



Events and Activities

-CGAC Summer Adult Tennis Ladder Kick Off Complimentary Party
SUNDAY JUNE 1st – 3PM to 4PM

-CGAC Members Mixer @ Cibo Wine Bar
THURSDAY JUNE 5th – 7:30PM to 11PM

-CGAC Members Complimentary Tennis Clinic
SUNDAY JUNE 15th- 10AM to 12PM

-CGAC Kids Group Swimming Program*
MONDAYS - THURSDAYS
First Session- 4:30PM to 5:15PM
Second Session- 5:15PM to 6PM

-CGAC Pool Side Barbecue*
SATURDAY & SUNDAYS- 11AM to 3PM

*Additional Fees apply

Coral Gables Athletic Club Aerobic Classes - June 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7am Peak Performance w/ Matt	8am Yoga w/ Jeanette	7am Peak Performance w/ Matt	8am Yoga w/ Jeanette		8am Bootcamp w/ Freddy
	7am Spinning* w/ Guido	9am High Intensity Interval Training w/ Freddy	7am Spinning* w/ Guido	9am High Intensity Interval Training w/ Freddy	9am Pilates w/ Erin	9am Yoga w/ Jeanette
10am (June 15) Tennis Clinic	9am Pilates w/ Erin	10am Spinning* w/ Guido	9am Pilates w/ Erin	10am Spinning* w/ Guido		10am Spinning* w/ Guido
						10am Aqua-Fit w/ Alex
	6:30pm bodyART Atrium w/ Ewa		6:30pm Swim Pro w/ Jim	6pm Yoga w/Jeanette		
	6:30pm Cross Training w/ Ben	6:30pm Bootcamp w/ Freddy	6:30pm Cross Training w/ Ben	6:30pm Bootcamp w/ Freddy		
	7pm Spinning* w/ Desiree	7pm Spinning* w/ Rini	7pm Spinning* w/ Desiree	7pm Spinning* w/ Guido		
	7:30pm Kickboxing w/ Guido	7:30pm High Intensity Interval Training w/ Freddy	7:30pm Kickboxing w/ Guido	7:30pm High Intensity Interval Training w/ Freddy		

* Additional fees apply. Contact the CGAC for details.

Extended Pool Hours

Sunday June 1, 2014 pool closes at 7PM
Friday June 6, 2014 pool closes at 7PM
Friday June 13, 2014 pool closes at 7PM
Saturday June 14, 2014 pool closes at 7PM
Sunday June 15, 2014 pool closes at 7PM
Sunday June 22, 2014 pool closes at 7PM
Saturday June 28, 2014 pool closes at 7PM
Sunday June 29, 2014 pool closes at 7PM

Early Pool Closures

Saturday June 7, 2014 pool closes at 4PM
Saturday June 21, 2014 pool closes at 5:15PM



ATHLETIC CLUB HOURS OPEN 7 DAYS A WEEK

TENNIS COURTS

MONDAY-FRIDAY: 8:00 AM - 12:00 PM & 1:00 PM - 6:00 PM

SATURDAY-SUNDAY: 8:00 AM - 12:00 NOON & 1:00 PM - 3:00 PM

RESERVATIONS REQUIRED 24 HOURS IN ADVANCE

305-448-9004 · NLTENNIS@YAHOO.COM

WWW.NLTENNIS.COM

GYM

WEEKDAYS: 6:00 AM - 10:00 PM* WEEKENDS: 8:00 AM - 8:00 PM*

*GYM WILL CLOSE HALF HOUR PRIOR IF NO MEMBERS ARE PRESENT.

