovascular and endurance training exercises that will train your heart rate and push your limits.

Check out an up-to-date Group Training schedule online or at the Fitness Desk.

TEENFIT CERTIFICATION

(AGES 13-17)

Bring your teenagers in for a complementary group session with one of our certified personal trainers. This certification is required for your teens to utilize the fitness floor and will teach participants proper form and technique while using the machines. We will also address safety issues, proper etiquette and set the foundation for a healthy and effective workout.

SATURDAY, JANUARY 9, 9:00AM - 10:00AM
-OR-
SATURDAY, FEBRUARY 13, 9:00AM - 10:00AM
-OR-
SATURDAY, MARCH 13, 9:00AM - 10:00AM

Members: Free

GRAVITYGROUP & TRXGROUP

GRAVITYGroup classes consist of a series of high intensity muscular endurance exercises that are designed to provide time-efficient, effective, full-body workouts. The wide variety of exercises and the freedom of a dynamic pulley system allow for enhanced muscle development, core integration, and increased joint range of motion.

TRXGroup Suspension Training offers you all the creativity and customization you could ask for by using your own body weight and gravity as resistance to develop strength, balance, flexibility and joint stability simultaneously.

The schedule and pricing is located on the Group Training Schedule available on our website, or at the Fitness Desk.

ClubSport Fremont
is on Facebook!

BECOME A FAN TODAY!

facebook

BODY COMPOSITION & FITNESS ASSESSMENTS

Take control of your fitness goals and know what changes your body is going through. Have one of our Personal Trainers take you through a full Fitness Assessment where they will measure body weight, body fat, blood pressure, heart rate, flexibility, and cardiovascular fitness with great accuracy all in a single visit. The collected information will allow you to manage your health and fitness with optimum efficiency.

WUSHU MARTIAL ARTS (ALL AGES)

Wushu is a form of Chinese martial arts comprised of stances, kicks, punches, balances, jumps, sweeps, and throws. Adults and Children will build self-respect and self-discipline while developing strength, coordination and flexibility and having lots of fun! Both free hand and weapon forms will be taught. Register at Activities.

MONDAYS & WEDNESDAYS
AGES 18+: 8:30PM
-OR-
TUESDAYS & FRIDAYS
AGES 5 - 8: 7:00PM - 7:50PM
AGES 8 - 17: 8:15PM - 9:05PM
-OR-
SATURDAYS OR SUNDAYS
AGES 5 - 8: 12:00PM - 12:50PM
AGES 8 - 17: 1:00PM - 1:50PM
AGES 18+: 2:00PM - 2:50PM

Instructor: Sifu Hannah
Members: \$60/month (meet once per week)
\$100/month (meet twice per week)
Guests: \$80/month (meet once per week)
\$140/month (meet twice per week)

 CLICK HERE FOR
GROUP FIT SCHEDULE



TRAIN TO A NEW LEVEL OF FITNESS

Personal Training packages vary according to your interests and goals.

- Private Personal Training
- Semi-Private Training
- Express Training
- Group Training
- Free Circuit Classes
- Youth & Teen Training
- Body Camps
- Body Fat Testing
- Fitness Assessments

Our highly experienced staff of Personal Trainers are here to work with you and help you effectively reach your goals while pushing your limits to the next level. Using various techniques and approaches to ensure the highest quality results are achieved, ClubSport Personal Trainers develop a customized results-driven program just for you. Regardless of your current fitness level or past experiences training can help you.

Email Rob Vargas to get started!
rob.vargas@clubsports.com

SQUASH

BASKETBALL

VOLLEYBALL

SPORTS

RACQUETBALL

TABLE TENNIS

BADMINTON

20
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WINTER

ADULT BASKETBALL LEAGUE

Bring your friends together and team up to compete in the next basketball league! All of ClubSport's best players meet each other face to face on the court. Please register at Activities.

WEDNESDAYS
FEBRUARY 24 - APRIL 28
6:00PM - 9:00PM
ENTRY DEADLINE: FEBRUARY 10

Basketball League Pro: Terry Cannon
Returning Club Members: \$40
New Club Member Participants: \$45
Guests (1st Time Participants): \$79
Team Registration: \$550
Eight player max per team
BASKETBALL GYM

STEP UP YOUR GAME BASKETBALL TRAINING

Join coach Delandro for an intense hour of basketball training. If you are a competitive player of any age looking to enhance your game then this is the training for you! Players will learn quality basketball skills as well as the knowledge of how to use those skills in game situations.

Each class consists of four target areas:

- Ball-handling: develop better control
- Shooting: create a good and open shot
- Offensive Skill Work: increase your speed and attack the defense
- Total Game: become a better player through game situation drills

MONDAYS
4:30PM - 5:30PM
-OR-
SATURDAYS
11:00AM - 1:00PM
-OR-
SUNDAYS
11:00AM - 1:00PM

Instructor: Delandro Leday
Delandro.Leday@clubsports.com
Members: \$10/class, Guests: \$30/class
BASKETBALL GYM



GOLF PERFORMANCE WORKSHOPS

Spend an evening with Rob Vargas and Spring Valley Golf Course PGA Professional Mark Dorcak as they discuss and demonstrate the benefits of proper golf strength training and how to balance your game.

- BRING GOLF & FITNESS TOGETHER
- PREVENT INJURY
- HIT LONGER SHOTS
- INCREASE FLEXIBILITY
- DEVELOP STRENGTH IN TARGET AREAS
- CORRECT YOUR SWING TECHNIQUE

This workshop is open to the public so bring your friends and family.

FREE TO MEMBERS & GUESTS

{ JANUARY 14
6:00PM - 7:00PM
-OR-
MARCH 18
6:00PM - 7:00PM }

Register at Activities.

TEEN BASKETBALL CONDITIONING

(AGES 13 - 17)

Join Terry Cannon, ClubSport Basketball Coordinator and Trainer for a fun-filled hour of basketball conditioning to help elevate your workout. This class is designed to improve teen metabolism while increasing endurance and strength levels during Basketball Skill Training. Music is incorporated to enhance the experience and boost motivation. Please contact Terry about session dates.

