

Fall Club Hours Begin September 11
 Hours: Monday - Friday 6am - 11 pm
 Saturday & Sunday 7 am - 10 pm
 Pool closes @ 10:30 pm Mon. - Fri., 9:30 pm Sat. & Sun.
 Youth Fitness Hrs: (Ages 8-15) Mon. - Fri. 11 am - 5 pm
 Sat. & Sun. 10 am - 8 pm
 Playroom Hours: Mon. - Fri. 8 am - 8 pm
 Sat. & Sun. 8:30 am - 3 pm

**Family
Fit Fun!**
 Sunday
 April 10th
 1PM

April 2005

Don't Miss
The Good Health Club
Every Thursday
 at 1 PM

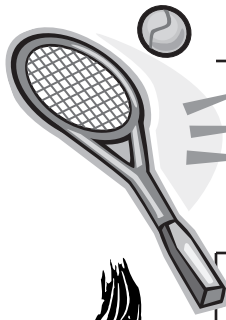
COURTSIDE CAFE
 LUNCH
 11 am-3 pm (Everyday)
 11:30 am-2 pm (Buffet)
 DINNER
 5-9 pm (M-F)
 5:30-8:30 pm (Buffet ex Wed.)
 6-8:30 (Pizza/Pasta Every Wednesday)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

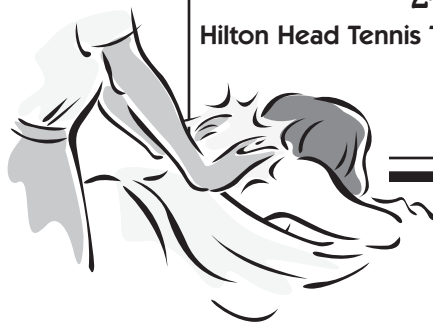
SPRING FORWARD!

**Visit Fitness and
Update Your Program**

3 Club Tennis Single Championships	4 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm PALA	5 Totercise 9:30-11:30 am Mixed 3.5 Doubles 8:30-10 pm PALA	6 Totercise 9:30-11:30 am GWTL A-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm PALA	7 Ladies B-4 Tennis Flight 10:30 am-12 pm Men's 4.0 Doubles 8:30-10 pm PALA	1 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm PALA	2 Club Tennis Singles Championships Junior Match Play 8-10 pm
10 Club Tennis Single Championships Family Fit Fun 1 pm	11 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm PALA	12 Totercise 9:30-11:30 am Mixed 3.5 Doubles 8:30-10 pm PALA	13 Totercise 9:30-11:30 am GWTLA-2 Tennis Team Matches Begin 10am -1 pm Hilton Head Tennis Trip PALA	14 Ladies B-4 Tennis Flight 10:30 am-12 pm Men's 4.0 Doubles 8:30-10 pm Hilton Head Tennis Trip PALA	8 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm PALA	9 Club Tennis Singles Championships Junior Match Play 8-10 pm
17 Hilton Head Tennis Trip	18 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm PALA	19 Totercise 9:30-11:30 am Mixed 3.5 Doubles 8:30-10 pm PALA	20 Totercise 9:30-11:30 am GWTLA-2 Tennis Team Matches Begin 10am -1 pm Hilton Head Tennis Trip PALA	21 Ladies B-4 Tennis Flight 10:30 am-12 pm Men's 4.0 Doubles 8:30-10 pm Hilton Head Tennis Trip PALA	15 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm Hilton Head Tennis Trip PALA	16 Junior Match Play 8-10 pm Hilton Head Tennis Trip
24 Hilton Head Tennis Trip	25 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm PALA	26 Totercise 9:30-11:30 am Mixed 3.5 Doubles 8:30-10 pm PALA	27 Totercise 9:30-11:30 am GWTL A-2 Tennis Team Matches Begin 10am -1 pm PALA	28 Ladies B-4 Tennis Flight 10:30 am-12 pm Men's 4.0 Doubles 8:30-10 pm PALA	22 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm Hilton Head Tennis Trip PALA	23 Junior Match Play 8-10 pm Hilton Head Tennis Trip
					29 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm PALA	30 Junior Match Play 8-10 pm



PALA
 M-F 4-5 pm
 Exercise Class
 4-12 yrs.
 No Cost!



**Summer
Camps
New
&
Exciting
Camps
For All
Ages**



RENEW YOURSELF With A Pamper Package - See Massage For Details!

