

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

Posture Seminar
 Don't Miss It!!!
 See Fitness For Details

October 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)



PALA
 &
 Toterise Programs
 Are In Full Swing!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|---|
| | | | | | | |
| 2 Junior Clinics 12:30 PM - 4:30 PM | 3 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm | 4 3.5 Mixed Doubles Flight 8:30-10 PM | 5 Ladies Team Match 10 AM - 1 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 |
| 9 Junior Clinics 12:30 PM - 4:30 PM | 10 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm | 11 3.5 Mixed Doubles Flight 8:30-10 PM | 12 Ladies Team Match 10 AM - 1 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 |
| 16 Junior Clinics 12:30 PM - 4:30 PM | 17 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm | 18 3.5 Mixed Doubles Flight 8:30-10 PM | 19 Ladies Team Match 10 AM - 1 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 Member Guest Tennis Tournament 8-6 PM |
| 23 Junior Clinics 12:30 PM - 4:30 PM | 24 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm | 25 3.5 Mixed Doubles Flight 8:30-10 PM | 26 Ladies Team Match 10 AM - 1 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 |
| 30 Junior Clinics 12:30 PM - 4:30 PM | 31 Men's 5.0 Doubles 8-9:30 PM Racquetball/Squash Round Robin 5-6:30 pm | <p>Kids Are Back In School - Time To Relax - Get a Message! ★★ Fall Facial Special - 20% OFF European Facial ★★</p> | | | | |



We Have More GROUP EXERCISE Classes Than Ever! Check Out Our Fall Schedule

