

CLASSES AND PROGRAMS:

Snowcreek classes and programs are taught by experienced and certified instructors and are designed to reach a diverse audience looking for a variety of fitness modes.

FITNESS CLASSES:

Snowcreek's group exercise schedule, which can be found on the website, in the monthly newsletter and at the Club, offers an array of fitness classes to fit a participant's every need. Classes include, but are not limited to:

- Kickboxing
- Yoga and YogaFit
- Mat and Props Pilates
- Yoga/Pilates Fusion
- Cycle Fit
- Swimming
- Core Conditioning
- Stretch
- Splash
- Express Workout

YOGA:

Snowcreek Athletic Club offers yoga that spans a variety of styles to fit the preferences of our guests and members.

YOGAFIT:

YogaFit is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. YogaFit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness. YogaFit has and continues to bring yoga to the fitness industry. ¹

HATHA YOGA:

Traditional Hatha Yoga is a holistic yogic path, including moral disciplines, physical exercises (e.g., asanas (postures) and Pranayama (breath control)), and meditation. The Hatha yoga predominantly practiced in the West consists of mostly asanas (postures) and exercise.

Commonly referred to as Ashtanga Yoga, Hatha yoga attempts to balance mind and body via physical exercises, or "asanas", controlled breathing and the calming of the mind through relaxation and

meditation. Asanas teach poise, balance & strength and are practiced to improve the body's physical health and clear the mind in preparation for meditation in the pursuit of enlightenment. 2

1. YogaFit, 2008

2. Wikipedia, 2008

PAID PROGRAMS

In addition to group exercise classes, Snowcreek Athletic Club offers special programs for children, youth and adults that focus on specialized training and more specific programs. Our Club Programs are fee-based and include:

- Tennis
- Swimming
- Personal Training
- Pilates
- Dance
- Children's Activity Classes
- Mixed Martial Arts
- Boot Camp
- Sports-Specific Coaching
- Basketball
- Volleyball

TENNIS:

Whether you are a serious player or someone looking to shed some weight, tennis offers a playful and spirited environment to improve your health. Snowcreek is proud to host a tennis pro who brings camps, clinics, play and tournaments to both members and guests, the local community and the greater tennis community.

Children, youth and adult programs for all skill levels fill the schedule. Tennis courts are available for reservation by Club Members only. All courts are open to guests on a drop-in basis.

SWIMMING:

Snowcreek offers lessons, clinics and classes in swimming for children through adult ages. Private lessons are available in half-hour and longer time periods. The Club's group exercise schedule also features swim fitness classes such as Splash, where participants use the water's resistance properties to train the body's muscular and cardio-respiratory systems.

PERSONAL TRAINING:

Training at Snowcreek Athletic Club is unique in that the trainer-client model can encompass a vast array of fitness modes to help clients reach their goals, such as:

- Fitness assessments
- Form and technique evaluation and lessons
- Resistance Training
- Cardio-Respiratory Training

- Cross Training
- Flexibility Training
- Lifestyle Coaching

Clients have the opportunity to work one on one with a trainer, pair with a partner or join a small training group.

PILATES:

Snowcreek Athletic Club offers mat, prop and equipment classes in Pilates.

Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. With systematic practice of specific exercises coupled with focused breathing patterns, Pilates has proven itself invaluable not only as a fitness endeavor itself, but also as an important adjunct to professional sports training and physical rehabilitation of all kinds. With the aging of our population and the increasing trend toward mindful, moderate health practices, Pilates has proven to endure the trend it was thought to be.

Practiced faithfully, Pilates yields numerous benefits. Increased lung capacity and circulation through deep, healthy breathing is a primary focus. Strength and flexibility, particularly of the abdomen and back muscles, coordination—both muscular and mental, are key components in an effective Pilates program. Posture, balance, and core strength are all heartily increased. Bone density and joint health improve, and many experience positive body awareness for the first time. Pilates

teaches balance and control of the body, and that capacity spills over into other areas of one's life.³

3. Pilates Method Alliance, 2008

DANCE PROGRAM:

Classes in ballet, jazz, tap, salsa, hip hop and more are offered for children through adult ages.

CHILDREN'S PROGRAMS:

Snowcreek's children's programs are designed to provide the Club's young members with a fun and creative introduction to movement as well as to bring the youth community together in a healthy environment. Children sing, dance, laugh, stretch, jump, play instruments, learn crafts and enjoy healthy fit fun! All ability levels.

MIXED MARTIAL ARTS:

Snowcreek Athletic Club offers organized classes in Grappling, Wrestling, Brazilian Jiu Jitsu, Judo, Karate, Boxing, Muay Thai and Kempo with stretching drills, technique work, application exercises, and live sparring. All levels of experience are equally welcome and can expect to learn a general foundation for a variety of martial art and grappling techniques taught world-wide. Access to training

equipment includes grappling mats, two heavy bags, a muay Thai bag, a speed bag, and other sparring materials. Currently classes are for adults but we are looking into expanding our program to children and youth.

BOOTCAMP:

Join Snowcreek's Boot Camp sessions designed to produce great results by delivering military and callisthenic based exercises to boost your heart rate and challenge your strength.

COACHING:

Coaches are available for sport-specific training for many activities including running, skiing, biking, climbing, triathlons and much more. Join training camps to improve race and competition performance as well as overall fitness and cross training benefits.

BASKETBALL:

In addition to a full size basketball court gym, Snowcreek hosts pick up games and leagues throughout the year.

VOLLEYBALL:

A full size, indoor court is available for use upon reservation. Snowcreek also sponsors pick-up volleyball games organized by players.

PLEASE VISIT US AT THE CLUB FOR MORE INFORMATION ON EACH CLASS OR PROGRAM OR CONTACT SNOWCREEK FITNESS DIRECTOR, KATHY DOLAN AT kathy@snowcreekathleticclub.com or 760.934.8511

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