

## MSC Camps

### Sports Camp Plus

At Sports Camp Plus there are new activities every day! The schedule is packed with fun activities including Capture the Flag, floor hockey, basketball, whiffleball, swimming, and much more! Campers also go roller skating and to a BBQ!

**For ages 2nd through 7th grade.**

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	MCR FEE	OCR FEE	ACTIVITY#
M-Th	9:00am-5:00pm	Dec 21-Dec 24	Sports Center	Staff	\$92	\$104	53055-A
M-Th	9:00am-5:00pm	Dec 28-Dec 31	Sports Center	Staff	\$92	\$104	53055-B
M-F	9:00am-5:00pm	Mar 22-Mar 26	Sports Center	Staff	\$115	\$130	53055-C
M-F	9:00am-5:00pm	Mar 29-Apr 2	Sports Center	Staff	\$115	\$130	53055-D

\*Daily Fees MCR-\$40/OCR-\$43

\*Can only be paid during the current week and only if space is available.

\*Daily fees not available Online.

**Note: Parents may drop children off as early as 7:30am and pick them up as late as 5:30pm.**

### Cheerleading Camp

Cheer Camp gives campers a non-competitive environment to have fun while learning basic sideline and crowd cheers as well as stunts and a dance routine. Cheer Camp promotes teamwork in both indoor and outdoor settings.

**For ages 2nd through 7th grade.**

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M-Th	9:00am-5:00pm	Dec 28-Dec 31	Sports Center	Staff	\$92	\$104	52015-A
M-F	9:00am-5:00pm	Mar 29-Apr 2	Sports Center	Staff	\$115	\$130	52015-B

**Note: Parents may drop children off as early as 7:30am and pick them up as late as 5:30pm.**

## MSC Fitness

### Fitness Assessments

Body fat, strength, endurance and flexibility tests using the state-of-the-art Microfit® testing system. These highly reliable tests follow the American College of Sports Medicine standards. Contact the Fitness Department at 646-3495 for an appointment. May require medical release.

**For all ages.**

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$75

### Fitness Orientation

Signing up for a new pass? Need some ideas to refresh your program? Hire a personal trainer. First session for only \$35. Get a program and learn the equipment (offered to new and re-newing EUP holders). Call 646-3495 for an appointment. Orientation must be completed within 30 days of EUP registration.

**For ages 13 and older.**

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$35

### "Jump Start" Fitness Program

One month structured exercise program including use of facility, weekly personal training sessions, pre- and post-assessments in 1st and 4th session and exercise prescription.

**For all ages.**

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$249

### Personal Training

Personal training for weight loss, toning, strengthening, sports conditioning or post-rehab. ACSM, NSCA & MES guidelines for exercise prescription. Certified trainers available AM, PM and weekends. One-hour and half-hour sessions. Discount packages for 12, 24 and 36 one-hour sessions prepaid.

**For all ages.**

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$60 per hour \$40 per half-hour

#### PERSONAL TRAINING PACKAGE FEES:

Introductory Package (3-Pack)	\$150	(SAVINGS \$30)
12 SESSIONS	\$600	(SAVINGS \$120)
24 SESSIONS	\$1,080	(SAVINGS \$360)
36 SESSIONS	\$1,440	(SAVINGS \$720)

## Post-Rehab Personal Training

Certified post-rehab specialists provide functional training support for post-rehab clients. Shoulder, elbow, wrist, hip, knee, ankle and back programs. Hypertension, diabetes, obesity, and other medical conditions. All trainers have Medical Exercise Specialist certifications through the American Academy of Health, Fitness and Rehabilitation Professionals. Discount packages for 12, 24 and 36 one-hour sessions prepaid.

**For all ages.**

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Post-Rehab Specialists	\$60 per hour \$40 per half-hour

### PERSONAL TRAINING PACKAGE FEES:

Introductory Package (3-Pack)	\$150	(SAVINGS \$30)
12 SESSIONS	\$600	(SAVINGS \$120)
24 SESSIONS	\$1,080	(SAVINGS \$360)
36 SESSIONS	\$1,440	(SAVINGS \$720)

## Sports Performance Training

Advanced training for improved sports performance. Develop speed, agility and quickness. Comprehensive fitness testing and full program prescription included. Contact Bill Rothschild, CSCS for initial appointment at 646-3492 or [Rothschi@ci.monterey.ca.us](mailto:Rothschi@ci.monterey.ca.us).

**For all ages.**

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$60 per hour \$40 per half-hour

## Pilates/Yoga One-on-One (Private, Semi-Private and Small Group Sessions)

Certified instructors will guide you through an individualized Pilates workout or Yoga practice. Call 646-3739 to schedule an appointment.

**For ages 14 and older.**

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Studio I&II	Certified Staff	<p><b>Private:</b> Instruction is one student to one instructor. <b>Fee:</b> \$75 per hour session</p> <p><b>Semi-Private:</b> Instruction is two students to one instructor. MSC does not pair participants. <b>Fee:</b> \$45 per person for each hour session.</p> <p><b>Group:</b> Fee varies per person depending on group size. MSC does not group participants.</p>

## MSC Group Exercise

### CLASS SCHEDULE

The Monterey Sports Center offers a wide variety of group exercise classes including step, hi/low, Turbo Kick, group cycling, BOSU, stability ball, circuit training, body sculpting, NIA, Zumba, Pilates, yoga, and much more! Classes are scheduled from 6:00am until 9:00pm on weekdays and from 8:00am to 1:30pm on weekends. With two group exercise studios to choose from, there is truly something for everyone. The current schedule is available at the Monterey Sports Center or visit our website at [www.monterey.org/sportscenter/](http://www.monterey.org/sportscenter/). Please read below for detailed group exercise class descriptions and fees. Please note, classes and instructors are subject to change without notice.

The Monterey Sports Center will offer a special holiday group exercise class schedule on the following holidays:

- Monday, January 18, Martin Luther King, Jr. Day
- Monday, February 15, President's Day
- Monday, May 31, Memorial Day

These schedules will be posted at the Sports Center a week before each holiday is to commence.



### CLASS INFORMATION:

AGES: 14 and older  
 LOCATION: Monterey Sports Center  
 INSTRUCTOR: Certified Staff Instructor  
 FEES: Monthly Group Exercise Pass  
 (Land, aquatic & cycling classes)

#### Monterey City Resident

\$28-4 classes  
 \$38-8 classes  
 \$42-12 classes  
 \$45-16 classes  
 \$48-20 classes  
 \$54-26 classes

#### Other City Resident

\$34-4 classes  
 \$44-8 classes  
 \$48-12 classes  
 \$51-16 classes  
 \$54-20 classes  
 \$60-26 classes

OR \$5 Drop-in fee per class plus admission fee or EUP. No additional fee when you have an EUP and Group Exercise Stamp/Pass.

**NOTE:** Please bring a towel to class. Group exercise Passes are valid for the duration of one month.

**Complete Fitness Program:** Includes one hour of personal training, unlimited classes, facility use and towel service. Start-up program fee of \$50.

Adult	\$51 per month
Senior	\$36 per month
Corporate	\$47 per month
Family	\$73 per month

**NOTE:** Please arrive no earlier than 15 minutes before class begins.