

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:30am: Yoga Fusion 9:15am: Circuit Training  4:00pm: Swim Team 6:00pm: Yoga for Fitness ** 4:7pm: Fresh Roast Family Buffet	2 6:30am: Conditioning For Life 8am: Power Pilates 9:15am: Zumba - <i>New Class</i> 9-11:00am: Summer Mini Camp 6-8:30pm: Movie Night/ Crittter Camp*	3 8:00-9:15am: Boot Camp 8:30am: Women's Tennis 8:30-12pm: Camp Santaluz  6-8pm: Open Basketball (ages 12-16)
4  1:00-6:00pm: 4th of July Poolside Picnic	5 6:30am: Muscle Conditioning 7am-2:00pm: Fresh Roast Open 8am: Women's Tennis Clinic (4.0) 9-11:00am: Summer Mini Camp 9-10-10:20am: Tween Fun Fitness 9:15am: Cardio Core 9:30am: Women's Tennis Clinic (4.5) 4:6pm: Boys Basketball Practice 6-8pm: Basketball Open Gym (ages 18+)	6 <b>Summer Camp</b> 6:30am: Yoga Plus 9:15am: Circuit Training 9am: Women's Tennis (3.0)  4-5pm: Boys Basketball Practice 4:00pm: Swim Team 6:00pm: Zumba - <i>New Class</i>	7 <b>Summer Camp</b> 6:30am: Heart Rate Training 9:15am: Pilates Mat 9am: Women's Tennis (3.5) 2-3:30pm: Boys Basketball Practice  4:00pm: Swim Team 6:30pm: Men's Tennis	8 <b>Summer Camp</b> 6:30am: Yoga Fusion 9:15am: Cardio Muscle Conditioning  4:00pm: Swim Team 6:00pm: Yoga for Fitness ** 4:7pm: Fresh Roast Family Buffet	9 <b>Summer Camp</b> 6:30am: Conditioning For Life 8am: Power Pilates 9:15am: Zumba - <i>New Class</i>  4-8pm: Fresh Roast Happy Hour	10 8:00-9:15am: Boot Camp 8:30am: Women's Tennis 8:30-12pm: Camp Santaluz  6-8pm: Open Basketball (ages 12-16)
11	12 6:30am: Muscle Conditioning 8am: Women's Tennis Clinic (4.0) 9-11:00am: Summer Mini Camp 9-10-10:20am: Tween Fun Fitness 9:15am: Cardio Core 9:30am: Women's Tennis Clinic (4.5)  4:6pm: Boys Basketball Practice 6-8pm: Basketball Open Gym (ages 18+)	13 6:30am: Yoga Plus 9:15am: Circuit Training 9am: Women's Tennis (3.0) 9-11:00am: Summer Mini Camp 9:30am-2:00pm: Junior Tennis Camp  4-5pm: Boys Basketball Practice 4:00pm: Swim Team 6:00pm: Zumba - <i>New Class</i>	14 6:30am: Heart Rate Training 9:15am: Pilates Mat 9am: Women's Tennis (3.5) 9:30am-2:00pm: Junior Tennis Camp 2-3:30pm: Boys Basketball Practice  4:00pm: Swim Team 6:30pm: Men's Tennis	15 6:30am: Yoga Fusion 9:15am: Circuit Training 9:30am-2:00pm: Junior Tennis Camp  4:00pm: Swim Team 6:00pm: Yoga for Fitness ** 4:7pm: Fresh Roast Family Buffet	16 6:30am: Conditioning For Life 8am: Power Pilates 9:15am: Zumba - <i>New Class</i> 9-11:00am: Summer Mini Camp 9:30am-2:00pm: Junior Tennis Camp  6-8:30pm: Movie Night/ Crittter Camp* 5:30-7pm: Men's Tennis Mixer 4-8pm: Fresh Roast Happy Hour	17 8:00-9:15am: Boot Camp 8:30am: Women's Tennis 8:30-12pm: Camp Santaluz  6-8pm: Open Basketball (ages 12-16)
