

Peaks Athletic Club, (480) 816-3348

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Peaks Aquatics Now Open

Mother Nature is now providing enough heat for our solar heated pool to reach over 80 degrees through the day. Swimmers are taking advantage of lap swimming in the two designated lanes. Peaks Masters swim program has started on Mon, Wed and Fri at 6pm. Masters program is an organized competitive program from age 18 thru 80. Masters program is led by Dr. Grant Smith and follows nation Masters Guidelines. Cost is \$60 per month



1 YEAR ANNIVERSARY

Peaks Athletic Club

Is happy to celebrate its one year anniversary in the new location. During the past 12 months you may have noticed the continuing effort to bring exciting new amenities to enhance not only the club but the community. Even with the state of the economy and a difficult health year for the owners, Peaks has responded to be the best and only local growth in Fountain Hills. "Peaks is doing something right"! Members have commented. Owner Corinna Suozzi has poured her heart into bringing health and fitness to the community, and it shows. "We are here to stay and make Fountain Hills a happier and healthier place to live."

Youth Swim Team Now Forming

Is your child looking for a new sport?

The PAC Swim Team has now begun and is off to a great success a second team is now forming. We have gone great lengths to bring a seasoned coach to Fountain Hills and parent comments have been great. The youth program is age 8 to 18 and meets Tuesday and Thursday afternoon at 4:30 cost is \$70 per month.

Water Aerobics

A perfect way to exercise and reduce the pressure on your joints. Our group water aerobics are designed to give you a complete body workout with high energy music all in 60 minutes.

Classes are included in your membership and offered Tuesday at 5:30 pm., Wednesday at 8:30 am, Friday 10 am and Saturday 10 am



Child Swim Lessons
Now Forming

A Full spectrum of all child swim lessons are now forming. Classes will be limited in size and focus on basic swim skills to prepare your child for a safe and effective educational experience.

Classes Tues, Thurs and Sat at 10:45 am
Sign up now for our 4 - 8 week programs beginning April 28th.

3 on 3 Water Basketball

Get your teams ready

What better way to have a workout on Sunday afternoon. Peaks Basketball League will have organized games each Sunday between 4 and 6 pm in the pool. Form your team now and begin practice in the pool during any open swim times. Games will begin the first week in May and continue thru the summer. Rules will be posted. 4 people would be the most ideal team so ask your family and friends or other members to get started. Sign up at the front desk.



Group Cycling Classes

Spinn

**Specialty Class
now available at
Peaks**

**Monday at 9:30 am
Saturday at 10 am
Cost of class is \$5
Sign up at front
desk**



Check us out at
www.peaksathleticclub.com

ONE FREE TAN



Print and present this coupon at Peaks Athletic Club and receive one free tan in our 52-bulb TANSES sun bed: "the Cadillac of Tanning Beds."

Offer valid through April 30, 2009. First time tanners only. Coupon not redeemable for cash. One free tan per person.