

# H-F Racquet & Fitness Club Newsletter

## August 2011



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Dear Member,

I wanted to take this opportunity to thank everyone who voted the Club as the #1 Health Club in the Chicago Southland. We take great pride in this award and look forward to building on this achievement. That being said, we *have several Club improvement projects planned in August to better serve you.*



First, we will be resurfacing and color coating all ten tennis courts August 11 - 26. During this time, the tennis courts will be closed. Any change of location information for previously scheduled programs will be available shortly. When the indoor season starts, the courts will be freshly painted and crack and scuff free.

In addition to resurfacing the tennis courts, we will be performing our annual facility maintenance August 22 - 28. This annual program allows us to complete larger scale, preventative maintenance tasks such as studio and racquet court resurfacing, pool repairs and thorough pool cleaning.

During this time the pool, group fitness studio and racquetball courts will be closed. However, we are offering a modified group fitness schedule and Racquet & Fitness Club members may utilize Lions Club Pool for aqua classes and lap swim by showing their Club ID card.

Thank you again for choosing us as your health and fitness destination. See you around the Club.

*Dave Thommes,*  
Club Manager

## Tennis Court Resurfacing

August 11 - 25

*All ten courts will be closed during resurfacing and color coating.*

Previously scheduled programs will be notified of an alternative location.

*Thank you for your patience & understanding.*

## KIDS KOURT HOURS - AUGUST

**AUGUST 1 - SEPTEMBER 4, 2011**

MONDAYS - FRIDAYS: 8:30 a.m. - Noon

Closed Saturdays, Sundays & Evenings.

## FITNESS - FLOSSMOOR 5k TRAINING



Looking to change up your routine? There is still time! Try 5K Training.

Improve your time, change your strategy or learn the basics of running a 5K. *We have something for every runner!* **REGISTER TODAY!**

August 3 - Sept. 7, Wednesdays, 6 - 7 p.m.

Code: 256400-02

Fee: \$20 Member / \$30 Non-member

(includes 10% discount on Flossmoor 5K race)

## FITNESS - KIDS' FITNESS CAMP

### LAST SUMMER SESSION

**Starts Monday, AUGUST 1**

Are you looking for something just before school starts? Kids getting bored? Here is your answer - a week of fitness-related activities. Each day will have a new activity along with a healthy snack.

**Club membership is not required!** Let your child invite a friend.

Monday - Friday, 10 a.m - Noon

Code: 256300-07

FEE: \$60 Member / \$75 Non-member

## Pool & Floor - Annual Maintenance

August 22 - 28

*Our annual maintenance shutdown.*

### GROUP FITNESS CLASSES

Pick up the alternative class schedule in the Fitness Center or at the Welcome Center.

### POOL USERS & AQUATIC CLASSES

The Lions Club pool is open to you.

Just show your Club ID!

## TENNIS ... Tennisfest & More



Tennisfest may be over but the fun continues. Check out what it was all about - just click on [Tennisfest Smilebox](#) - created by our own Nancy Watland, Program & Team Tennis Coordinator.

Don't loose your get up and go now that Tennisfest is over. Your Club has a program for everyone - beginner or seasoned player. Check out what we are offering for ages 3 to 103! Peruse the brochure or download it from the website at [Racquet Sports Brochure](#). Like a hard copy? Pick up a brochure at the Welcome Center!

**CLASS REGISTRATION OPENS AUGUST 1!**

## BUDDY BASKETBALL SHOOTING CAMP

**AUGUST 1 - 10**

Summer is coming to a close and school basketball is on the horizon. Give your child a head start with Coach Nordin's unique two-person camp. Individual attention will help your child rapidly improve his/her game. Strength & Agility camps are also available as an add-on. Get all the information by clicking [Buddy Basketball Camp](#). **Club Membership is not required.**

Ages 7 - 16, Monday & Wednesday evenings

Code: 254350

Fee: \$60

**REGISTER TODAY! SPACE LIMITED!**

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Sincerely,  
Member Services  
H-F Racquet & Fitness Club



**20% OFF**

***ProShop @ The Club***  
***CLEARANCE ITEMS ONLY***  
**TAKE AN EXTRA 20% OFF**  
***Final Sales! No Refunds!***

Offer Expires: August 31, 2011

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