



New Year! New You! New Offerings, Activities & Events

January - snow, cold, sleet, hibernation. Don't hibernate ... join your fellow members as we all work to shake off the winter doldrums, the holiday pounds, and the blahs. Check out what's new ... so many opportunities for you and your family to enjoy the Club. Check out the special coupons just for you!

LOVE TO SPIN?

Reserve your seat!

NEW! Spin Class Special

Guarantee your place in class every week! Never worry about the limited space by joining any one of our exclusive classes this winter.

Reserve your spot today!

Jan. 11 - Feb. 15

Tuesdays: 6 - 7:15 a.m.

Jan. 13 - Feb. 17

Thursdays: 7 - 7:15 a.m.

Jan. 12 - Feb. 16

Wednesdays: 8:30 - 9:45 p.m.

FEE per session

\$42 Members

\$37.50 Non-members

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

American Red Cross Swim Lessons Children & Adults

Group Lesson Placement

Testing Day

Sunday, Jan. 9, 3 - 4 p.m.

Advance Registration fee: \$10

Day-of-testing registration fee: \$20

Winter Session I

Jan. 12 - Feb 19

Wednesdays: 5, 5:35 &

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

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

IT'S BACK!

Fit Body Challenge

January 13 - March 17

Thursdays, 8 - 9 p.m.

Get your fitness resolution off to a great start with this popular class, instructed by Darlene. Weekly weigh-ins are followed by a 45-minute workout. Class format changes every week to challenge you in new ways. Get weekly handouts and nutrition advice, healthy recipes and prizes.

Class fills quickly, register early!

Ages: 18+

FEE: \$50 Member

\$70 Non-member

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



It's closer than you think!

Get Ready with Indoor Triathlon Training

Saturdays, 7 - 8:30 a.m.

Jan. 15 - Feb. 19

Be part of a growing sport because everyone can do them. Get ready for your Club's *Indoor Triathlon.*

Youth Programs

Kids' Yoga

Mondays, Jan. 10 - Feb.14

Change your child's life with this fun class using Yoga poses, share-relation techniques and games. Children increase their self-

**The 2nd Annual
Indoor Triathlon
Saturday, Feb. 26 - 7 a.m.**

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

Join us for our Annual *Indoor Triathlon* at the Club. Great for all levels of experience and fitness. The Triathlon is comprised of a 10-min. pool swim, 20-min. stationary bike ride and a 15-min. treadmill run/walk. Compete in an age-appropriate level for you.

Fee: \$30 Individual / \$60 Relay

Curious? Call Josh, ext. 34
Fitness Operations Supervisor

Registration Form? Click on [Triathlon Registration](#)

Each week you work on swimming, biking, & running lead by our experienced coaches & trainers.

First triathlon? Want to better your previous performance? Our coaches will get your there!

Fee: \$75 members
\$100 non-members

Need more information?

- Call Josh May, ext. 34
Fitness Operations Supervisor

- Click here [Triathlon Training](#)

esteem and learn to interact in a fun-filled atmosphere,

Ages 5 - 8 @ 4:15 p.m.

Ages 9 - 12 @ 5 p.m.

Fee: \$45 member/\$60 non

Kids' ZUMBA

Tuesdays, Jan. 11 - Feb.15

Dance with fitness routines, fun games and high-energy music. Your child will have a blast dancing while getting fit.

Ages 4 - 7 @ 4 p.m.

Ages 8 - 12 @ 4:45 p.m.

Fee: \$55 member/\$70 non

**Register today at the
Welcome Center**

**Super Saturday Special
Tennis Mixer**

**Saturday, January 15
6 - 8 p.m.**

**Mixed Doubles Tennis
Round Robin**

Have fun, make new friends!

Non-members welcome!

FEE: \$12 member / \$15 non
(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.

**Boxer's Workout
Men and Women
(Ages 16+)**

**Fridays
Jan. 15 - Feb. 19**

Time Change: 6:30 p.m.

Learn basic punches & boxing moves from an experienced boxing instructor while getting an excellent cardio workout.

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

Fee: \$45 member / \$60 non

**Register today at the
Welcome Center. Space is
limited.**

FAMILY SWIM

FREE

for Club members!

Fridays 5:30 - 7 p.m.

Saturdays 3 - 4:30 p.m.

**and beginning January 16
until March 27**

SUNDAYS 1 - 3 p.m.

Have family fun or have your child practice their swimming.

Want to bring a guest?

**Non-member fees
\$9 Adult / \$7 Child**

\$55
1-Hour
Massage

Make time for yourself! De-stress!
January 15 - February 15, 2011

Book your appointment today at 708-799-1323.

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

Save
10%

FULL SWING GOLF SIMULATOR
SPECIAL PARTY PACKAGE - Friday Night @ the Links

Gather your foursome and reserve your tee time for four hours in the private golf simulator studio as you watch an additional big-screen TV, plus enjoy pizze, refreshments & limited alcoholic beverages. *Age 21+*

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: **February 28, 2011**

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: **February 28, 2011**

NEW YEARS' CLEARANCE SALE - ProShop @ The Club
January 1 - 31, 2011

Clearance Items (Lobby or in the ProShop)

Buy 1 item, get 15% off.

Buy 2 or more items, get 20% off each item.

Offer Expires: **January 31, 2011**

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