POOL

MONDAY: 12 - 8PM | TUESDAY - THURSDAY: 6AM - 8PM
FRIDAY: 6AM - 5:30PM | SATURDAY - SUNDAY: 8AM - 5:30PM

*MAY CLOSE EARLIER FOR EVENTS

ALL MEMBERS ARE ASKED TO CHECK THE WEBSITE OR ATHLETIC CLUB CALENDAR FOR REVISED TIMES. THE GYM FACILITY, POOL, OR TENNIS COURTS, AT THE DISCRETION OF MANAGEMENT, MAY CLOSE EARLY FOR MAINTENANCE OR FOR EVENTS.

CLASS DESCRIPTIONS

AQUA FIT: This class uses both the deep and shallow areas of the pool to give you a great low-impact workout. Instructors will use a variety of class formats and equipment to help increase cardiovascular endurance, muscle strength, tone and flexibility.

BODYART: BodyART® perfectly combines functional training and classical breathing techniques to create synergy of physical training with mental relaxation. The ultimate aim of bodyART® training is to ensure the correct functioning of the entire body through strengthening and stabilizing all aspects of human movement. A beautiful and challenging workout that regards the human being as a bonding of three factors: body, mind and soul. It is designed to push your physical and mental limits.

BODYART ATRIUM: BodyART® This exclusive bodyART class is hosted at the beautiful Atrium room, located in front of the CGAC pool. The Atrium room decor, peaceful surroundings and pool views, set the tone for total focus and relaxation.

BOOT CAMP – An outdoor group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. This class is designed to make you sweat and pushes you similar to a military style boot camp. it incorporates pushups, plyometrics, interval training, squats, lunges, squat thrusts or burpees, speed training with sprints while promoting core strength.

HIGH INTENSITY INTERVAL TRAINING: is a type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover. This type of training has been used by athletes to improve performance, but it's also been shown to benefit the average exerciser. HIIT training not only helps performance, it also improves the ability of the muscles to burn fat.

CROSS TRAINING: A combination of cardiovascular and strength movements that build strength and conditioning through extremely varied and challenging workouts. Each class will test different parts of your functional strength and conditioning, not specializing in one particular thing, but rather with the goal of building and working the entire body.

KICKBOXING: The workout incorporates functional movement focused on training your core, basic punches, correct footwork, & basic patterns of movement. It is a fun aerobic experience that helps promote weight loss, increase endurance, improve coordination, and is motivating.

PILATES: A body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on spinal and pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (tones abdominals while strengthening the back), and improving coordination and balance.

PEAK PERFORMANCE: To look like an athlete you have to Train like an athlete. Come train like a pro as we utilize different training techniques and specialized equipment that professionals use to perform better in their respective sports. This class will promote weight loss, while improving your strength, endurance and agility.

SPINNING*: This class combines high intensity, non-impact training and will work your legs, glutes, heart, lungs and sweat glands like they've never been worked before! Our classes are set to heart-pumping music, intense lighting effects and feature changes in speed and intensity. Over 600 calories can be burned during one session on our top of the line StarTrac Spinner Blades!

SWIM-PRO: This performance based swimming class is designed to make you a faster, more efficient swimmer. Interval training, kicking, and swimming drills are incorporated to improve your speed and endurance. Land based stretching and core work is also included. This class will improve your aerobic fitness, flexibility, and overall state of health and well-being. This class is for members 13 and up. Participants must be able to swim a minimum of 100 yards.

YOGA (LEVEL 1: BEGINNERS): A variation of Hatha and Restorative Yoga. Simple and basic postures for all levels. Being able to sit on the floor is a must. This type of yoga fortifies and helps to stretch all muscles and at the same time relax the whole body. Less effort is done with the help of props such as bolsters, straps and blocks and with the help of gravity helps to release tension and relax the body and mind.

YOGA (LEVEL 2: INTERMEDIATE): This class encompasses Hatha Yoga and Vinyasa Yoga. This class fortifies, stretches and balances the body using postures and techniques such as breathing exercises, meditation and concentration. This helps sync the body, mind and spirit. Develops Stamina and endorphins. Good for all type of athletes.

* Additional fees apply. Contact the CGAC for details.