18	19 6:30am: Muscle Conditioning 8am: Women's Tennis Clinic (4.0) 9:15am: Cardio Core 9-11:00am: Summer Mini Camp 9-10-10:20am: Tween Fun Fitness 9:30am: Women's Tennis Clinic (4.5) 4:6pm: Boys Basketball Practice 6-8pm: Basketball Open Gym (18+)	20 <b>Summer Camp</b> 6:30am: Yoga Plus 9:15am: Circuit Training 9am: Women's Tennis (3.0)  4-5pm: Boys Basketball Practice 4:00pm: Swim Team 6:00pm: Zumba - <i>New Class</i>	21 <b>Summer Camp</b> 6:30am: Heart Rate Training 9am: Women's Tennis (3.5) 9:15am: Pilates Mat 2-3:30pm: Boys Basketball Practice  4:00pm: Swim Team 6:30pm: Men's Tennis	22 <b>Summer Camp</b> 6:30am: Yoga Fusion 9:15am: Cardio Muscle Conditioning  4:00pm: Swim Team 6:00pm: Yoga for Fitness ** 4:7pm: Fresh Roast Family Buffet	23 <b>Summer Camp</b> 6:30am: Conditioning For Life 8am: Power Pilates 9:15am: Zumba - <i>New Class</i>  4-8pm: Fresh Roast Happy Hour	24 8:00-9:15am: Boot Camp 8:30am: Women's Tennis 8:30-12pm: Camp Santaluz  6-8pm: Open Basketball (ages 12-16)
25	26 6:30am: Muscle Conditioning 8am: Women's Tennis Clinic (4.0) 9-11:00am: Summer Mini Camp 9-10-10:20am: Tween Fun Fitness 9:15am: Cardio Core 9:30am: Women's Tennis Clinic (4.5) 4:6pm: Boys Basketball Practice 6-8pm: Basketball Open Gym (ages 18+)	27 <b>Summer Camp</b> 6:30am: Yoga Plus 9:15am: Circuit Training 9am: Women's Tennis (3.0)  4-5pm: Boys Basketball Practice 4:00pm: Swim Team 6:00pm: Zumba - <i>New Class</i>	28 <b>Summer Camp</b> 6:30am: Heart Rate Training 9am: Women's Tennis (3.5) 9:15am: Pilates Mat 2-3:30pm: Boys Basketball Practice  4:00pm: Swim Team 6:30pm: Men's Tennis	29 <b>Summer Camp</b> 6:30am: Yoga Fusion 9:15am: Circuit Training  4:00pm: Swim Team 6:00pm: Yoga for Fitness ** 4:7pm: Fresh Roast Family Buffet	30 <b>Summer Camp</b> 6:30am: Conditioning For Life 8am: Power Pilates 9:15am: Zumba - <i>New Class</i>  4-8pm: Fresh Roast Happy Hour	31 8:00-9:15am: Boot Camp 8:30am: Women's Tennis 8:30-12pm: Camp Santaluz  6-8pm: Open Basketball (ages 12-16)