SATURDAYS (BI-MONTHLY)

11:00AM - 12:00PM

Instructor: Terry Cannon

Members: \$35/4 classes, \$65/8 classes

Guests: \$45/4 classes, \$85/8 classes

BASKETBALL GYM**ADULT VOLLEYBALL LEAGUE**

(ALL LEVELS)

Take on your friends in ClubSport's Volleyball League. With multiple divisions, everyone can enjoy their time on the courts no matter how competitive.

TUESDAYS & THURSDAYS

JANUARY 11 - APRIL 26

6:30PM - 9:30PM

Volleyball Pro: Walter Lopez

Members: \$15, Guests: \$60

BASKETBALL GYM**FREE SQUASH CLINICS**

Learn all about the great sport of Squash for free with our Squash Pro, Ariel. These quick 30-minute demonstrations will offer you rules and strategies so you will be ready to play in our daily drop-in matches. Sign up at Activities.

FIRST SATURDAY EVERY MONTH

10:00AM - 10:30AM

Squash Pro: Ariel Labra

Members: Free

SQUASH COURT 7**FREE TABLE-TENNIS CLINICS**

Table Tennis Clinic time may be requested between 10:30AM - 12:30PM. Please sign up and leave contact info at the activity desk (Email is a must for contact). May borrow paddles from activity desk or bring your own.

FIRST & THIRD SATURDAY EVERY MONTH

10:30AM - 12:30PM (30-MINUTE CLINICS)

Table-Tennis Pro: Shashin Shodhan

Members: Free

TABLE-TENNIS COURT 6**FREE BADMINTON CLINICS**

Badminton Clinics are offered Saturday afternoons for 10 minutes per person and up to 50 minutes for 5 people. Please sign up and leave contact info at the Activity Desk (Email is a must for contact). Please bring your own badminton racquet (or rent at the Pro Shop for \$3 before 1:00PM) and shuttle (or purchase at the Pro Shop).

FIRST & THIRD SAT. OR SUN. EVERY MONTH

2:00PM - 3:00PM (10-MINUTES/PERSON)

Members: Free

BASKETBALL GYM**TEAM CLUBSPORT**

Be part of the TEAM! ClubSport Fremont, Renaissance ClubSport Walnut Creek, ClubSport Valley Vista and ClubSport Pleasanton will join together to form TEAM ClubSport in 2010. The team will plan weekly group workouts and will participate in races, events and fundraisers as a united team.

Enjoy exciting events including running, biking, swimming and triathlons. All levels are welcome. Team apparel will be available at a discounted rate for TEAM members.

FIRST MEETING: WEDNESDAY, MARCH 10

7:00PM - 8:00PM

Meeting includes race team information, the ability to purchase team apparel, calendar of 2010 events, bike tire changing demo and more.

TEAM membership March - November 2010

BASKETBALL GYM SCHEDULE**MONDAY**

BASKETBALL DROP IN (EAST) 5:00AM - 11:00PM

BASKETBALL DROP IN (WEST) 5:00AM - 6:45PM

VOLLEYBALL CLINIC (WEST) 6:45PM - 9:00PM

BASKETBALL DROP IN (WEST) 9:00PM - 11:00PM

TUESDAY

BASKETBALL DROP IN (WEST) 5:00AM - 6:00PM

VOLLEYBALL DROP IN (EAST) 10:50AM - 3:00PM

VOLLEYBALL LEAGUE (WEST) 6:45PM - 11:00PM

BADMINTON DROP IN (EAST) 8:15PM - 11:00PM

WEDNESDAY

BASKETBALL DROP IN (WEST) 5:00AM - 6:30PM

BADMINTON DROP IN (EAST) 11:00AM - 3:00PM

BASKETBALL LEAGUE (FULL GYM) 6:45PM - 10:30PM

THURSDAY

BASKETBALL DROP IN (WEST) 5:00AM - 6:30PM

VOLLEYBALL DROP IN (WEST) 6:45PM - 9:00PM

BADMINTON DROP IN (EAST) 8:15PM - 11:00PM

FRIDAY

BASKETBALL DROP IN (WEST) 5:00AM - 7:00PM

INDOOR SOCCER (FULL GYM) 7:00PM - 9:00PM

BASKETBALL DROP IN (WEST) 9:00PM - 11:00PM

VOLLEYBALL DROP IN (EAST) 10:45AM - 3:00PM

BADMINTON DROP IN (EAST) 9:00PM - 11:00PM

SATURDAY

BASKETBALL DROP IN (WEST) 7:00AM - 11:00PM

BADMINTON DROP IN (EAST) 1:00PM - 8:00PM

SUNDAY

BASKETBALL DROP IN (WEST) 7:00AM - 11:00PM

BADMINTON DROP IN (EAST) 12:30PM - 8:00PM

- Times not noted on the schedule are deemed Drop In Basketball time.
- Gym schedule is subject to change by management based on usage and special events.
- Please check the gym schedule change board on the outside of the gym doors frequently.
- When league play is between sessions, there will be drop-in play.
- Fighting, foul language, or any form of disrespect to fellow members will not be tolerated.
- Members and Guests have priority on player lists for drop-in play.
- ClubSport management has the final say on all disputes.
- Contact Program Marketing Director, Tony Young, at extension 501 with schedule questions.

**TEAM ClubSport**

Do something new in 2010. Be part of the **TEAM** and meet new training friends! Swimmers, bikers and runners can train and compete with the support and camaraderie of **TEAM ClubSport**.

