



Winter at Your Club!

It may be January with all that it brings ... snow, cold, sleet and hibernation. Now is the time to start shaking off those winter doldrums. We have new classes and opportunities for you and your family to enjoy as well as coupons for your use. Check out ...

Kids Yoga Fun Day Ages 5 - 10

Saturday, January 9
2 - 4 p.m.

This class includes Yoga games, calming Yoga poses, breathing techniques and relaxation time. Centering on a theme, there will also be a craft project.

Treat yourself to a late lunch or coffee at a nearby restaurant or coffee shop while your child spends time with us.

For more information ...

- Stop at the Welcome Center
- Go to the Club website at hfracquetandfitness.com

FEE: \$25 Members
\$37.50 Non-members

Register at the Welcome Center or call 708-799-1323.

American Red Cross Swim Lesson

Group Lesson Placement
Testing Day
Sunday, Jan. 10, 3 - 4 p.m.

Advance Registration fee: \$10
Day-of-testing registration fee: \$20

Winter Session I

Jan. 13 - Feb 20

Wednesdays: 5 & 5:35 p.m.

Adults: 6:15 p.m.

Saturdays: 9 & 9:35 a.m.

Registration Deadline

1 week prior to start of session

FEE: \$42 Members
\$63 Non-members

Day of Class Fee: \$52
Members

\$73 Non-members

Register at the Welcome Center or call 708-799-1323.

NEW! NEW! NEW! **Boxer's Workout** **for MEN!**

Jan. 15 - Feb. 19
Fridays, 5:30 - 6:30 p.m.

GUYS! This is for YOU!

This is for the serious athlete! Learn basic punches and boxing moves taught by an experienced boxing instructor. Heavy bag work alternating with athletic-based drills gives you an excellent cardio workout.

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

FEE: \$45 Members
\$60 Non-members

Questions? Call 708-799-1323
Sandi, ext. 15 or Josh ext. 34

Register at the Welcome Center or call 708-799-1323.

Male & Female ... Youth Sports Performance Development

Soccer - Football - Volleyball
Tennis - Track & Field
Basketball - Baseball

From Beginner to Advance increase performance with individual and small group training. **Train to compete!** Don't wait until your child is in high school!

Since 1989, Roy Alfonso as a fitness trainer, has trained young

1st Annual Indoor Triathlon

Saturday
Feb 27, 2010

Want to get and/or stay motivated during the coldest months? *Then this is for you!*

The perfect event for anyone interested in completing a triathlon. The indoor format is perfect for beginners as well as the experienced triathlete.

Enter as an individual or put together a team - the choice

FYI

The *Winter* Group Fitness Schedule **begins Jan. 4.**

Family Swim
Sundays, 1- 3 p.m.
begins Jan.10

Swim Lessons
Wednesdays & Saturdays
begins Jan. 13

LET'S BE GREEN!

athletes. He works with high school teams and club teams as well as individual athletes. His holistic approach has helped athletes avoid and recover quickly from injury.

Curious? Call Josh, ext. 34
Fitness Operations Supervisor

is yours.

For more information

- Stop at the Welcome Center or Fitness Center
- Call Josh May, ext. 34
Fitness Operations Supervisor
- Visit the Club website @ hfracquetandfitness.com

All schedules and other information about the Club including special activities or event, etc. can be found on your Club website at hfracquetandfitness.com

Visit your website often!

Super Saturday Special Tennis Mixer

Saturday, January 16
6:30 - 8:30 p.m.

Round Robin Doubles

Have fun, make new friends!
Your host is John Bhatti.

Non-members welcome!

Light regreshments provided during break times! Prizes at the end of the mixer.

Sign up deadline: Jan. 14

FEE: \$15/person

(member or non-member)

Sign up the Welcome Center or the Tennis Concierge Desk

Call 708-799-1323 to pay over the phone with credit card.

Late sign-up

Call John Bhatti at 708-212-0108

Late sign-up FEE: \$20

Only if spots are available.

Tennis Antique Buy/Sell Show

Saturday, Jan. 23
9 a.m. - 8 p.m.

Held in conjunction with the
USTA/Midwest Girls' 14
Designated Tournament.

