



2nd Annual Indoor Triathlon
Saturday, Feb. 26
staggered start times



Become part of this new tradition! Challenge yourself with this new and exciting event.

Participate as an Individual or be on a Team!

Swim - 10 minutes
Bike - 20 minutes
Run - 15 minutes

Transition times between each segment.

Non-members Welcome!

Resident: \$30 Individual / \$60 Relay
Non-Resident: \$35 Individual / \$75 Relay

Registration Closes: Thurs., Feb.24
Late Registration: \$10 additional
For more information
[\[click here\]](#)

or call Josh May, 708-799-1323 ext. 34

Childcare is available for a fee: 8:30 a.m. - 12:30 p.m.

BOXER'S WORKOUT: CO-ED
February 25 - April 1
6:30 - 7:30 p.m.

Fee: \$45 members / \$60 non-members

Want to change up your workout? This intense hour will alternate heavy bag work with athletic-based drills.

Hand wraps & 12 oz. heavy bag gloves are required.

SPIN CLASS SPECIAL

Committed to spinning?
Guarantee your bike & place in class.

Tue., Feb. 22 - Mar. 29 @ 6 a.m.
Thurs., Feb. 24 - Mar. 31 @ 6 a.m.
Wed., Feb. 23 - Mar. 30 @ 8:30 p.m.

Fee: \$42 Member / \$60 Non-member

Pool! Pool! Pool!
Changes & Things of Note!

Thursday, Feb. 10: 7:15 - 8 p.m.
SSSRA Swim Sessions begin

Saturday, Feb. 26: 6 a.m. - Noon
POOL CLOSED for the Indoor Triathlon

Sundays in February: 1 - 3 p.m.
Family Swim

Next session of Swim Lessons
March 2 - April 9

KIDS' YOGA

Club membership is not required.

MONDAYS, Feb. 21 - Mar. 28
Ages 5 - 8: 4:15 - 5 p.m.
Ages 9 - 12: 5:15 - 6 p.m.

Fee: \$55 Member / \$70 Non-members

Change your child's life! Yoga poses, share-relationship techniques & fun games will help calm the stimulation chaos.

For more information call Josh May, ext. 34
REGISTER TODAY
at the Welcome Center.

KIDS' ZUMBATOMIC!
Non-members Welcome!

Tuesdays, Feb. 22 - Mar. 29
Ages 4 - 7: 4 - 4:30 p.m.
Ages 8 - 12: 4:45 - 5:25 p.m.

Fee: \$55 Member / \$70 Non-member
For more information

[\[click here\]](#)
or call Josh May, 708-799-1323 ext. 34
REGISTER TODAY @ the Welcome Center.

NEW!

Intro to Strength Training!
Tuesdays

Feb. 22 - Mar. 29, 6:30 p.m.

Looking for guidance or ideas on how to further strengthen your muscles? Try this **small group personal training!**

Individualized attention limits class size, sign up now!

Club membership in not required!
Invite a 'buddy' to this class!

Fee: \$42 Members / \$60 Non-members

Non-members welcome!
Invite a friend to this workout.

Sign up today at the Welcome Center or call
708-799-1323.

USTA JUNIOR TEAM TENNIS

Sundays, Feb. 27 - May 8
*Tennis is not just an individual sport;
be part of a team!*

8 & under; 10 & under
Beginner, 4 - 6 p.m.

10 & under; 12 & under
Int/Adv, 4 - 6 p.m.

14 & under
Int/Adv, 6 - 8 p.m.

Fee: \$80 Member / \$120 Non-member

Need more information?
Call Nancy Watland, ext. 24 or email
nwatland@hfparks.com

Saturday, February 26
ONE NIGHT ONLY!
MEMBER SINGLES
CHAMPIONSHIPS

Fun for all. Pick up an entry today!

Sign up at the Welcome Center or Tennis
Concierge Desk.



INDOOR GOLF CLINICS

Get Ready for Golf Season!

Thursdays & Saturdays in February

*Clinics will include: putting, chipping,
driving, iron play, fairway woods, course
management & club fitting.*

Club membership is not required.

Fee: \$15/ lesson
Register today!

Tennis is "HOT"

Kids & Teens
USA 1 -2 - 3 Tennis Lessons

Ages 13 - 17
Mondays, Feb. 21 - May 2 @ 5:30 p.m.

Ages 8 - 12
Wednesday, Feb. 23 - May 4 @ 4 p.m.

Fee: \$99/person
*Eleven hours of instruction: one hour a week for
11 weeks. Program includes free USTA
membership, plus a chance to win a new
racquet!*

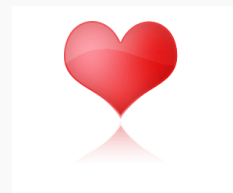
Club membership is not required.

Register today!

Save 25%

**SWEETHEART
OF A DEAL**

25% *OFF* any
regular-priced apparel.



Offer Valid: Feb. 7 - 14

Member Services
H-F Racquet & Fitness Club