The TEAM Will Include:

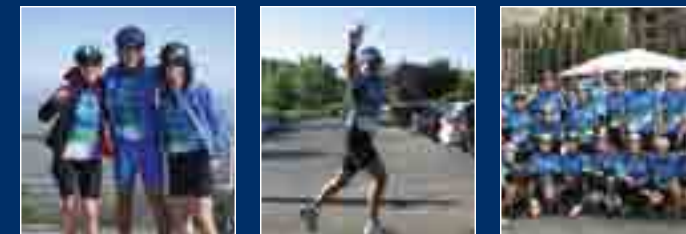
- Weekly Run & Bike Workouts
- Option to Participate in Monthly Event/Race
- **TEAM ClubSport** Yahoo Group Access
- Discount Shopping Parties
- **TEAM** Talk Newsletter
- Educational Clinics & Workshops
- Event Discounts
- End of Season Party

All levels are welcome.
Sign ups begin February 1, 2010.
(**TEAM ClubSport** Season March 2010 - November 2010)

Free First TEAM Meeting
MARCH 10, 7:00PM - 8:00PM

Receive **TEAM ClubSport** information and calendar of events, purchase team apparel, watch a bike tire changing demo and more!

CSF TEAM Head Coach: Marie McCutcheon



DROP-IN TENNIS

JUNIOR TENNIS CLINICS

TOURING PROS

TENNIS

ADULT TENNIS CLINICS

PRIVATE INSTRUCTION

USTA LEAGUES

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WINTER

USTA ADULT TENNIS TOURNAMENT

Flights are men's and women's singles, doubles and mixed doubles for 3.5, 4.5, 5.5.

JANUARY 9, 10, 16, 17

Entries are only taken online at www.norcal.usta.com.
Entry deadline: December 31

USPTA CLINICS AT CLUBSPORT FREMONT

We have two clinics coming to you in February! Enjoy lessons from a top international teaching pro for adults in the morning and in the late afternoon for juniors.

THURSDAY, FEBRUARY 4

DISCOUNT SAP OPEN TICKETS

A great VALENTINE'S gift - ClubSport Night at the SAP! We have purchased a block of tickets in the sideline lower reserved section.

SATURDAY, FEBRUARY 13

Members: \$59 (regularly \$62)

Additional Bonus: If you would like to special order similar tickets on other days (except for the finals on Sunday), contact Larry at extension 516. The non-refundable tickets do not include a service charge.

ADULT TEAM TENNIS LEAGUE

Preparations are now being made for the popular Adult Team Tennis League. After talking with the captain, players may sign-up for a team as soon as it is registered on the norcal.usta.com website. If you did not play on a ClubSport Fremont team last year and are interested, contact Tennis Director, Larry Parker, ext. 516.

REGISTRATION: JANUARY 11 - FEBRUARY 15
SEASON OPENS: MARCH 15

Register online at www.norcal.usta.com.

TOURING PROS AT CLUBSPORT FREMONT

Players in the Men's ATP Tour event, the SAP Open, will be practicing for the tournament at ClubSport and members may watch for free! Also, you may ask for autographs after the players have finished practicing and have left the practice court.

FEBRUARY 5 - 11

Members: Free

ADULT-JUNIOR "DROP-IN"

Help develop the next generation of tennis players by participating in the USTA Youth Tennis Night in America. Highlighting the event will be an exhibition televised on HBO from Madison Square Garden. As the final Monday Drop-In of the season, we will pair up an Adult with a Junior and rotate as usual. The adults can practice measuring their shots to fit the situation and let their experience rub off on the juniors while playing the "Sport for a Lifetime."

MONDAY, MARCH 1
5:30 - 8:30PM

Tennis Members: Free

WOMEN'S INVITATIONAL

The 7th Annual Member-Guest Women's Doubles features round robin play in 3 flights: 8.5, 7.5, and 6.5. Food and refreshments are provided.

FRIDAY, MARCH 5
6:30PM - 9:30PM

Tennis Members: \$30 per team. Register with a partner by Tuesday, March 2.

ST. PATRICK'S DAY MEMBER-GUEST "DROP-IN"

Although guests are normally not invited to Drop-In, this night is an exception. Bring your friends at no charge to play mostly with you as a partner. Get more game while celebrating in Irish fashion. Doubles foursomes are rotated every 30 minutes.

THURSDAY, MARCH 18
5:30PM - 8:30PM

JUNIOR TENNIS CLINICS

(AGES 5 - 18)

The year round Junior Clinic program offers classes for all levels of play, from those just getting started to seasoned tournament players. Training includes technique, tactics, footwork, rules, etiquette, mental toughness and more. Classes are mostly held on indoor courts.

	AGES	DAY	TIME
LITTLE TENNIS*: Skill acquisition for the beginning player			
Rising Stars	5 - 7	Saturday	9:45PM - 10:30PM
Rising Stars	5 - 7	Sunday	3:00PM - 3:45PM
Rising Stars	5 - 8	Thursday	5:00PM - 5:45PM
Rising Stars	6 - 8	Saturday	3:45PM - 4:30PM
Rising Stars	6 - 8	Sunday	1:30PM - 2:15PM
Shooting Stars	7 - 10	Saturday	9:45PM - 10:30PM
Shooting Stars	7 - 10	Sunday	2:15PM - 3:00PM
Shooting Stars	8 - 11	Sunday	3:45PM - 4:30PM
Shooting Stars	8 - 13	Monday	3:45PM - 4:45PM
Shooting Stars	8 - 13	Thursday	6:00PM - 7:00PM
Shooting Stars	8 - 13	Saturday	2:00PM - 3:00PM

JR TENNIS COLLEGE*:

Workouts for the emerging competitive player			
Bronze	10 - 13	Monday	4:45PM - 6:00PM
Bronze	10 - 13	Saturday	8:30PM - 9:45PM
Bronze / Silver	10 - 16	Tuesday	4:45PM - 6:45PM
Bronze / Silver	12 - 16	Friday	4:30PM - 6:30PM
Bronze / Silver	12 - 16	Saturday	12:45PM - 2:00PM
Silver / Gold	12 - 18	Saturday	10:30AM - 12:30PM
Gold	13 - 18	Thursday	4:30PM - 6:30PM

* Contact Tennis Director at ext. 516 for proper class placement

LEVEL DESCRIPTIONS

Rising Stars (ages 5 - 8): Beginner, with some basic skills and little or no experience

Shooting Stars (ages 7 - 13): Good hand-eye coordination and/or some experience

Bronze (ages 9 - 15): Novice; with minor experience, beginning to serve/rally moderately

Classes establish the fundamentals of stroke production, footwork, timing, spin and ball control, plus scoring, court positioning and sportsmanship.

