



AUGUST 2022

sterling
GROVE
GOLF + COUNTRY CLUB

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 30/30 Fit Kelly 5:30 PM	2 Ladies League 7:00 AM Stretch + Flex Denise 8:30 AM Aqua Fit Kelly 9:30 AM Poker Night 6:00 PM	3 Men's League 7:30 AM Pilates Mat Angela 12:00 PM Yoga Flow Erin 5:30 PM	4 Strength Training Kelly 6:15 AM Pilates Sculpt Angela 5:30 PM Mahjong 3:30 PM	5 Friday Skins Game 7:30 AM Aqua Fit Denise 8:30 AM Coffee Talk 10:00 AM Back to School Ice Cream Social 5:00 PM Sip 'n Six	6 Yoga Flow Erin 9:00 AM Running Club 10:00 AM
7	8 30/30 Fit Kelly 5:30 PM	9 Ladies League 7:00 AM Stretch + Flex Denise 8:30 AM Aqua Fit Kelly 9:30 AM	10 Men's League 7:30 AM Pilates Mat Angela 12:00 PM Yoga Flow Erin 5:30 PM	11 Strength Training Kelly 6:15 AM Pilates Sculpt Angela 5:30 PM Mahjong 3:30 PM	12 Friday Skins Game 7:30 AM Aqua Fit Denise 8:30 AM Live Music 4:00 PM COPPER+RYE TABLE + BAR	13 Yoga Flow Erin 9:00 AM
14	15 30/30 Fit Kelly 5:30 PM	16 Ladies League 7:00 AM Stretch + Flex Denise 8:30 AM Aqua Fit Kelly 9:30 AM Veterans Club Mtg 4:00 PM Poker Night 6:00 PM	17 Men's League 7:30 AM Pilates Mat Angela 12:00 PM Yoga Flow Erin 5:30 PM	18 Strength Training Kelly 6:15 AM Pilates Sculpt Angela 5:30 PM Mahjong 3:30 PM	19 Friday Skins Game 7:30 AM Aqua Fit Denise 8:30 AM DJ Trivia Night 5:00 PM COPPER+RYE TABLE + BAR	20 Yoga Flow Erin 9:00 AM Running Club 10:00 AM Art, Jazz + Wine Event 4:00 PM
21	22 30/30 Fit Kelly 5:30 PM	23 Ladies League 7:00 AM Stretch + Flex Denise 8:30 AM Aqua Fit Kelly 9:30 AM Veterans Club Social 3:00 PM	24 Men's League 7:30 AM Pilates Mat Angela 12:00 PM Yoga Flow Erin 5:30 PM Summer Speaker Series: Memory Dynamics 6:00 PM	25 Strength Training Kelly 6:15 AM Pilates Sculpt Angela 5:30 PM Mahjong 3:30 PM No Cash Limit Poker Game 6:00 PM	26 Friday Skins Game 7:30 AM Aqua Fit Denise 8:30 AM	27 Yoga Flow Erin 9:00 AM
28	29 30/30 Fit Kelly 5:30 PM	30 Ladies League 7:00 AM Stretch + Flex Denise 8:30 AM Aqua Fit Kelly 9:30 AM	31 Men's League 7:30 AM Pilates Mat Angela 12:00 PM Yoga Flow Erin 5:30 PM Wine Down Wednesday Yoga 6:00 PM			



FITNESS

30/30 FIT WITH KELLY

Includes 30 minutes of Strength/HIIT (High Intensity Interval Training) and 30 minutes of Stretching. 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 that wraps up your workout with movements that will have you saying "Ahhhh." All fitness levels are welcome!

STRETCH + FLEX WITH DENISE

Work all muscle groups with a variety of strengthening, stretching, flexibility and conditioning exercises. This athletic based class will focus on improved strength, muscle tone and increased flexibility designed to improve your overall fitness and readiness for golf, tennis and pickleball.

AQUA FIT WITH KELLY

Enjoy a low impact cardio, strength, balance and mobility class in the pool that uses aqua weights and pool noodles for added resistance. Water shoes are recommended, full immersion is not required. Join us for fun in the sun!

PILATES MAT WITH ANGELA

This class focuses on improving core, strength, flexibility, coordination and balance for the body. Pilates rings and balls may be used during the class.

STRENGTH TRAINING WITH KELLY

A fun and effective combination of strength training and HIIT 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. You'll walk away from this class feeling strong, empowered and ready to tackle the day!

PILATES SCULPT WITH ANGELA

This class focuses on postural alignment, strengthening and balancing muscles around the spine as well as core muscle groups. The class incorporates yoga as a warm-up and transitions to sculpting using weights to focus on the arms and legs.

YOGA FLOW WITH ERIN

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.

CLUBS

MAHJONG CLUB

The Sterling Grove Mahjong Club has been created to help residents make new friends and enjoy playing the game of Mahjong. This game is a unique cultural tradition of China, and its popularity is now spreading all across the United States.

HIKING CLUB

Join the Sterling Grove Hiking Club for monthly hikes to the White Tank Mountains. Both the Adventurer Group and the Explorer Group enjoy this monthly hike together.

PICKLEBALL CLUB

Interested in learning how to play Pickleball, the fastest growing sport in the United States? Beginner lessons start back up soon after summer hiatus for those new to Pickleball on Wednesdays at 8am. By playing this popular sport, you can burn calories, improve balance, reduce risk of injury and most importantly, develop new friendships with your Sterling Grove Neighbors.

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.

POKER CLUB

Join your friends and neighbors for a fun night of poker on the 1st and 3rd Tuesdays of each month. The buy-in is \$5.

RUNNING CLUB

From the beginner to the seasoned marathoner – all Sterling Grove members are welcome to join the Sterling Grove Running Club. All runs are for fun and it's just about getting out there with your fellow members and logging the miles! Join us on the 1st and 3rd Saturdays of each month at 10am.

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.

TENNIS CLUB

Sterling Grove tennis enthusiasts are members of this non-chartered club that serves as a way for tennis players of all levels to connect with one another players in the community for both informal and structured play.

OFF-ROAD CLUB

If you live in Sterling Grove and love off-roading, this is the group for you. Look for details on quarterly runs and the Annual Jeep® Go Topless Day!