



THE STIRLING CLUB

OCTOBER FITNESS SCHEDULE

Pilates. Yoga. Fitness. Tennis.

TUESDAY

8:00 AM Pilates Reformer
Zoya

9:00 AM Pilates Reformer
Zoya

9:00 AM Chair Yoga
Gina

9:00 AM Bootcamp
Ricky

10:00 AM Pilates Reformer
Zoya

10:30 AM Vinyasa Yoga
Emily Fleming

4:30 PM Zumba
Shakalee No class Oct 27

6:00 PM Zumba
Shakalee No class Oct 27

WEDNESDAY

9:00 AM Chair Yoga
Polly

11:00 AM Bootcamp
Lauren

6:30 PM Candlelight Restorative Yoga
Pop-Up
Emily • Oct 7 & 28 only

THURSDAY

9:00 AM Pilates Reformer
Rachel Li

10:00 AM Pilates Reformer
Rachel Li

10:00 AM Seated Strength
Kevin

5:30 PM Barre
Kymber

6:30 PM Mat Pilates
Kymber

FRIDAY

9:00 AM Bootcamp
Ricky

9:30 AM Chair Yoga
Monika

10:30 AM Pilates Reformer
Monika

SATURDAY

8:30 AM Spin
Jillian

9:30 AM Pilates Reformer
Rochelle through Oct 17 • Monika Oct 24 & 31

9:30 AM Bootcamp
Jillian

10:30 AM Pilates Reformer
Rochelle through Oct 17 • Monika Oct 24 & 31

11:30 AM Pilates Jumpboard Pop-Up
Rochelle • Oct 3 and 17 only

12:30 PM Zumba
Shakalee • No class Oct. 3 or 31

BALLROOM DATE NIGHT

Join **Colin Williams** for a special evening of ballroom dancing! Whether you're experienced on the dance floor or trying something new together, come ready to move, laugh and have fun.

Saturday, October 17 • 5:30–6:30 PM
\$50 per couple • Reservations Required

RSVP with Concierge to reserve your spot

Make it a date night! Stay after class and enjoy dinner at The Stirling Club. Dinner reservations are recommended.

SUNDAY

9:30 AM Pilates Reformer
Monika

10:30 AM Pilates Reformer
Monika

MONDAY

CLUB DARK DAY
No scheduled fitness classes

Fitness Center
Open 6:00 AM–10:00 PM

Tennis & Pickleball Courts
Available 6:00 AM–10:00 PM

Open exclusively to members and Club-authorized guests.

THE STIRLING CLUB

HEALTH, WELLNESS & RECREATION

Everything you need to make the most of your membership

**FITNESS CENTER &
LOCKER ROOMS**
7 DAYS A WEEK
6:00 AM-10:00 PM

**INDOOR POOL
CLOSED FOR REPAIR**

**OUTDOOR POOL
CLOSED FOR THE SEASON**

FITNESS DESK
QUESTIONS · PRIVATE PILATES ·
PERSONAL TRAINING
(702) 732-9700 EXT. 4

OCTOBER AT THE PARLOR SC

Oct 3

Coffee, Cashmere & Fall
Pop-Up 9-Noon

Oct 10

Meet your SC beauty
team

Oct 17

Stirling Long Table
Breakfast with Members

Oct 24

Gentlemen's Morning
Pop-Up 9-noon

Oct 31

Dark & Decadent
Halloween Chocolate and
Coffee pairings

HAVE YOU TRIED SOMETHING NEW?

Your wellness routine doesn't have to look the same every week. October is the perfect time to discover a class you may not have tried yet.

Seated Strength

Build strength, stability and confidence through an approachable, low-impact workout designed to support everyday movement.

Candlelight Restorative Yoga

Slow down and reset. This evening practice combines gentle movement, stretching and relaxation in a calming candlelit setting.

Bootcamp

Looking for more of a challenge? Build strength and cardiovascular endurance through an energetic, full-body workout that can be modified to meet you where you are.

ZUMBA

Bring the energy indoors! Dance-inspired cardio combines easy-to-follow movement and music for a workout that's as fun as it is effective. No dance experience required.

PILATES REFORMER RESERVATIONS

Only six spaces available. Please reserve in advance: (702) 732-9700 · Ext. 0



STAY UP TO DATE

SCAN FOR THE LIVE FITNESS SCHEDULE

CLASS UPDATES · INSTRUCTOR CHANGES · SPECIAL PROGRAMMING



TENNIS & PICKLEBALL

WEEKLY PLAY

WEDNESDAYS · 5:15 PM

Intermediate+ Drop-In Tennis
Marty

SATURDAYS · 8:00-9:00 AM

Cardio Tennis
Marty

SUNDAYS · 8:00-10:00 AM

Tennis Doubles
Marty

OCTOBER ON THE COURTS

October 18· 9:30 AM

INTRO TO PICKLEBALL

New to the game? Join us for a welcoming introduction to pickleball fundamentals and play.
Complimentary for members.

Tuesdays and Thursdays 8:00-9:00 AM

Eric Invitational **Drop in tennis clinic**
All Levels Welcome

Technique, drills, movement and match play with our tennis pro! Just drop in and play.

PRIVATE & GROUP LESSONS

For questions about additional tennis and racquet activities, or to schedule a private or group lesson, please contact our Tennis Professional:

Marty Hennesy
(702) 493-3764