Silver (ages 10 - 16): Intermediate; able to serve/rally moderately & play on Jr League Team

Classes develop and refine basic strokes and specialty shots, cover strategy, tactics, goal setting, playing offensively and defensively, and include conditioning.

Gold (ages 13 - 18): Able to serve/rally consistently and play with power. Plays Challenger or Open tournaments.

Classes improve weaknesses while building strengths, define one's style of play, develop clear thinking under pressure, and include conditioning.

ADULT TENNIS CLINICS

(AGES 18+)

BEGINNER CLINICS: Tennis 101

These classes carefully guide and instruct beginners to help them get comfortable playing tennis.

CLASS	NTRP	DAY	TIME	INSTRUCTOR
101	1.0 - 1.5	Wednesday	8:00PM - 9:00PM	Steve
101	1.0 - 1.5	Friday	7:00PM - 8:00PM	Steve

Registration is for 12 weeks of classes.

INTERMEDIATE CLINICS: Focus on the essential elements needed for a winning style of play.

Students will get a thorough grounding in the basics: sound strokes, proper footwork and weight transfer, dynamic balance, and smart strategies.

CLASS	NTRP	DAY	TIME	INSTRUCTOR
151	1.5 & above	Wednesday	7:00PM - 8:00PM	Steve
201	2.0 & above	Thursday	7:00PM - 8:00PM	Dan
251	2.5 & above	Thursday	8:00PM - 9:00PM	Dan
301	3.0 & above	Wednesday	8:00PM - 9:00PM	Steve

Registration is monthly. No make-ups. Students may join classes at any time if space is available.

Contact Larry Parker, Tennis Director and Instructor for pricing and information.

 [CLICK HERE FOR MORE TENNIS INFORMATION](#)

YOGA

PILATES

REFORMER

MIND & BODY

TAI CHI

SCULPT

CORE

20
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WINTER



RELAX AT THE SPA BRING MIND, BODY & SPIRIT TOGETHER

Classic Swedish	50 or 80 minutes
Deep Tissue/Sports	50 or 80 minutes
Prenatal	50 or 80 minutes
De-Stress	20 minutes
Restorative Hot Stone	80 minutes
Aromatherapy	50 or 80 minutes
Reflexology	20 (feet) or 50 minutes (hands & feet)
Trigger Point Therapy	10, 20 or 50 minutes

Appointments can be made online at: www.xpiron.com/schedule. You may book them up to one hour prior to your desired appointment time. For immediate assistance call (510) 226-8500, extension 505. A credit card or membership number is required to schedule an appointment.

ADDED RELAXATION

Get more out of your treatment by adding one of the following to your massage for a small upgrade fee:

- Moisturizing Scalp
- Hand Rejuvenation
- Foot Exfoliation
- Hot Stones

NEW YEAR SPA SPECIAL

Start the New Year off right with a massage from The Spa. All members can enjoy the rejuvenating release of our ClubSport Classic Massage for a special rate of \$59. Also, members can receive \$10 off all our Spa Packages. There's something for everyone at The Spa this New Year! Contact Activities to reserve your preferred time.

JANUARY 1 - 31

'BRING-A-FRIEND' SPA SPECIAL

Spread the love in February with a massage at The Spa. Purchase any individual treatment for yourself and receive 50% off any individual treatment of equal or lesser value for your friend. Choose from any of the services found in our 'relax' brochure at Activities for a complete listing and to reserve your preferred time.

FEBRUARY 1 - 26 (VALID MON - FRI ONLY)
Both massages must occur on the same day.

UPGRADE YOUR EXPERIENCE

Let The Spa upgrade your massage experience for free in March. Any 80-minute treatment will receive one of our four upgrades for free!

If you've ever been curious about a Hot Stone massage simply select the Hot Stone Treatment and experience deep relaxation with the release of muscle tension. Our Moisturizing Scalp, Foot Exfoliation, or Hand Rejuvenation Treatments are designed to moisturize and massage away dull skin leaving you pampered and renewed.

MARCH 1 - 31
Reserve your massage at the Activities Desk.

 [CLICK HERE FOR MORE
ON SPA SERVICES](#)

VISIT MORE... SAVE MORE

We want to reward our loyal customers - book more than one massage in the same month and save big!

- Second treatment: 10% off
- Third treatment or more: 15% off

Choose from any of our massage and spa treatments. Reserve your preferred time at Activities. This offer cannot be combined with multiple individuals or with other promotions and discounts.

WE'LL PAY FOR YOUR MASSAGE

At your next massage treatment ask the therapist for a 'Buy 10 Get 1 FREE' card and start working towards a FREE massage. Each time you receive a 50- or 80-minute treatment, simply ask the therapist to initial and date the card. On your eleventh visit, we'll pay for your massage. These cards don't expire, so start now! Contact Activities to reserve your preferred time.

SPORTS MASSAGE 3-PACK

The Spa can help you take better care of your body, especially those overworked muscles. Sports Massages help active muscles throughout your body relax, which will enable you to perform better and recover faster. Purchase a 3-Pack of 20-minute Sports Massages and use them during training, before a major event, or as a recovery tool after an event. You'll see better performance and become more competitive with The Spa taking care of your body. Visit Activities for more information or to reserve your preferred time.

YIN YOGA

This form of Yoga focuses on increasing the flexibility of joints and connective tissues by holding restorative postures for an extended period of time.

WEDNESDAYS
4:15PM - 5:10PM

Instructor: Lori Cronland
Members: Free, Guests: Guest Entrance Fee

VINYASA YOGA

This Yoga class is made up of asanas, or postures, blended into sequences that are learned so that the poses become part of a creative series instead of an individual pose.

WEDNESDAYS
12:00PM - 12:55PM

-OR-

THURSDAYS
5:45PM - 6:40PM

Instructor: Dolian
Members: Free, Guests: Guest Entrance Fee

PILATES REFORMER

It's your turn to experience the amazing Pilates Reformer machine! Tighten your abs and strengthen your back as you experience the ultimate in core fitness.

