

## Membership

Senior memberships are available at our Club. To qualify for this discounted and time-restricted membership you must be 70 years of age or older. If you are seeking a couple membership, both individuals must be 70 or older. Our time restriction allows senior members to use the facility Monday thru Sunday from 7am until 3 pm. If you meet these qualifications or have any questions with regard to membership options, please inquire with Member Services.

Workouts are always fun & social!



## Information

Contact Jessica Hotchkiss, 50+ Coordinator, at 897.2185 for events and programs noted in this brochure.



## 50+ Program



351 San Andreas Drive  
Novato, CA 94945  
415.897.2185

[www.meridiansportsclubs.com](http://www.meridiansportsclubs.com)

## Socials & Programming



Meridian Sports Clubs Rolling Hills plans an assortment of events throughout the year. Activities are planned off-site and at the club just for our 50+ members. These events are a terrific opportunity to get to know other 50+ members. This program includes monthly morning socials, barbeques, holiday gatherings, fashion shows and hikes.

### Fitness for Charity

Members of the club are welcome and encouraged to set a fitness goal and log their fitness miles and hours, throughout the year, in binders located in the Fitness Center. For all time and miles logged, a contribution will be made to a charity of your choice. The Annual Fitness Charity Brunch is held to congratulate all participants that met their fitness charity goal and to celebrate all funds donated.

## Exercise Classes

Our Group Exercise schedule lists over 60 classes available to our membership. The green highlighted classes are designated for 50+ members. They are age-appropriate and specifically designed to meet the fitness needs of this age group. Classes vary in difficulty and type, so please read all class descriptions.



Popular classes among the 50+ers are Quick Fit and Nutrition Transitions in the Fitness Center and all water fitness classes held in our heated pools. Personal Trainers will also work with you to develop a workout routine specific to your needs.

### Bridge & Golf

Bridge is played here on a weekly basis. Check with Jessica Hotchkiss for more information. Contact Patty Zappatini or Steve North through the Front Desk to sign up for golf. Our golfers meet weekly to play different golf courses in the area.

## Other Club Activities

- Outdoor Adventure Hikes with Ranger/Naturalist Phil Johnson
- All Mountain Fitness Camps with Personal Trainer, Dianna Archbold
- Senior Men's Drop In Tennis
- Spa Meridian

## Physical Therapy - Professional Orthopedic & Sports Care

If you are ever in need of physical therapy, located within our Club is Professional Orthopedic and Sports Care. Our therapists specialize in one-on-one personalized care that will give you a detailed evaluation of your specific problem or injury and work with you to create a variety of techniques and training that will help you reach your long term health goal. The Novato location is 415.898.5772.

Make sure to stay up to date with Club happenings by visiting [www.monthlyprograms.com](http://www.monthlyprograms.com) and by reading our quarterly newsletter, "On the Horizon".