

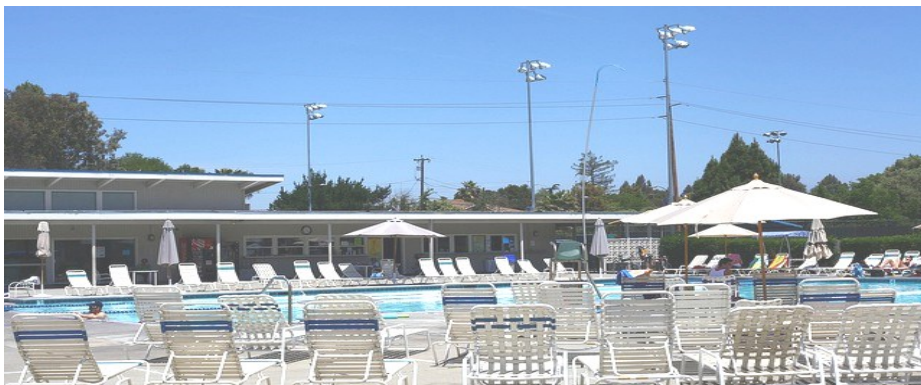
in this issue >>>

Willow Glen 5k

Women and Weights

Memorial Day

THANKS FOR BEING MEMBERS! ❤️



# SJSRC

"WHERE FRIENDS AND FAMILY GO TO PLAY!"

May 2024



## **Women and Weights**

Strength training for women is extremely important. Increasing your muscle mass assists in burning calories but may also improve your bone density.

We are offering a training series to help you feel more confident with the use of all of the strength equipment. We will go through how to use all of the strength machines, dumbbells and other small equipment for an effective and safe workout.

We are offering this 45 minute, 4 session series on Tuesday's and Thursday's at 9:15am. May 9th, 14th, 16th and 21st. The cost is \$75 for all 4 training sessions. This will be limited to 6 members. Email [valerie@sjsrc.com](mailto:valerie@sjsrc.com) to sign-up.



**Saturday  
May 11th 2024**

[Wg5k.org](http://Wg5k.org)



## **Summer Swim Lessons**



For information about swim lessons please email [Bruce@sjsrc.com](mailto:Bruce@sjsrc.com).



## **CLUB HOURS**

**Memorial Day  
May 27th**

**6am - 6pm  
\*No fitness classes**

## **UPDATED 2024 Fitness Class Reservation Guidelines**

- Instructor will be welcoming those members who are on the class list ONLY, NO Drop-ins.
- Email requests MUST be received by 5pm of previous day requested for classes, NO Exceptions. If you send email request after 5pm, you will not be added to classes the following day. Continue to email [Valerie@sjsrc.com](mailto:Valerie@sjsrc.com).
- Guests of members must be included in reservation no earlier than 24hrs before class.
- Requests for classes begin the Thursday PRIOR each week.
- Monday class requests must be received by the SATURDAY before by 5pm. NO exceptions. If email sent after 5pm Saturday, you will not be added to Monday Classes.
- If you are unable to attend a class you have reserved, an email cancelling your reservation no later than 4 hours before scheduled class to avoid a "Late Cancel" charge \$5. \$10 "No Show" fee.
- There is a \$10 NO SHOW fee.

## Reserving BBQ Areas/Parties at the Club

All reservations for BBQs, parties or bringing 5 or more guests need to be coordinated in advance through Samantha in the front office. If you wish to have a BBQ at the club you need to make sure your reservation form is turned in at least 5 days in advance.

For more information and to reserve please email [Sam@sjsrc.com](mailto:Sam@sjsrc.com)

## San Jose Giants

Tickets are Available so please email the club [sjsrc56@gmail.com](mailto:sjsrc56@gmail.com) with 1-2 requested dates.



## Wellness Coaching Services

Join us in welcoming Ted Mitchell to the fitness staff. Ted has a degree in psychology, is a certified Health and Wellness Coach, a licensed Personal Trainer, and SJSRC Member! His experience includes providing therapy for children with Autism, diagnosing and treating sleep disorders and monitoring adults with diabetes. Ted has strong interpersonal skills, keen intuition, and a vast knowledge base of health and fitness.

There are different session packages available.

For more info email [Ted@sjsrc.com](mailto:Ted@sjsrc.com)

## Club Hours

Mon-Thurs: 6:00 AM - 9 PM

Friday: 6:00 AM - 8 PM

Sat-Sun: 7:30 AM - 8 PM

Please call the office between 7:30 AM—7:30 PM to make any reservations.

Front Office Phone #  
408-297-0067

[info@SJSRC.COM](mailto:info@SJSRC.COM)

**SJSRC STILL  
TAKING  
DONATIONS FOR  
EXERCISE SHOES!**  
\*Collection bin is  
in the front office.



## LOOKING FOR A JOB?

Seeking responsible, self motivated, and hard working individuals looking for a year round part time job at the **FRONT DESK** and **summer LIFEGUARD!**  
Please email [Adam@sjsrc.com](mailto:Adam@sjsrc.com) for more information!



## Jr. Certification

Jr. Certification is available for Jr members aged 13+ to use the fitness and weight rooms. Download the form on the website

<https://www.sjsrc.com/jr-fitness-orientation/>

Once the form with a **Dr's release is turned in**, a Jr Certification card will be issued!

## GUEST FEES

All guests must sign-in. You can charge or pay at the time of check-in.

Adults 18+ \$15  
Children 5-17 \$10  
Under 4 Free

Same person can be a guest only twice a month.

*Guest fees are not based on activity while they are at the club.*