Group classes start monthly. Private and semi-private training are also available for your convenience. An updated Pilates Reformer schedule with pricing is available at the club and online.

Free demonstrations are held twice each month for those who want to see it before you try it. Contact Pam Ryan to arrange for a free private demonstration.

PILATES INFUSED TECHNIQUES WITH SMALL APPARATUS (ALL LEVELS)

This core training class has roots in the Pilates method, but goes beyond your normal mat class by strengthening the structure surrounding the spine and integrating the limbs to achieve whole body results. This class will incorporate small balls, gliding discs, thera-bands, and other small apparatus. It is ideal for those who need more individual attention than in a large mat class.

Instructor: Jennifer Barash
Members: \$7 per class or \$25 for 4 classes
Guests: \$15 per class or \$50 for 4 classes

MASTERS SWIM

PRIVATE SWIM LESSONS

TRIATHLON TRAINING

AQUATICS

SPRING LESSONS

AQUAFIT

SUMMER SWIM TRAINING

20
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WINTER

value playtime



WINTER PRIVATE SWIM LESSONS SPECIAL FOR CHILDREN & ADULTS

Winter has arrived and that means amazing swim specials. Take advantage of great swim lesson rates this winter and enjoy heated pools and experienced instructors. Reserve your lessons at the Activities Desk.

Members:

Six half-hour lessons: \$115

Twelve half-hour lessons: \$210

Guests:

Six half-hour lessons: \$135

Twelve half-hour lessons: \$250

TWO FOR ONE: THE MORE YOU SWIM, THE MORE YOU SAVE

Two children or adults may share a lesson for the cost of one if they are at the same level. Members from the same family may each take 6 lessons and receive the Winter Special price for a 12-lesson package.

Sign up for evening or weekend lessons now to take advantage of these incredible deals. Contact the Activities Desk for available lesson times.

Email Mark Carter for lesson times and registration:
mcarter@clubsports.com

HIGH SCHOOL PRE SEASON TRAINING

High School swimmers will get four weeks of stroke instruction and swim drills along with dryland conditioning to help prepare for their school tryouts in February.

JANUARY 4 - 29
THREE 2-HOUR CLASSES PER WEEK
MON AND/OR WED: 5:00PM - 7:00PM
TUES AND/OR THURS: 4:00PM - 6:00PM

Members: \$99

Contact Mark Carter for Pre Season details, or Activities if you want to get started today.

TRIATHLON PRE SEASON SWIM TRAINING

If you want to do a Triathlon this spring but are not quite sure about your swimming skills, this course is for you. You'll be training three times each week for four weeks to work on your strokes and aquatic stamina. Each class is one-hour long and focuses on building the skills necessary for strong and confident swimming during your Tri-Training. Contact Mark Carter to register.

MEN'S: JANUARY / WOMEN'S: FEBRUARY

Members: \$149

EARLY FISH SPRING SWIMMING LESSONS

Early Fish April 3•10•17•24 | **Spring Break** April 5•6•7•8

EARLY FISH - Saturdays in April

10:00AM	Youth 1	Preschool 1	Youth 3
10:30AM	Preschool 2	Youth 2	Youth 4
11:00AM	Pee Wee	Preschool 3	Youth 1
11:30AM	Parent Infant	Youth 2	Youth 3
12:00PM	Youth 1	Pee Wee	Preschool 1
12:30PM	Preschool 1	Preschool 2	Preschool 3

SPRING BREAK - Monday - Thursday

4:00PM	Youth 1	Preschool 1	Youth 3
4:30PM	Preschool 2	Youth 2	Youth 4
5:00PM	Pee Wee	Preschool 3	Youth 1
5:30PM	Parent Infant	Youth 2	Youth 3
6:00PM	Youth 1	Pee Wee	Preschool 1
6:30PM	Preschool 1	Preschool 2	Preschool 3

Four 30-minute lessons - Members: \$35, Guests \$45
Member's children are family too and may have the member rate.
All beginner classes have a 3 to 1 student to teacher ratio.

SUMMER SWIM LEAGUE PRE SEASON TRAINING

Summer Swim League swimmers will get eight weeks of stroke instruction and swim drills to help get a jump on the upcoming season.

FEBRUARY 1 - MARCH 26
TWO 90-MINUTE CLASSES PER WEEK
MON AND/OR WED: 4:00PM - 5:30PM
TUES AND/OR THURS: 6:00PM - 7:30PM

Members: \$149, Guests: \$199

SWIM LESSON LEVEL DESCRIPTIONS

PIWA - Parent Infant Water Awareness ages 6 months to 2 years (8:1 class ratio)

A water awareness class for parent and child. Parents must be in the water to help introduce swim skills to their child. Games and songs are an integral part of this class.

Pee Wee ages 2 - 3 (3:1)

First course for children who are ready to be away from their parents. We introduce children to water safety and help them adjust to having an instructor working with them in the pool. A swim diaper is required.

Preschool 1 (Pre 1) ages 3 - 4 (3:1)

First level swimming course. Children learn water safety and basic skills like bobbing, floating and kicking correctly on their stomach and back. Children will also learn breath control and basic swim movements.

Preschool 2 (Pre 2) ages 3 - 5 (3:1)

Second level swimming course. Students should be able to float front and back unassisted. Children will begin to add "big arms". Students will also be introduced to elementary backstroke arms.

Preschool 3 (Pre 3) ages 4 - 5 (4:1)

Students continue to build upon Levels 1 & 2 by adding side breathing to freestyle and competition backstroke arms to their back streamlines.

Preschool 4 (Pre 4) ages 4 - 5 (4:1)

Students are introduced to breaststroke kick, sculling, and treading water. Children should be able to swim across the pool in at least 2 styles with developed form.

Youth 1 ages 5 - 8 (3:1 class ratio)

Designed for the non-swimmer to learn the basics of body positioning, kicking and arm movement. Students become proficient at streamlining and kicking. They will learn basic freestyle and elementary backstroke.

