



MAY 2023

SUN	MON	TUE	WED	THUR	FRI	SAT	
	<p>Zumba JoJo 9:00 AM</p> <p>Aqua Fit Jenny C 1:00 PM</p> <p>30/30 FIT Kelly 5:30 PM</p>	<p>HIIT/LIIT Kelly 6:00 AM</p> <p>Strength & Stretch Yoga JoJo 6:30 PM</p>	<p>Barre JoJo 8:00 AM</p> <p>Yin Yoga Erin 5:00 PM</p>	<p>Strength Training Kelly 6:00 AM</p> <p>Mahjong 3:30 PM</p> <p>Poker Club 6:00 PM</p> <p>Thursday Night Lights 6:30 PM</p>	<p>Fit To Play Kathy 7:30 AM</p> <p>Aqua Fit Jenny C 9:30 AM</p> <p>Coffee Talk 10:00 AM</p> <p>Cinco de Mayo at C+R 4:00 PM</p> <p>Pickleball and Potluck 6:15 PM</p>	<p>Hiking Club 7:00 AM</p> <p>Pickleball Lessons 8:00 AM</p> <p>Yoga Flow Erin 9:00 AM</p> <p>Kentucky Derby Party 1:00 PM</p>	
7	<p>Zumba JoJo 9:00 AM</p> <p>Aqua Zumba Helen 1:00 PM</p> <p>30/30 Fit Kelly 5:30 PM</p>	<p>HIIT/LIIT Kelly 6:00 AM</p> <p>Annual Meeting 6:00 PM</p> <p>Strength & Stretch Yoga JoJo 6:30 PM</p>	<p>Barre JoJo 8:00 AM</p> <p>Yin Yoga Erin 5:00 PM</p> <p>Ladies Floral Arrangement Class 6:00 PM</p> <p>Pickleball Lessons 6:00 PM</p> <p>Veterans Club 7:00 PM</p>	<p>Strength Training Kelly 6:00 AM</p> <p>Mahjong 3:30 PM</p> <p>Poker Club 6:00 PM</p> <p>Thursday Night Lights 6:30 PM</p>	<p>Fit To Play Kathy 7:30 AM</p>	<p>Yoga Flow Erin 9:00 AM</p> <p>Kids Art Club</p> <p>Mother's Day Craft 10:00 AM</p>	
14	<p>Aqua Zumba Helen 1:00 PM</p> <p>30/30 Fit Kelly 5:30 PM</p>	<p>HIIT/LIIT Kelly 6:00 AM</p> <p>Strength & Stretch Yoga JoJo 6:30 PM</p> <p>Adult Art Club 6:00 PM</p>	<p>Pilates Fusion Helen 8:00 AM</p> <p>Yin Yoga Erin 5:00 PM</p>	<p>Strength Training Kelly 6:00 AM</p> <p>Mahjong 3:30 PM</p> <p>Poker Club 6:00 PM</p> <p>Thursday Night Lights 6:30 PM</p>	<p>Fit To Play Kathy 7:30 AM</p> <p>Aqua Fit Jenny C 9:30 AM</p> <p>Veterans Club Social 4:00 PM</p> <p>Summer Kickoff Luau 6:00 PM</p>	<p>Pickleball Lessons 8:00 AM</p> <p>Yoga Flow Erin 9:00 AM</p>	
21	<p>Aqua Zumba Helen 1:00 PM</p> <p>30/30 Fit Kelly 5:30 PM</p> <p>Ladies Bunco Night 6:00 PM</p>	<p>HIIT/LIIT Kelly 6:00 AM</p> <p>Strength & Stretch Yoga JoJo 6:30 PM</p>	<p>Yogalates Jenny C 8:00 AM</p> <p>Yin Yoga Erin 5:00 PM</p>	<p>Strength Training Kelly 6:00 AM</p> <p>Mahjong 3:30 PM</p> <p>Poker Club 6:00 PM</p> <p>Thursday Night Lights 6:30 PM</p>	<p>Fit To Play Kathy 7:30 AM</p> <p>Aqua Fit Jenny C 9:30 AM</p>	<p>Yoga Flow Erin 9:00 AM</p>	
28	<p>Zumba JoJo 9:00 AM</p> <p>Aqua Zumba Helen 1:00 PM</p> <p>30/30 Fit Kelly 5:30 PM</p>	<p>HIIT/LIIT Kelly 6:00 AM</p> <p>Crafters Club 6:00 PM</p> <p>Strength & Stretch Yoga JoJo 6:30 PM</p>	<p>Barre JoJo 8:00 AM</p> <p>Yin Yoga Erin 5:00 PM</p>				

FITNESS

30/30 FIT Build muscle, burn fat, increase performance, agility and endurance as well as overall cardiovascular health. Join this 30 minute Strength Training circuit followed by a 30 minute "feel good" stretch session. Fitness levels are welcome!

