

# SEPTEMBER 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>Labor Day Special Club Hours 5am-5pm</b>	2 <b>"Meet the Pro"</b> Leandro Nysa (Jiu-Jitsu Instructor) 9:15-10:00am	3 <b>Pilates Mat Class</b> in the Club Room 11:30-12:30pm Reg. Req'd	4 Complimentary Consultation in lobby with Trainer Brian Fowler 8-11am	5	6 <b>Free Youth Basketball Clinic</b> (ages 8-13yrs old) 8:30-10:00am
7 <b>Free Golf Clinic</b> 1:30-2:30pm	8 <b>Pilates Mat Class w/ Lynette</b> in the Club Room 5:30-6:30pm Reg. Req'd.	9 <b>Middle Eastern Belly Dancing for Beginners</b> 7-8:30pm in Studio 2 *Aug. 19th-Sept. 30th. Reg. Req'd.	10 <b>Pilates Mat Class</b> in the Club Room 11:30-12:30pm Reg. Req'd	11 Complimentary Consultation in lobby with Trainer Brian Fowler 8-11am	12 <b>Self Myofascial Release Workshop</b> w/ Anthony Chrisco 12-1pm in Studio 1	13 <b>Middle Eastern Belly Dancing Intermediate</b> 12-1:30pm in Studio 2 *Sept. 13th- Oct. 25th Reg. Req'd.
14	15 Complimentary Consultation in lobby with Trainer Brian Fowler 8-11am	16 <b>Pilates on the Mat w/ Irene</b> 12:30-1:30pm	17 <b>Pilates Mat Class</b> in the Club Room 11:30-12:30pm Reg. Req'd	18 <b>Pilates for Back Health w/ Cheryl</b> 1-2pm in Studio 1	19	20 <b>Beginner Squash Clinic</b> 11-12:00pm
21 <b>Free Adult Swimming Clinic on the Freestyle Technique</b> 4:30pm	22 <b>Pilates Mat Class w/ Lynette</b> in the Club Room 5:30-6:30pm Reg. Req'd	23	24 <b>Pilates Mat Class</b> in the Club Room 11:30-12:30pm Reg. Req'd	25 <b>Discover Pilates w/ Lynette</b> 12:30-1:30pm in Studio 1 *No Charge*	26 Complimentary Consultation in lobby with Trainer Brian Fowler 8-11am	27 <b>Basketball Shooting Clinic</b> 9-10am
28	29 <b>Pilates Mat Class w/ Lynette</b> in the Club Room 5:30-6:30pm Reg. Req'd	30	<b>August Referral Gift</b> \$75 Gift Certificate to New Balance Hawaii. Offer valid while supplies last. Contact Membership if you did not receive the \$175 enrollment certificates in the mail for your friends to join.			