Youth 2 ages 6 - 9 (3:1)

To enroll in this course, children must have passed Youth 1 this year and be able to submerge unassisted, return to the wall and have the ability to float front and back. Students learn side breathing and competition backstroke technique.

Youth 3 ages 7 - 12 (4:1)

To enroll in this course, children should have passed Youth 2 this year. Students build on Level 2, acquiring new skills including the breaststroke kick with new drills to help them develop a technically superior freestyle and backstroke.

Youth 1 - 3 are basic courses and each level contains basic safety skills to enhance and ensure your child's safety in the aquatics environment. All Preschool and Youth 1 - 3 classes are held in our 86° Activity Pool.

Youth 4 ages 7 - 12 (5:1)

Learn bilateral breathing techniques and more technical aspects of backstroke, including torso roll and correct hand positioning. Also, get an introduction to breaststroke kick and sequencing aspects of breaststroke.

Youth 5 ages 8 - 12 (5:1)

Introduction to flip turns and the dolphin kick. Build stamina for swimming full laps in the competition pool.

Youth 6 ages 8 - 12 (5:1)

The last of the advanced beginner courses. Students continue to work on breaststroke and flip turns are introduced to the butterfly. To prepare for Youth 7, students develop endurance.

Youth 7 ages 8 - 12 Pre-competition (8:1)

Practice advanced techniques in order to succeed in our youth swim team tryout. Continue with basic foundations in swimming with break out strokes, IM-flip turns, competition diving, distance per stroke, and additional drill work.

Adult and Teen (A&T) ages 12 & up (5:1)

An introductory course for beginning adolescent and adult swimmers. Begin with body position and correct kicking technique on both front and back. Continue with freestyle, elementary backstroke, and competition strokes.

NUTRITION COUNSELING

WEIGHT MANAGEMENT

WELLNESS SEMINARS

WELLNESS & NUTRITION

GROCERY SHOPPING TOURS

NUSHAPE

NUTRITION SUPPLEMENTS

20
10
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WINTER

MELTDOWN WEIGHT-LOSS CHALLENGE

Melt away unwanted pounds! Look leaner and get stronger in 6 weeks with:

- Weekly workout routines featuring our top Trainers
- Weekly 'Fit & Lean' Nutrition Tips from our Nutrition experts
- Two free body fat measurement tests
- Discounts on Personal Training, Nutrition Coaching and services at The Spa

You'll get all the tools you need to lose unwanted fat and build muscles in all the right places. Sign up at the Fitness Desk no later than January 20 to schedule your pre-challenge body fat test. The first 50 members to complete their body fat test will receive a ClubSport T-shirt.

WEEK OF JANUARY 25 - WEEK OF MARCH 1

Members: Free


NUSHAPE ONLINE WEIGHT MANAGEMENT PROGRAM

Staying motivated is a big part of success. We can help you measure your results, track your progress, and see how your diet and exercise work together. With NuShape Online, you can see your results and reach your goals quicker. Visit with a Personal Trainer for details or visit the Weight Management page of our website for the NuShape Online link and register today. This tool is free for members.

NUTRITION COACHING

Make peace with your food! Work with our Nutrition Coach to improve your overall health by learning the best lifestyle choices and dietary habits. Our Nutrition Coaches will develop a customized dietary plan that can help you improve your fitness level so you can look and feel like the person you deserve to be.

Like Personal Training, we offer private and semi-private coaching sessions. Packages vary according to your interests and goals. Contact our Nutrition Coach at extension 532 to get started.



value your health

THE SECRET OF VITALITY BALANCING BODY CHEMISTRY

Find Out Ways to Seek Relief From:

- FATIGUE
- UNEXPLAINED WEIGHT GAIN
- DEPRESSION
- LOSS OF SEX DRIVE
- INSOMNIA
- PMS & MENOPAUSAL SYMPTOMS

Wednesday, January 27
6:30PM - 7:30PM
FREE TO MEMBERS

Register at Activities.

THE SECRET OF VITALITY: BALANCING BODY CHEMISTRY NUTRITION SEMINAR

Balance your body chemistry naturally with effective remedies. Learn how to reverse the affects of hormone, blood sugar and acid/alkaline imbalances that add inches to your waist and subtract quality years from your life. Find out ways to seek relief from fatigue, depression, insomnia, loss of sex drive, unexplained weight gain, PMS and menopausal symptoms. Don't miss this cutting edge seminar filled with practical tips. You'll also receive a free Life Extension Checklist to help you optimize your health and fitness.

WEDNESDAY, JANUARY 27
6:30PM - 7:30PM

Nutritionist: Laura Bartron
Members: Free, Guests: Free
[CONFERENCE ROOMS](#)

 [CLICK HERE FOR
MORE ON NUTRITION](#)

5 KEYS TO OPTIMUM HEALTH & SUCCESSFUL WEIGHT LOSS

Did you know... 89% of those who lost 30 pounds or more and kept it off a year later did it by using the right combination of diet and exercise? In contrast, only 10% succeeded by using just dieting and only 1% succeeded by just exercising.

- National Weight Control Registry

5 Keys to Optimal Health & Successful Weight Loss Seminars are designed specifically to help educate our members on core nutrition principles that, when applied consistently, will maximize the effects of their workouts and help them to look and feel their best. These seminars occur monthly. Please contact Activities for details and registration.

Members: Free

CHOLESTEROL SCREENING

Do you know your numbers? It's becoming more and more important to know what your cholesterol numbers are. Visit with our registered nurse, Jennifer Cardenas, on the third Saturday of every month for a quick and simple test to find out what your Cholesterol numbers are and start taking a more active role in your health. Please fast for 8 hours prior to your screening. Don't put your health on hold. Sign up for a screening today.

SATURDAY, JANUARY 16
7:00AM - 9:00AM

-OR-

SATURDAY, FEBRUARY 20
7:00AM - 9:00AM

-OR-

SATURDAY, MARCH 20
7:00AM - 9:00AM

Members: \$20



Supplements by Designs For Health

Each month, one of our Designs For Health products are highlighted and discounted. Check out what we've got in store for you the next three months!

