

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



# OCTOBER 2004

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-)

| Sunday   | Monday   | Tuesday   | Wednesday                                       | Thursday  | Friday   | Saturday  |
|--|--|---|---|---|--|---|
|  |  |   |   |   | <b>1</b><br>Ladies 3.0<br>Doubles 6:30-8 pm<br>Mixed Doubles<br>8-10 pm                        | <b>2</b><br>Advanced<br>Mixed Doubles<br>6-8 pm<br>Junior Round Robin<br>8-10 pm                    |
| <b>3</b>   | <b>4</b><br>Men's<br>5.0 Doubles<br>8-9:30 pm<br>Racquetball Round<br>Robin 5-6:30 pm  | <b>5</b><br>Mixed 3.5<br>Doubles<br>8:30-10 pm  | <b>6</b><br>Ladies<br>Team Match<br>10 am-1 pm  | <b>7</b><br>Men's 4.0<br>Doubles<br>8:30-10 pm  | <b>8</b><br>Ladies 3.0<br>Doubles 6:30-8 pm<br>Mixed Doubles<br>8-10 pm                        | <b>9</b><br>Advanced<br>Mixed Doubles<br>6-8 pm<br>Junior Round Robin<br>8-10 pm<br>W&OD Cycle Ride |
| <b>10</b>  | <b>11</b><br>Men's<br>5.0 Doubles<br>8-9:30 pm<br>Racquetball Round<br>Robin 5-6:30 pm | <b>12</b><br>Mixed 3.5<br>Doubles<br>8:30-10 pm | <b>13</b><br>Ladies<br>Team Match<br>10 am-1 pm | <b>14</b><br>Men's 4.0<br>Doubles<br>8:30-10 pm | <b>15</b><br>Member/Guest<br>Tennis Tournament<br>6-10 pm                                      | <b>16</b><br>Member/Guest<br>Tennis Tournament<br>8-6 pm  |
| <b>17</b><br>Member/Guest<br>Tournament<br>8-6 pm  | <b>18</b><br>Men's<br>5.0 Doubles<br>8-9:30 pm<br>Racquetball Round<br>Robin 5-6:30 pm | <b>19</b><br>Mixed 3.5<br>Doubles<br>8:30-10 pm | <b>20</b><br>Ladies<br>Team Match<br>10 am-1 pm | <b>21</b><br>Men's 4.0<br>Doubles<br>8:30-10 pm | <b>22</b><br>Ladies 3.0<br>Doubles 6:30-8 pm<br>Mixed Doubles<br>8-10 pm                       | <b>23</b><br>Advanced<br>Mixed Doubles<br>6-8 pm<br>Junior Round Robin<br>8-10 pm                   |
| <b>24</b>  | <b>25</b><br>Men's<br>5.0 Doubles<br>8-9:30 pm<br>Racquetball Round<br>Robin 5-6:30 pm | <b>26</b><br>Mixed 3.5<br>Doubles<br>8:30-10 pm | <b>27</b>                                       | <b>28</b><br>Men's 4.0<br>Doubles<br>8:30-10 pm | <b>29</b><br>HALLOWEEN<br>PARTY<br>Ladies 3.0<br>Doubles 6:30-8 pm<br>Mixed Doubles<br>8-10 pm | <b>30</b><br>Advanced<br>Mixed Doubles<br>6-8 pm<br>Junior Round Robin<br>8-10 pm                   |
| <b>31</b><br> | <b>ACHIEVE YOUR FITNESS GOALS! BOOT-CAMP</b><br>Begins October 4th! Don't Miss         |   |   |   |  |   |



**HALLOWEEN COSTUME PARTY**  
 Friday,  
 October 29th  
 Sign Up at  
 the  
 Front Desk

**SPECIAL FOR OCTOBER! FULL LIPID PROFILE**  
 \$20  
 Have You  
 Recently  
 Had Your  
 Cholesterol  
 Checked?



**PARENT/CHILD TOTERCISE**  
 Mondays



**TOTERCISE TUESDAY & WEDNESDAY**  
 9:30-11:30 am

**PRESIDENT'S ACTIVE LIFESTYLE CLASS**  
 Monday  
 thru Friday  
 4-5 pm

**Check Out Our New Exercise Schedule!**  
**We've Added 25 New Classes!**

**BACK TO SCHOOL 1/2 HOUR YOUTH MASSAGE**  
 See Massage for Details