

August **GAINEY** EVENTS

Tuesday, August 3rd

Women's Connection Group:
Oribe Luxurious Hair Care Event
5:30pm- 7pm | \$20 per person
Beth | bsteindorff@dmbclubs.com

Sunday, August 8th

Pickleball Open Play - Beginners Welcome!
2pm-4pm - Complimentary
Beth | bsteindorff@dmbclubs.com

Monday, August 9th

Westin Kierland Golf Club - "Nine & Wine"
\$45 + tax - 3pm shotgun start
Beth | bsteindorff@dmbclubs.com

Wednesday, August 11th

Membership Appreciation
Oatmeal Breakfast - 8:30am-10:30am

Thursday, August 12th

Take your golf game to the next level with an individual Launch Monitor session with Golf Professional Derek Nanen.
1pm-3pm - Complimentary
Beth | bsteindorff@dmbclubs.com

Thursday, August 12th

Happy Hour at "The Herb Box" at Shea
5pm-7:30pm | Erica | ehubber@dmbclubs.com

Tuesday, August 17th

Westin Kierland Golf Club Clinic,
"Driver & Fairway woods" - 3pm - \$39
Beth | bsteindorff@dmbclubs.com

Wednesday, August 18th

Gainey Village Nutrition Series,
"Power Up w/ Protein" w/ Registered
Dietitian Jamie Miller - Conference Room
6pm-7pm - \$15
Beth | bsteindorff@dmbclubs.com

Thursday, August 19th

Gainey Village Wine and Lifestyle Series
presents "Fit Vine Wine Tasting"
6pm-7:30pm - \$20 - Conference Room
Beth | bsteindorff@dmbclubs.com

Sunday, August 22nd

Pickleball Open Play - Beginners Welcome!
2pm-4pm - Complimentary
Beth | bsteindorff@dmbclubs.com

Tuesday, August 24th

Gainey Village Cooking class
with Chef Maggie
5:30pm-7pm - \$20
Beth | bsteindorff@dmbclubs.com

Thursday, August 26th

Wellness Talk with Dr. Shawn Robek
"Healthy Knees Workshop" - Complimentary
6pm-7pm - Complimentary
Beth | bsteindorff@dmbclubs.com

Saturday, August 28th

Hiking McDowell Sonoran Preserve "Adero
Canyon Ridgeline Trail" | 6:30am
Beth | bsteindorff@dmbclubs.com

****Coming September 18th-19th****

Village Adventures" trip to Chiricahua
National Monument - More info contact
Beth | bsteindorff@dmbclubs.com

Fun New Classes

New Yoga Class: Restorative Yoga with Live
Acoustic Music, Sundays 3pm-4pm
Denise | dkrater@dmbclubs.com

New Kinesis Class: Tuesday & Thursday
8am-9am with personal trainer Tray Ashby-Phan
John | jpreston@dmbclubs.com

"Living Strong" w/ personal trainer Alissa Crandal
Monday & Wednesday 10am-11am \$15-20 per
class depending on package
John | jpreston@dmbclubs.com



Monthly Spa Special - \$125.00

Summer Breeze Pedicure - \$65.00
Summer Berry Detox Facial - \$125.00
Tropical Escape Seasonal Body Wrap - \$105.00

Swimming:

- Master's Swim with Abby Luedecke: Mon. & Wed. - 12pm-1pm
Contact: Abby | ALuedecke@dmbclubs.com

Squash/Raquetball:

- Private Instruction with Coach Jesse Giron
Jesse | jgiron@dmbclubs.com

Basketball:

- Adult Pick-Up Basketball: Monday & Thursday 5:30pm



Kids **GAINEY** AUGUST EVENTS

All Through August!!!

Village Vipers Swim Team

Mon, Wed, Fri. Beginners & Advanced
Coordinate child's swim assessment contact
Beth | bsteindorff@dmbclubs.com

Private Swim lessons for all ages

Beth | bsteindorff@dmbclubs.com

Jr. Basketball Small Group Training

August 9th, 16th, 23rd, & 30th
3rd - 5th grade with Coach Knox
4pm-5pm | \$25 per class
Beth | bsteindorff@dmbclubs.com

Junior Certification

FREE for kids on the membership

Friday, Aug. 6th & 20th | 4pm-5pm
Sign-up App or contact
Beth | bsteindorff@dmbclubs.com

Junior Classes!!!

Junior Kinesis (Ages: 10-13)

Every Mon. & Wed. | 4pm-4:45pm
Instructor: Beth Steindorff

Junior Yoga (Ages: 8-13)

Every Tuesday | 4pm-4:45pm
Instructor: Crystal Waltman

Junior Sport Conditioning (Ages: 10-13)

Every Tuesday | 4pm-4:45pm
Instructor: DuMaine Corbin

***All Classes Require Sign-Up on the Village App**

Kids Club!!!

Monthly Kids Club Theme: Dog Days of Summer

Kids Club "Everyday Celebration"

Celebrate each day's national holiday with us during the month of August - with crafts, fun facts and little surprises throughout the month, it's easy to be grateful for each and everyday!

Coming in September! Parent's Night Out - 9/17 - "Fall Fiesta!"

Kids Club Hours:

Monday - Thursday

7:30-12:30pm & 3:30-6:30pm

Friday & Saturday

7:30-12:30pm