JANUARY: TWICE DAILY ESSENTIAL PACKETS - 15% OFF

According to a study in the June 2002 issue of the Journal of American Medical Association, 'most people do not consume an optimal amount of all vitamins by diet alone'. Designs for Health's Twice Daily Essential Packets make it simple to take the basics everyday. Each convenient packet contains one multivitamin, Calcium Malate Chelate, Magnesium Malate Chelate, and an Omega Ultra Marine softgel for an effective solution to getting optimal amounts of your basic supplement needs. To help you start the New Year off right, we offering our Twice Daily Essential Packets for 15% off.

FEBRUARY: OMEGAVAIL MARINE TG LIQUID - 15% OFF

This delicious tasting liquid fish oil benefits your cardiovascular health, inflammation, immune system support, brain wellness, children's health and much more. The natural lemon flavor and added antioxidants enhance their stability, freshness, and taste.

MARCH: PALEOMEAL MEAL REPLACEMENT SHAKES - 15% OFF

PaleoMeal is a powdered nutrition formula designed to promote peak wellness by optimizing the intake of proteins, fats, carbohydrates, and micronutrients. PaleoMeal is ideal for weight loss, Type II Diabetes control, blood sugar imbalances, hypoglycemia, weight training and much more. Made of high quality protein and free of artificial flavors and sweeteners, this product is even safe for children.

Discounts available on purchases at the Pro Shop only. Certain restrictions may apply.

DESIGNS FOR HEALTH SUPPLEMENTS

Designs for Health products are professional grade nutritional supplements available to you exclusively at ClubSport through our Nutrition Coaches, Personal Trainers and the Pro Shop. These high quality products service a vast range of needs including heart health, weight management, blood sugar regulation, bone strength, immune system strength and more resulting in optimal health and wellness. In a world where the human body is under constant attack, protect and strengthen your body from the inside out. Visit with our Nutrition Coach for details on the right products for your lifestyle and needs.

RESTART KIT 7-DAY GENTLE CLEANSE

The ReStart Kit is a 7-day nutritionally complete program that helps to balance the metabolism, reduce sugar cravings, improve energy levels and gently cleanse the body of toxins. Each kit includes 7 PaleoBars, 14 PaleoMeal Packets, 14 Twice Daily Essential Vitamin Packets, and a 1-week Clean Eating Meal Plan. The average person loses 3-6 pounds with the ReStart Kit. For the best results, visit with our Nutrition Coach for expert guidance.

 [CLICK HERE FOR DFH PRODUCTS](#)



TAKE THE MELT DOWN CHALLENGE & WIN!

MELT AWAY UNWANTED POUNDS,
LOOK LEANER AND GET STRONGER IN 6 WEEKS

- Weekly Workout Routines
- 2 Free Body Fat Measurements
- Melt Down T-Shirt
- Weekly Nutrition Tips
- Club Discounts
- And More!

FREE to Members

Sign-ups begin January 1 through January 20

Email Rob Vargas to sign up: rob.vargas@clubsports.com

PREFERRED MERCHANTS

INDULGE

SOCIALIZE

RELAX & INDULGE

LOUNGE

SHOP

COMMUNITY

20
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WINTER

[↑ back to top](#)

CLUBSPORT PRO SHOP

YOUR NEW YEAR'S RESOLUTION

Is your New Year's resolution to stay healthy and fit? In January, take 10% off all Designs for Health products to help you reach your goals at the Pro Shop! Spend over \$200 and receive 15% off your total Designs for Health purchase. Spend over \$300 and receive 20% off! This is your best opportunity all year to stock up on all the highest quality supplements at our lowest prices.

JANUARY 1 - 31

LOVE IS IN THE AIR

Buy any red or pink inspired apparel or merchandise in the Pro Shop and receive 30% off! Show your special someone how much you love them with Stonewear Jewelry at an incredible 15% off! Stonewear creates beautiful unique jewelry you won't find anywhere else!

FEBRUARY 1 - 28

MEMBER APPRECIATION

We love and appreciate our members, which is why all members are receiving 25% off everything in the store! *Discount excludes jewelry and Designs For Health supplements.*

MARCH 1 - 31

value your comfort



MEMBER HOTEL DISCOUNTS

AT RENAISSANCE CLUBSPORT HOTELS

Aliso Viejo 30 MINUTES FROM
50 Enterprise DISNEYLAND & 20 MINUTES
Aliso Viejo, CA 92656 FROM JOHN WAYNE
AIRPORT

For reservations, call (949) 643-6700 or
email rcsav-reservations@clubsports.com.

Walnut Creek 30 MINUTES FROM
2805 Jones Road OAKLAND INT'L
Walnut Creek, CA 94597 AIRPORT

For reservations, call (925) 942-6388 or
email rcswc-reservations@clubsports.com.



RENAISSANCE®
ClubSport®
HOTEL • FITNESS • SPA

 click here for
more on hotels

SOCIALIZE

REFER A FRIEND
MERCHANT SHOWCASE

Showcase your business in 2010. Spaces are available for you, so give us a call today! Or, just come by during our merchant show and enjoy an evening with many of the businesses you see listed on the right. They will be offering you samples and deals you can't refuse! We will also be displaying our own Designs for Health products as well as chair massages and other ClubSport services.

WEDNESDAY, MARCH 24
5:30PM - 8:30PM

Members: Free, Guests: Free
Email Tony Young: tyoung@clubsports.com

ANGELS HOSPICE AND
CLUBSPORT HEALTH FAIR

Angels Hospice, in collaboration with ClubSport Fremont, is organizing a Community Health Faire Day. Angels Hospice medical staff will be providing free assessments and consultations on site for families or their loved ones who have a serious illness. Free blood pressure screening and information about comfort care will also be available. For more information about Angels Hospice, please visit www.AngelsHospice.org.

SATURDAY, JANUARY 9
10:00AM - 1:00PM



preferred
merchant

"Exercise" Your
Membership Card!

