

NOVEMBER 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>MEMBER REWARDS</u> Sponsor a new member November 1st-February 28th, 2009 and receive \$10 off your dues for all of 2009. Call membership at 543.3937 for details.</p>						<p>1 Pilates Mat Class w/ Lynette in the Club Room 8:45-9:45am Reg. Req'd</p>
2	<p>3 Member Appreciation Day Featured Businesses: • Schewe Travel • Salon Concepts</p>	4	<p>5 Pilates on the Mat Workshop w/ Irene in Studio 1 7:00-8:00am Reg. Req'd</p>	<p>6 Free Squash Clinic 5:30-6:30pm *Sign up at the front desk</p>	7	<p>8 Pilates Mat Class w/ Lynette in the Club Room 8:45-9:45am Reg. Req'd</p>
9	<p>10 Pilates Mat Class w/ Lynette in the Club Room 5:30-6:30pm Reg. Req'd</p>	<p>11 Pilates for the Athlete Workshop w/ Liz in Studio 1 12:30-1:30pm Reg. Req'd</p>	<p>12 Pilates Mat Class w/ Lynette in the Club Room 11:30-12:30pm Reg. Req'd</p>	<p>13 Pilates for Back Health w/ Cheryl in Studio 1 1:00-2:00pm Reg. Req'd</p>	<p>14 Strength Training for Seniors w/ Ileana Flores 12-1PM in Studio 1 *Sign up at front desk</p>	<p>15 Pilates Mat Class w/ Lynette in the Club Room 8:45-9:45am Reg. Req'd</p>
16	<p>17 Pilates Mat Class w/ Lynette in the Club Room 5:30-6:30pm Reg. Req'd</p>	18	<p>19 Pilates Mat Class w/ Lynette in the Club Room 11:30-12:30pm Reg. Req'd</p>	<p>20 Discover Pilates w/ Lynette 12:30-1:30pm in Studio 1</p>	21	<p>22 Pilates Mat Class w/ Lynette in the Club Room 8:45-9:45am Reg. Req'd</p>
23	<p>30 24 Pilates Mat Class w/ Lynette in the Club Room 5:30-6:30pm Reg. Req'd</p>	<p>25 Racquetball Free Play w/ Pro Lee George 5:30-6:30pm *Sign up at the front desk</p>	<p>26 Pilates Mat Class w/ Lynette in the Club Room 11:30-12:30pm Reg. Req'd</p>	<p>27 Thanksgiving Day Special Club Hours 5am-5pm</p>	28	<p>29 Pilates Mat Class w/ Lynette in the Club Room 8:45-9:45am Reg. Req'd</p>