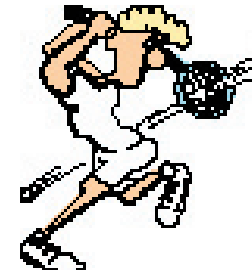


JANUARY 2005



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 Wednes-)

Fall Club Hours begin September 11
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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**NEW SPA SERVICE!
LYMPHATIC DRAINAGE MASSAGE**

TOTERCISE STARTS
January 11th, Tuesday through Thursday
9:30-11:30 am

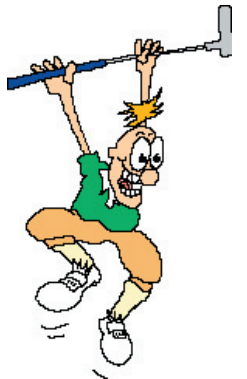
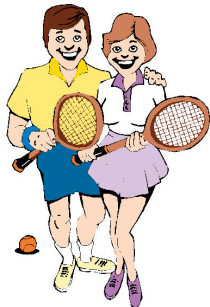
1
10-4 pm
Club Hours
HAPPY NEW YEARS!

**CHOLESTER-
AL
SPECIAL**
January

2 Tennis Clinics Cancelled Due to Holiday Vacation	3 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	4 Mixed 3.5 Doubles 8:30-10 pm	5 GWTL A-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm	6 Men's 4.0 Doubles 8:30-10 pm	7 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	8 Junior Match Play 8-10 pm
9 High School Tennis Clinics 12:30-3:30 pm	10 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	11 Mixed 3.5 Doubles 8:30-10 pm	12 GWTL A-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm	13 Men's 4.0 Doubles 8:30-10 pm	14 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	15 Junior Match Play 8-10 pm
16 High School Tennis Clinics 12:30-3:30 pm	17 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	18 Mixed 3.5 Doubles 8:30-10 pm	19 GWTL A-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm	20 Men's 4.0 Doubles 8:30-10 pm	21 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	22 Junior Match Play 8-10 pm
23 High School Tennis Clinics 12:30-3:30 pm	24 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	25 Mixed 3.5 Doubles 8:30-10 pm	26 GWTL A-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm	27 Men's 4.0 Doubles 8:30-10 pm	28 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	29 Junior Match Play 8-10 pm
30 High School Tennis Clinics 12:30-3:30 pm	31 Men's 5.0 Doubles 8-9:30 pm Racquetball Round Robin 5-6:30 pm	TRY PERSONAL TRAINING FOR YOUR NEW YEAR'S RES-		NEW SESSION OF SWIM LES- SONS ON THE BOARD		



**PARENT
-CHILD
TOTERCISE**
Mondays
10-11 am



**GOLF
SEMINAR/
WORKSHOP**
Don't
Miss
It!