## Fitness

### CARDIO MUSCLE CONDITIONING\*

Every other Thursday, 9:15am \$10 per class  
Low impact/step aerobics followed by total body strengthening exercises.

### PILATES MAT\*

Wednesday, 9:15 to 10:15am

### MUSCLE CONDITIONING\*

Mondays, 6:30am \$10 per class  
Every type of muscle strength and conditioning work for the whole body. All levels welcome!

### CIRCUIT TRAINING\*

Tuesdays, 9:15am \$10 per class  
Every other Thursday, 9:15 to 10:15am

### HEART RATE INTERVAL TRAINING\*

Wednesdays, 6:30am \$10 per class  
Interval training can supercharge your fitness, boost your metabolism and burn fat.

### CARDIO CORE\*

Mondays, 9:15am \$10 per class- *New Time*  
A combination of different aerobic activity from step, to high and low impact moves focusing on abs, back & glutes.

### CONDITIONING FOR LIFE\*

Fridays, 6:30am \$10 per class  
Slow moving strength and flexibility moves to help condition your muscles to be able to move smoothly in everyday life. All levels welcome!

### POWER PILATES\*

Fridays, 8:00am \$10 per class  
We recreate working on the Pilates Reformer using kettlebells, Pilates balls and rollers while implementing Pilates principles. All levels welcome!

### YOGA FUSION\*

Thursdays, 6:30am \$10 per class  
Strength, flexibility, agility and yoga fusion for every population.

### YOGA PLUS\*

Tuesdays, 6:30am \$10 per class  
Practice some traditional yoga poses with a focus on core strengthening, muscle lengthening and restorative stretching with the benefit of using foam rollers.

### YOGA FOR FITNESS\*

Thursdays, 6:00pm \$10 per class

### BOOT CAMP\*

Saturdays, 8:00 to 9:15am \$10 per class

### ZUMBA\*- *New Class*

Tuesdays, 6:00pm  
Fridays, 9:15am \$10 per class  
The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## Camp

### MOVIE NIGHT- Ages 5 to 12

Friday, July 2 - *Alvin & the Chipmunks: The Squeekel*  
Friday, July 16 - *The Great Mouse Detective*  
6:00 to 8:30pm Ages 5-12  
\$15 per child\* \$20 per guest  
Includes Chicken Fingers, drinks & a movie.  
For reservations please call Anne at 858-759-3139 at least 48 hours in advance.

### CRITTER CAMP - Ages 4 & 5

Friday, July 2  
Friday, July 16  
6:00 to 8:30pm  
\$15 per child\* \$20 per guest  
Includes: Dinner, play dough, games, puzzles and cartoons. Please bring your Critter dressed in his/her jammies along with a blanket, pillow or anything else to help your toddler feel comfortable.  
Please call Anne at 858-759-3139 to RSVP.

### SUMMER MINI CAMP

Friday, July 2  
Monday, July 5  
Monday, July 12  
Tuesday, July 13  
Friday, July 16  
Monday, July 19  
Monday, July 26  
9:00 to 11:00am  
Have your kids join us at Camp for some educational activities, while you enjoy our fitness facilities.  
\$7 per child\*  
Please call Anne at 858-759-3139 to RSVP.

### CAMP SANTALUZ

Saturdays, 8:30 to 12:00pm  
Changes are being made here at Camp Santaluz! From now on, Saturday Camp will always be themed.  
July 3 - 4th of July  
July 10 - Poem Day  
July 17 - Skit Day  
July 24 - Kid Yoga Class  
July 31 - Joker Party  
Ages 4 - 12, \$15 per child\*  
Please call Anne at 858-759-3139 to RSVP.

### CAMP SANTALUZ 2010 SUMMER CAMP

Mark your calendars!  
Tuesday, July 6 - Friday, July 9  
Monday, July 19 - Friday, July 23  
Tuesday, July 27 - Friday, July 30  
*Please visit our website at [www.thesantaluzclub.com](http://www.thesantaluzclub.com) for for information*

*The Dolphins (ages 6-12) - Max. 50*  
*The Goldfish (ages 4-6) - Max. 40*

*\*Included in monthly pre-paid fitness or camp fee  
Please provide a 48 hour notice when canceling activities  
\*\*Your account will automatically be charged.  
Cancellations will be accepted up to 48 hours prior to the event.*

## Special Events

### TWEEN FUN FITNESS CAMP - *NEW*

Every Monday, 9:10-10:20am  
Ages 9-12  
\$15 per class or \$40 for the whole month  
Have The Santaluz Club's well credentialed and really FUN FITNESS instructors keep your kids active, strong and worn out during the summer months! Classes will each be different and will include Obstacle Course, Tween's Circuit Training, Tween Yoga, Body Weight Training, Boot Camp for Tweens, Tween Step, Tween Zumba and more!  
Call Lisa at 858-753-3118 to reserve your Tween spot.  
*Minimum of 8 and maximum of 15 campers.*

### FRESH ROAST FAMILY BUFFET

Thursday, July 1  
Thursday, July 8  
Thursday, July 15  
Thursday, July 22  
Thursday, July 29  
4:00 to 7:00 pm  
\$15.95++ Adults  
\$9.95++ Children 12 and under

### FRESH ROAST HAPPY HOUR

Every Friday 4:00pm-8:00pm  
Drink specials and Appetizer Menu.

