



MARK YOUR CALENDAR!

Activity & Pool Notices
Dates to Remember
Winners to Applaud

And the Winners Are ...
EVERYONE!
who participated in the
March Group Fitness Challenge

The top five ...
Doug Rice - 102 classes
Denise Russell - 67 classes
Ed Fitzgerald - 52 classes
Homer Jones - 51 classes
Denise Camin - 50 classes



ULTIMATE TEST LAB Returns Wednesday, April 6

To schedule one or more test or for more information
contact Josh @ the Club, ext. 34

- Hydrostatic Body Composition Analysis (\$40)
- VO2 Max/Sub-Max (\$65)
- RMR Testing Metabolic Rate (\$50)

Save by scheduling all three tests for \$140



YOUTH PROGRAMS

Kids' Yoga: Mondays, April 4 - May 9 Ages 5 - 8: 4:15 - 5 p.m.

Ages 9 - 12: 5:15 - 6 p.m.

Fee: \$55/Members, \$70/Non-Members



Kids' Zumbatomic: Tuesdays, April 5 - May 10

Ages 4 - 7: 4 - 4:30 p.m.

Ages 8 - 12: 4:45 - 5:25 p.m.

Fee: \$55/Members, \$70/Non-Members

ADULT PROGRAMS

Co-Ed Boxer's Workout: Fridays, April 8 - May 13 @ 6:30 p.m.

Take your fitness to another level. Get a great cardio workout while you learn basic punches and boxing moves. *Hand wraps & 12-oz. heavy bag gloves are required.*

Fee: \$45/Members, \$60/Non-Members



SPIN CLASS SPECIAL - *Reserve your bike!*

Tuesdays, April 5 - May 10 @ 6 a.m.
Thursdays, April 7 - May 12 @ 6 a.m.
Wednesdays, April 6 - May 11 @ 8:30 p.m.
Fee: \$42/Members, \$60/Non-Members

AFAA WORKSHOP - Saturday, April 9


Step Skills & Choreography

One-day workshop will cover class format, successful cueing, smooth transitions, creative choreography, and effective music utilization.

Fee: \$96.75/Employees & Members, \$129/Non-members

For more information contact Renee Schreiner, AFAA Coordinator @ 636-329-0861.

To register, call 1-800-225-2322.



FOR EVERYONE - 2011 Summer Circuit Training_ **AGES 10+**

Perfect for the beginner runner looking to run their first race or improve on a previous race. Or perhaps you are looking to take your fitness routine to another level. Designed to get runners into shape for a 5K run or to help you finish your first 5K or beat your best time, we can help you!

Wednesdays, April 13 - May 18 @ 6 p.m.

Fee: \$20/Members, \$30/Non-members

(includes 10% discount on Apollo 5K or Circuit registration)



Watch for news about activities and events for the later part of April.
Until then, see you around the Club!

Member Services
H-F Racquet & Fitness Club

Save 20%

Visit the ProShop @ The Club
Save 20% on all *regular-priced* apparel.

Offer Valid: April 4 - 17, 2011

[Forward email](#)