

PRC Meeting
December 4, 2025
Presentations

Item #1

Parks and Recreation
Department Sports and
Fitness Division

Sports and Fitness Division

December 4, 2025



CUPERTINO

Overview

- Softball
- Athletic Fields
- Youth and Adult Sports and Fitness
- Sports Center Participation



Softball

2024
Spring
3 nights, 18 teams
Fall
3 nights, 19 teams

2025
Spring
3 nights, 19 teams, 281 players
Summer
3 nights, 17 teams, 217 players
Fall
4 nights, 24 teams, 324 players



Athletic Fields

2024	2025
Permit Hours	
7,408.5	6,018 (to Q3)



Quick Facts

- 6 parks and 9 school sites
- 27 fields
- 16 user groups
- Soccer, baseball, softball, cricket, volleyball

Youth and Adult Sports and Fitness

2024	2025
Adult Fitness Classes	
1,308	1,336 (+5.7% YTD)

Fitness Classes

- 131 class sessions offered
- 11 different classes
 - Balance, Core, and More, Core Strength Pilates, Hatha and Restorative Yoga, Line Dance 1, 2, and 3, Strength and Flow Pilates, Vinyasa Yoga, VivAsia Fitness Dance, Yogilates, Zumba



Youth and Adult Sports and Fitness

2024	2025
Youth Fitness and Dance Classes	
1,109	1,392 (+25.5% YTD)
Youth Fitness and Dance Camps	
370	329 (-11% YTD)

Highlights

- 425 class and camp sessions offered
- 40 different camps and classes
 - Archery, ballet, basketball, gymnastics, hip-hop, soccer, volleyball, and more



Youth and Adult Sports and Fitness

Gymnastics

- Sweet Peas Gymnastics
 - One Pea, Two Pea, Three, Four and Five
- Lil' Ninjas
 - Three, Four and Five
- Gymnastics
 - Beginner, Intermediate
- Cupertino Ninjas
 - Beginner, Intermediate
- Gymnastics and Ninjas

Dance

- Ballet
- Hip Hop
- Princess Pre-Ballet
- Elsa and Anna "Frozen" Dance Camp
- Princess Dance Camp – The Royal Ball

Sports

- Archery for Everyone
 - Try Archery, Beginner, Intermediate, Advanced, Competition Boot Camp
- All Sports Camp
- All Sports Camp: Junior Academy
- Basketball Camp
- Flag Football Camp
- Flag Football Development Clinic
- RSVP: Run, Speed, Vertical Power Camp
- Volleyball Camp
- Soccer
 - Parent & Me, Tot/Pre-Soccer, Soccer 1, Soccer 2, Street Soccer
- World Cup Soccer
 - Classic Skill Camps, Development Academy, Junior Academy, Skill Clinics

Youth and Adult Sports and Fitness

2024	2025
Lifetime Activities Classes and Camps	
7,000	6,132 (+0.1% YTD)

Youth Camps and Classes

- Tennis, badminton, table tennis, pickleball, basketball, chess, private lessons for tennis

Adult Classes

- Tennis, pickleball, private lessons for badminton and tennis



Sports Center



2024	2025
Active Members	
1,684	1,878 (+11.5%)
Unique Members	
2,910	3,010 (+9.2% YTD)
Member Check-Ins	
117,562	111,464 (+5.7% YTD)
Tennis Participation (Reservations)	
28,882	25,656 (-0.5% YTD)

Sports Center

2024	2025
Fitness Class Participation	
24,100	23,428 (+11.1% YTD)

Fitness Classes

- Over 20 fitness classes per week, over 1,000 per year
- Bombay Jam, Bootcamp, Cardio Pilates, Full Body Strength and HIIT, Strength and Conditioning, TRX, Yoga, Zumba, and more





December Fitness Schedule

Monday

11 a.m. to 12 p.m. Zumba w/Li-Fen
6 to 7 p.m. Zumba w/ Jennifer
7:10 to 8:10 p.m. Flow Yoga w/ Dominique

Tuesday

8:45 to 9:30 a.m. Circuit Training w/ Raychel
9:35 to 10:35 a.m. Restorative Flow Yoga
w/ Raychel
6 to 7 p.m. TRX/Bootcamp w/ Raychel
7:10 to 8:10 p.m. Bombay Jam w/ Amit

