

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



March 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 Wednesday)



We Have The Most Group Exercise Classes Of Any Club In The Area!
 Check Out Our Schedule...

MARCH MADNESS!
 Check Out Our Special Events This Month!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We Have The Most Group Exercise Classes Of Any Club In The Area! Check Out Our Schedule...		Totercise 1 9:30-11:30 am PALA 4-5 pm Mixed 3.5 Doubles 8:30-10 pm	Totercise 2 GWTLA-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm PALA 4-5 pm	Ladies B-4 Tennis Flight 3 10:30 am - 12 pm PALA 4-5 pm Men's 4.0 Doubles 8:30-10 pm	PALA 4-5 pm 4 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	Junior Match Play 5 8-10 pm
Charity 6 Tennis Exhibition Benefitting Red Cross Tsunami Relief Fund 5:30 - 9 pm	Men's 5.0 7 Doubles 8-9:30 pm PALA 4-5 pm Racquetball Round Robin 5-6:30 pm	Totercise 8 9:30-11:30 am PALA 4-5 pm Mixed 3.5 Doubles 8:30-10 pm	Totercise 9 GWTLA-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm PALA 4-5 pm	Ladies B-4 Tennis Flight 10 10:30 am - 12 pm PALA 4-5 pm Men's 4.0 Doubles 8:30-10 pm	PALA 4-5 pm 11 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm Karaoke Night 7-9 pm	Junior Match Play 12 8-10 pm
High School Tennis Clinics 13 12:30-3:30 pm	Men's 5.0 14 Doubles 8-9:30 pm PALA 4-5 pm Racquetball Round Robin 5-6:30 pm	Totercise 15 9:30-11:30 am PALA 4-5 pm Mixed 3.5 Doubles 8:30-10 pm	Totercise 16 GWTLA-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm PALA 4-5 pm	Ladies B-4 Tennis Flight 17 10:30 am-12 pm PALA 4-5 pm Men's 4.0 Doubles 8:30-10 pm	Ladies 3.0 Doubles 18 6:30-8 pm Mixed Doubles 8-10 pm	Junior Match Play 19 8-10 pm
High School Tennis Clinics 20 12:30-3:30 pm	Men's 5.0 21 Doubles 8-9:30 pm PALA 4-5 pm Racquetball Round Robin 5-6:30 pm	Totercise 22 9:30-11:30 am PALA 4-5 pm Mixed 3.5 Doubles 8:30-10 pm	Totercise 23 GWTLA-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm PALA 4-5 pm	Ladies B-4 Tennis Flight 24 10:30 am - 12 pm PALA 4-5 pm Men's 4.0 Doubles 8:30-10 pm	PALA 4-5 pm 25 Ladies 3.0 Doubles 6:30-8 pm Mixed Doubles 8-10 pm	Junior Match Play 26 8-10 pm
High School Tennis Clinics 27 12:30-3:30 pm	Men's 5.0 28 Doubles 8-9:30 pm PALA 4-5 pm Racquetball Round Robin 5-6:30 pm	Totercise 29 9:30-11:30 am PALA 4-5 pm Mixed 3.5 Doubles 8:30-10 pm	Totercise 30 GWTLA-2 Tennis Team Practice 11:30-1 pm Northern Virginia B-1 Tennis Team Practice 1-2:30 pm PALA 4-5 pm	Ladies B-4 Tennis Flight 31 10:30 am - 12 pm PALA 4-5 pm Men's 4.0 Doubles 8:30-10 pm	Take Care of Yourself Relax with a Special Spa Service!	



Totercise Tues. & Wed. 9:30 - 11:30 AM



Tired of Your Old Workout Routine? The Fitness Department Can Give You A Motivating Start For Spring!