AQUA FIT Perfect for those who are looking to make a splash by adding low impact, high-energy aquatic exercise to their fitness routine. Come join the fun!

AQUA ZUMBA Water-based workouts that blend high-energy Zumba moves with low-impact aqua fitness routine.

BARRE Barre is a hybrid workout class combining ballet-inspired moves with elements of yoga and strength training, incorporating ballet barre and using classic ballet moves such as plies, alongside static stretches. All levels welcome!

FIT TO PLAY Stretch to live! F2B is designed specifically for the golfer + racquet sports player to improve their strength, posture, balance and flexibility. Each component forms an integral part in helping the player achieve more stamina throughout golf and sports specific exercises and stretches. All levels welcome!

HIIT/LIIT Hi-Low Intensity Interval Training. Aim to improve cardiovascular health, muscular strength and endurance. These classes utilize a variety of equipment to help keep your fitness routine fun and fresh. All levels welcome.

PILATES FUSION Pilates Fusion incorporates exercises from different workout styles—including barre, yoga, strength training, cardio, and dance—to give a modern twist to Mat Pilates.

STRENGTH + STRETCH YOGA This class incorporates three modalities in one, HIIT, Flow Yoga & Yin Yoga. The 30 minute Tabata style HIIT targets your total body, abs, legs, arms and glutes. Followed by a 15 minute Yoga Flow to actively stretch your body with standing yoga poses. Afterwards, the 15 minute Yin Yoga portion gets the body down on the mat to stretch even deeper into the fascia tissues holding deep stretches up to three minutes.

STRENGTH TRAINING A fun and effective combination of strength training and HIIT (High Intensity Interval Training) that will elevate your workout experience! Workouts are specifically designed to complement the benefits of both disciplines to build lean muscle, burn fat, increase core stability, agility and endurance along with overall cardiovascular health.

YIN YOGA Consists of a series of long-held, passive floor poses that mainly work the lower parts of the body - the hips, pelvis, inner thighs, and lower spine. These areas are especially rich in connective tissues. The poses are held for up to five minutes, sometimes longer. Yin is almost entirely passive, with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, its goals are awareness of inner silence, and bringing to light a universal, interconnecting quality. All levels welcome!

YOGALATES A mixture of Yoga and Pilates. This class is moves through asanas and core work quickly but is a low impact workout.

YOGA FLOW This class focuses on breath and movement, sometimes called "vinyasa style sequencing". Poses are connected together in a seamless progression that takes the student through a warm-up, builds to a higher intensity and then closes with a cool down and restful Savasana. The class incorporates core, balance, flexibility, and strengthening poses for any level of student; options are offered to support all students in their yoga journey.

ZUMBA A fusion of Latin and International music – dance themes that create a dynamic, high energy, effective fitness workout. that eature aerobic/fitness interval training with a combination of fast/slow rhythms that tone and sculpt the body. All levels welcome!

CLUBS

BEER CLUB Calling all beer enthusiasts...enough said.

CRAFTERS CLUB Spread your creative wings with a different theme each month.

GARDEN CLUB Get a little sunshine and fresh air while helping maintain our bountiful community garden, which even supplies herbs used at Copper + Rye.

HIKING CLUB Enjoy monthly hikes to the White Tank Mountains, joined by both the Adventurer Group and Explorer Group.

KIDS ART CLUB Let your imagination run wild! Kids of all ages welcome to participate in creative art classes.

LADIES BUNCO NIGHT (no experience necessary) Come meet your neighbors and roll some dice! The buy-in is \$5 and all money will be given out as prizes.

MAHJONG CLUB Thursday night is Mahjong night! Gather your friends and neighbors and come play this fun tile-based game.

OFF-ROAD CLUB Join others that love off-roading! Look for details on quarterly runs and the Annual Jeep® Go Topless Day!

PICKLEBALL CLUB For details, please email sterlinggrovepickleball@gmail.com.

POKER CLUB Join your friends and neighbors for a fun night of \$5 Poker every Thursday. The last Thursday of each month is a no limit cash game OR \$5 buy in game – you choose.

PUB CLUB New to Sterling Grove? Join us at Copper + Rye for the Sterling Grove Pub Club New Member Mixer! Enjoy complimentary appetizers from the Happy Gatherings Menu, while mingling with your new Sterling Grove neighbors! Maximum 40 guests.

TENNIS CLUB Sterling Grove tennis enthusiasts are members of this non-chartered club that serves tennis players of all levels.

VETERANS CLUB The Sterling Grove Veterans Club is open to all residents and non-resident Golf Members who are Active Duty or served in United States or Allied Forces. This service-based club serves Veterans within Sterling Grove and the Phoenix area.