RECEIVE DISCOUNTS AT LOCAL
BUSINESSES JUST BY SHOWING YOUR
CLUBSPORT MEMBERSHIP CARD.

Advanced Laser Spa
Amex Mortgage
Andrew Wong DMS, MS
Antioch Family Entertainment
Services
Balloonatics
BMW of Fremont
Center for Dermatology
Diamond Properties Elite, Inc.
Digital Memories
Discover Chiropractic
Elite Sports Physical Therapy
Event Planning & Entertainment
Foot Solutions
Fremont Laser and Skin Care
Fremont Marriott
Henna Garden
Immigration & Business Services, Inc.
Lemans Kart Racing
Massimo's Restaurant
Mover's Pak-man
Music Plus Events DJ Services
NorthPoint Financial
Park Avenue Salon
Planet Beach
Poolside Bar & Grill
Raymond F. Churchill Legal Services
REC Solar, Inc.
Remax EastBay Group
Ryan M. Adler - Magician and
Illusionist
Signature Carpet One
Spin-a-Yarn Restaurant
Summitpoint Golf Course
The Bicycle Garage

For a complete list of
Preferred Merchants visit
clubsports.com

CLUBKID

KIDFIT

BIRTHDAYS

KIDS WORLD

PARENT ESCAPES

FITKIDS

KIDS YOGA

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WINTER

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value your winter break

WINTER BLAST 'TILL NEW YEAR'S PAST

Let our friendly Kids World staff take care of your kids while you are busy preparing for, or recovering from, the hectic holiday season.

Monday - Friday
December 28 - January 1
8:00AM - 5:00PM

Email Stacey Magnane to register: smagnane@clubsports.com

BEGINNING BALLET

(AGES 5+)

Encourage your children to enjoy music and movement together. They will have fun and make friends while they learn the fundamentals of dance. Children will develop coordination, posture, and self-discipline. They will learn proper technique and beginning ballet movements for warm-up and center work.

Each class concludes with five minutes of free dance for the children to let loose and develop their own choreography skills.

MONDAYS & WEDNESDAYS
4:00PM - 5:00PM

Instructor: Lizabeth Burrows
Members: \$60 for four classes (once/week) or \$80 for eight classes (twice/week)
Guests: \$72 for four classes (once/week) or \$104 for eight classes (twice/week)

KIDS YOGA

(AGES 5 - 13)

Elevate your kid's spirit. Yoga Instructor Kim Carol guides kids through yoga poses which instill calmness, confidence and balance. Yoga will also help your children develop better body awareness, self-control, flexibility and coordination.

WEDNESDAYS
6:00PM - 6:45PM

Instructor: Kim Carol
Members: \$40 for four classes
Guests: \$50 for four classes

WUSHU OR KUNG FU

(AGES 5 & UP)

Wushu or Kung Fu is a form of Chinese martial arts comprised of stances, kicks, punches, balances, jumps, sweeps, and throws. Children will learn self-respect and self-discipline while developing strength, coordination and flexibility. Both free hand and weapon forms will be taught. No sparring or other type of direct student-to-student competition.

MONDAYS & WEDNESDAYS
8:30PM - 9:20PM (AGES 18 & UP)

-OR-

TUESDAYS & FRIDAYS
7:00PM - 7:50PM (AGES 5 - 8)
8:15PM - 9:05PM (AGES 8 - 17)

-OR-

SATURDAYS
12:00PM - 12:50PM (AGE 5 - 8)
1:00PM - 1:50PM (AGE 8 - 17)
2:00PM - 2:50PM (AGES 18 & UP)

-OR-

SUNDAYS
12:00PM - 12:50PM (AGE 5 - 8)
1:00PM - 1:50PM (AGE 8 - 17)
2:00PM - 2:50PM (AGES 18 & UP)

Instructor: Sifu Hannah

FIT KIDS FOR TODDLERS

(AGES 2 - 6)

Join Kids World in a free class specifically designed for Toddlers between the ages of 2 and 6. This class will help improve Toddlers' motor skills, coordination, listening skills and their ability to play in groups.

TUESDAYS & THURSDAYS
11:00AM - 11:30AM
-OR-
11:35AM - 12:00PM

Members: Free

VALENTINE'S EVENING ESCAPE

(AGES 5 - 12)

Valentine's Evening Escape is the perfect opportunity for parent's to have a night out on the town with the one they love. Leave your children at the club this Valentine's Day and they will enjoy dinner, games, and arts and crafts!

SATURDAY, FEBRUARY 13
6:00PM - 10:00PM

Members: \$20 per child, Guests: \$35 per child

Special price for 2 children:
Members: \$10 per child, Guests: \$20 per child

BIRTHDAY PARTIES

Let us make your child's birthday delightful and memorable, so that you can enjoy the moment. You choose the activities and we will do the rest. Each party package is designed for 12 guests. Additions may be made for a supplementary fee.

Choose from Obstacles of Fun, Hip Hop Dance Party, Under the Sea, or Totally Sports (with 4 different sports to choose from).

Each Party Package includes:

- Goodie bags
- Snacks & drinks
- Basic utensils & paper goods
- Our birthday party staff
- Specialized activity instructor
- Guest passes for parents
- Complimentary childcare for the duration of the party



CLICK HERE FOR
MORE ON KIDS WORLD

CLUBSPORT FREMONT

(510) 226.8500

PROGRAM / EVENT REGISTRATION

ACTIVITIES DESK: EXT. 504

GROUP FITNESS

PAM RYAN: EXT. 522

SPORTS & OTHER PROGRAMS

TONY YOUNG: EXT. 501

TENNIS

LARRY PARKER: EXT. 516

AQUATICS

MARK CARTER: EXT. 520

PERSONAL TRAINING & NUTRITION

ROB VARGAS: EXT. 507

THE SPA

PRISCILLA LEITNER: EXT. 521

KIDS WORLD

STACEY MAGNANE: EXT. 534

WWW.CLUBSPORTS.COM



www.clubsports.com/fremont