### 4TH OF JULY POOLSIDE PICNIC

Sunday, July 4  
1:00-6:00pm  
Come and enjoy an Old Fashioned Patriotic Poolside Picnic! Fried Chicken, Potato Salad, Mac & Cheese, Green Bean Casserole, Apple Pie and Strawberry Shortcake! Bounce House, Games, Crafts. Something for the entire family. Guests welcome too!  
\$22.95++ per Adult  
\$12.95++ per Child  
Children 5 and Under are Free  
Please call 858-759-3157 for reservations.

Main Number	(858) 759-3120
Gordon Carter	(858) 759-3110
Hella Tyler	(858) 759-3124
Membership	(858) 759-3109
Member Services	(858) 759-3104
Fitness	(858) 759-3118
Camp	(858) 759-3139
Banquets	(858) 759-3130
Fresh Roast	(858) 759-3125
Hacienda Shop	(858) 759-3105

Fresh Roast (Monday):	CLOSED
Fresh Roast (Tues & Wed.):	7am - 4pm
Fresh Roast (Thurs. & Fri.):	7am - 8pm
Fresh Roast (Saturday)	7am - 6pm
Fresh Roast (Sunday)	7am - 4pm
Gym & Fitness (Mon-Sun):	5am - 10pm
Pool (Tues-Sun):	7am - 8pm
Tennis (Tues-Sun):	7am - 10pm
Hacienda Shop (Tues-Sun)	9am - 5pm

## Tennis/Recreation

### ADULT TENNIS CLINICS

**Women's 3.0**  
Tuesdays, 9:00 to 10:30am  
**Women's 3.5**  
Wednesdays, 9:00 to 10:30am  
**Women's 4.0**  
Mondays, 8:00 to 9:30am  
**Women's 4.5**  
Mondays, 9:30 to 11:00am

### *Clinic Pricing:*

1.5 hour Clinic \$25 (min 4 players)  
2 hour Clinic \$35 (min 4 players)  
Please call the Tennis Shop at 759-3105 to sign-up for clinics and to reserve court time.

### DROP IN TENNIS (Courts 4 & 5)

**MEN'S** - Wednesdays at 6:30 to 8:00pm  
**WOMEN'S** - Saturdays at 8:30 to 10:00am

### JUNIOR TENNIS CAMP AGES 7-16

July 13-16 \$150.00 per week.  
Includes a daily snack and drink. Please wear appropriate clothing and bring a water bottle and tennis racquet.  
*Tennis Instruction 9:30am-12:00pm*  
*Lunch 12:00-12:30pm*  
*Supervised Swim 12:30-2:00pm*  
Your child may elect to stay for lunch & supervised swim. If the child is under 12, they must pass the lifeguard supervised swim test to be eligible. Lunch charged to member account.

### MEN'S TENNIS MIXER

Friday, July 16  
5:30-7:00pm  
\$15 per person  
Join us on the courts for some tennis fun and sharpen your match play with a variety of players. Bring a friend and introduce them to our great club! The charge of \$15 includes prizes and a ticket for a beverage at the Fresh Roast Happy Hour! Come for the tennis but stay for the food, friends and fun at the Fresh Roast Happy Hour. Please call 858-759-3105 to RSVP.

### BASKETBALL NIGHT AGES 12-16

Saturdays, 6:00 to 8:00pm  
No need to RSVP, just bring your game and skills!

### BASKETBALL OPEN GYM (AGES 18+)

Mondays, 6:00 to 8:00pm  
No need to RSVP, just bring your game and skills!

### BOYS SUMMER BASKETBALL PRACTICE

Monday, 4:00 - 6:00pm  
Tuesday, 4:00 - 5:00pm  
Wednesday, 2:00 - 3:30pm

### SWIM TEAM PRACTICE

Tuesdays, Wednesdays, and Thursdays  
4:00 to 5:00pm