Wednesday

9:45 to 10:45 a.m. Zumba w/ Li-Fen
11 a.m. to 12 p.m. Dynamic Stretch and
Balance w/Huichen
6 to 7 p.m. Zumba w/ Jennifer

Thursday

8:45 to 9:30 a.m. Circuit Training w/ Raychel
9:35 to 10:35 a.m. Restorative Flow Yoga
w/ Raychel
6 to 7 p.m. TRX/Bootcamp w/ Raychel
7:10 to 8:10 p.m. Bombay Jam w/ Pari

Friday

8:45 to 9:45 a.m. Functional Strength Training
w/ Aboli
11 a.m. to 12 p.m. Body Sculpting w/ Raychel
6 to 7 p.m. Bombay Jam w/ Sonia

Saturday

9:15-10:15 a.m. Zumba w/Valentina
10:30 to 11:30 a.m. Bombay Jam w/ Amit

Sunday

9 to 10 a.m. Bombay Jam w/ Sonia
10:15 to 11:15 a.m. Vinyasa Yoga w/ Jahara

Please bring a mat and a towel to class
Please call (408) 777-4844 to check on class cancellations
Please arrive on time, there is a five minute grace period
Classes are free for Sports Center members
Day Passes are \$15 for residents and \$25 for non residents



CUPERTINO

Sports Center



2024	2025
Personal Training Sessions	
1,408	1,890 (+52.4% YTD)

Personal Training Studio

- Large growth since pandemic
- Increased to 5 trainers
- Helps alleviate crowding in gym
- Quieter and more comfortable for clients
- Now offering semi-private training (2-3 people)

Meet our Personal Trainers!



GRACE

Specialties

High-energy training

Education and Certifications

NASM-Certified Personal Trainer
ACE-Certified Group Fitness Instructor
and Functional Training Specialist
Zumba® Instructor



RAYCHEL

Specialties

Body Sculpting, Bootcamp,
Circuit Training, HIIT,
Plyometrics, Strength &
Conditioning

Education and Certifications

ISSA-Certified: Personal Trainer, Corrective
Exercise, and Pilates Instructor
TRX Certified-Instructor
Breathe for Change Yoga Instructor



JIM

Specialties

Cardio conditioning,
Injury rehab, Agility,
Balance, Sport skills

Education and Certifications

AFTA-Certified Personal Trainer
B.S. Degree in Kinesiology
Master in Public Health Degree



TOM

Specialties

Corrective exercise,
Weight loss, Injury
Rehab, Nutrition

Education and Certifications

B.S. Degree in Human Kinetics
CSEP-Certified Personal Trainer
NASM-Certified Nutrition Coach
Board-Certified Chiropractor

Ready to start your fitness goals?

Visit the front desk for more information!

Call **(408) 777-3160**

Email **sports@cupertino.gov**

Personal Training Rates

Must be Sports Center Member to purchase personal training.

One-on-One

5 Sessions	\$375
10 Sessions	\$700
1 Session	\$80

NEW! Semi-Private Training (2 to 3 people)

4 Sessions \$150 (per person)

NEW! Small Group Training (4 to 6 people)

4 Sessions \$70 (per person)



Membership Fees

Pass **Monthly** **Annually**

Single	\$65R \$78NR	\$440R \$528NR
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Couple	\$85R \$102NR	\$825R \$990NR
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Two Adults living in the same household. Both adults will need to provide driver's license.

Family	\$105R \$126NR	\$920R \$1,104NR
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Two Adults and one child under 18, or one adult and two children under 18. Families larger than three are \$100R/\$120NR per child. Family members must live in same household. All adults will need to provide driver's license.

Senior 50Y+	\$50R \$60NR	\$395R \$474NR
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Student 16Y+	\$30R \$36NR
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Please provide a valid student ID and current class schedule.

Youth ages 13 to 15 can use the gym with a parent. Those over the age of 16 can use the free weight area. Youth under 18 must complete a fitness orientation with a CSC personal trainer.

Prices subject to change



The Cupertino Sports Center offers members a one-on-one experience. Our trainers will work with you on your specific goals, whether it be muscle development, nutrition, body transformation, injury prevention, recovery, endurance, strength, conditioning, and much more.

cupertino.gov/sportscenter
(408) 777-3160



**CITY OF
CUPERTINO**

Sports Center

21111 Stevens Creek Boulevard
Cupertino, CA 95014

Personal Training and Group Training



Sports Center

Specialty Classes

- Began Fall 2025
- Groups of 4-10
- Classes are more focused and specialized



Barbell Bootcamp
Body Building 101
Strength and Agility
Brain-Body Boost
Burn and Sculpt Slimdown Athletic
Performance Training
Running Clinic
Morning Metabolizers



Small Group Training Speciality Classes

Cupertino Sports Center - Studio Room
21111 Stevens Creek Boulevard

STRENGTH

Barbell Bootcamp

Mondays, 1/5 to 3/23

Noon to 12:50 p.m.