*Tennis racquets, ball cans,
books ephemera and other
items of tennis memorabilia.
Sales by cash or check only.*

Presented by

Greg and Priscilla Wilt

Members of
Tennis Collectors of America

Tennis Collectors of America is an organization formed to promote tennis, tennis history and the collecting of tennis memorabilia.

Admission FREE!

For more information contact:
Greg or Priscilla Wilt
937-497-8118 or
gpwilt@embarqmail.com

CONGRATULATIONS!

H-F Members

**Thomas J. Harris,
Ajay Chopra,
Haleigh Porter
Brittany Henry**

Selected to attend the first
USTA Midwest Regional
Training Center Camp held in
Chicago.

The H-F Racquet and Fitness Club was one of five Midwest Junior Team Tennis clubs selected to recommend juniors for the 16-hour camp.

Players got to perform and practice before National and Regional Coaches as well as receiving lots of tips to help their game.

**WATCH FOR THESE NAMES
IN THE FUTURE!**

USA Tennis 1 -2 -3 Adult Lessons

Jan. 18 - Feb. 25

Learning or returning to tennis has never been easier! USA Tennis 1-2-3 classes meet twice weekly for six weeks for 1-1/2 hours of instruction and drills. Eighteen hours of instruction. Included are *free* USTA members (\$40 value) and a chance to win a new racquet.

Mondays & Wenesdays

1 - 2:30 p.m.

Thursdays

9 - 10:30 p.m.

Basketball Lessons

Starts Jan. 11
Boys & Girls, Ages 4+

Coach Mark Nordin's Basketball Program offers expert instruction with an impressive coach-to-student ratio. This program is essential for players who want to improve shooting technique and learn to be a complete player who can shoot, defend, rebound, penetrate and pass.

Monday & Thursday Lessons

two classes/week for 2 weeks

Fee: \$36

Basketball Strength Training Class

Starts Jan. 16
Boys & Girls, Ages 10+

Sport-specific, cutting-edge training program especially designed for basketball players. Program goals are to strengthen muscles, improve balance and stabilize joints which will help prevent injury and improve performance.

Monday & Thursday Classes

two classes/week for 2 weeks

Fee: \$36

Fee: \$144

Register at the Welcome Center
or Tennis Concierge Desk
or call 708-799-1323.

Saturday Lessons
one class/week for 8 weeks
Fee: \$72

Register at the Welcome
Center or call 708-799-1323.

Saturday Classes
one class/week for 8 weeks
Fee: \$72

Register at the Welcome
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Save
10%

**FULL SWING GOLF SIMULATOR
HOURLY RATES OR SPECIAL PARTY PACKAGE**

Party package is for Friday Night @ The Links and Sunday with the NFL only.

Not a video game, but a computer-run device that requires the use of real golf clubs and real effort. Play on more than 50 world-famous courses!

May not be combined with any other offer. **Coupon must be presented.**

Offer Expires: March 30, 2010

25%
OFF

ANY BIRTHDAY PARTY PACKAGE!

Choose a pool, basketball or tennis party on a Friday or Saturday.

Coupon must be presented. One coupon per party. May not be combined with any other offer. Discount does not apply to the security deposit.

Expires: March 30, 2010

\$55
1-Hour
Massage

Make time for yourself! De-stress!
Book your appointment today at 708-799-1323.

One coupon per person. May not be combined with any other offer.
Coupon must be presented. A \$75 value.

Offer Expires: March 30, 2010

25% OFF **COMMIT TO BE FIT SALE**
January 10 - 24, 2010

This is the time to stock up on regularly-priced Nike & Adidas *apparel*.

May not be combined with any other offer.

January 10 - 24, 2010

NEW YEARS' CLEARANCE SALE - ProShop @ The Club
January 1 - 31, 2010

Clearance Items (Lobby or in the ProShop)

Buy 1 item, get 20% off.

Buy 2 or more items, get 25% off.

Prince Racquet Special

Buy Prince EXO Silver or Prince EXO Red or Prince EXO Rebel Team 95

Get a pair of Prince Shoes **FREE!**

Offer Expires: January 31, 2010

Member Services
H-F Racquet & Fitness Club
708-799-1323