\$150R | \$180NR



Improve strength with Olympic lifting, kettlebell training, and powerlifting

Instructor: Raychel Cruz

Body Building 101

Mondays, 1/5 to 3/23

7 to 7:50 p.m.

\$150R | \$180NR



Basic movement patterns in compound lifts along with supersets

Instructor: Aboli Ranade

Strength and Agility 13-16Y

Tuesdays, 1/6 to 3/24

4 to 4:50 p.m.

\$150R | \$180NR

Thursdays, 1/8 to 3/26

4 to 4:50 p.m.

\$150R | \$180NR



Next level of working your muscles to your full potential while having fun

Instructor: Raychel Cruz



CUPERTINO

See more classes
on the back side!

cupertino.gov/sportscenter
sports@cupertino.gov | (408) 777-3160

CARDIO / HIIT

Brain Body Boost

Mondays, 1/5 to 3/23

5:30 to 6:20 p.m.

\$150R | \$180NR



Blends cognitive challenges with physical exercises

Instructor: Aboli Ranade

Burn and Sculpt Slimdown

Wednesdays, 1/7 to 3/25

Noon to 12:50 p.m.

\$150R | \$180NR



Strengthen your abdominal muscles with Pilates and cardio power

Instructor: Raychel Cruz

Athletic Performance Training

Wednesdays, 1/7 to 3/25

5:30 to 6:20 p.m.

\$150R | \$180NR



Improve performance using strength, speed, agility, coordination, and drills

Instructor: Aboli Ranade

Running Clinic

Fridays, 1/9 to 3/27

8:10 to 9 a.m.

\$150R | \$180NR



Running stretches, form, strides, cool downs techniques, and more

Instructor: Tom Plese

Morning Metabolizers

Mondays, 1/5 to 3/23

9:30 to 10:20 a.m.

\$150R | \$180NR

Wednesdays, 1/7 to 3/25

9 to 9:50 a.m.

\$150R | \$180NR



Fast paced conditioning to maximize calorie burn and boost metabolism

Instructor: Grace DuVal

See the full list of fitness classes offered in the 2026 Winter Recreation Guide

Pages 24 to 25



Questions?



CUPERTINO

PRC Meeting
December 4, 2025
Presentations

Staff and Commission
Reports

Liaison's Update

Parks and Recreation Commission

December 4, 2025



CUPERTINO

Project Updates

Photovoltaic Systems Design and Installation

- Construction will begin on December 8, with work occurring at the Quinlan Community Center in the Alves Parking Lot



Project Updates

Photovoltaic Systems Design and Installation

- Work will occur at Cupertino Sports Center



Parks and Recreation Events

Cupertino Café

- Saturday, December 13
- 3 to 8 p.m.
- Community Hall



Parks and Recreation Events

Holiday Events

Tree Lighting

- Friday, December 5
- 6 p.m. at Quinlan

Breakfast with Santa

- Saturday, December 6
- 8:30 to 11:15 a.m. at Quinlan



Parks and Recreation Events

Holiday Events

Santa Visits Your Home

- Friday through Sunday
- December 12 to 14 and 19 to 21
- 5 to 8:30 p.m.

Signing Santa

- Saturday, December 13
- 10 a.m. to noon at Quinlan



Parks and Recreation Events

Senior Center Holiday Events

Holiday Sing-along

- Monday, December 15
at 1:30 p.m.



Season's Greetings Cookie Box

- Pick-Up Friday, December 19
2:30 to 4:30 p.m.



Reminders

City Offices and Facilities Closed

- The **Quinlan Community Center** will be closed Wednesday, December 24 to Friday, January 9
- The **Cupertino Senior Center** will be closed Monday, December 22 to Thursday, January 1
- The **Cupertino Sports Center** will be closed December 24 to 25 and December 31 to January 1
- For **Blackberry Farm Golf Course** will be closed December 24 to 25

PRC Regular Meeting Canceled – Thursday, January 1

Next PRC Regular Meeting – Thursday, February 5