



H-F Racquet & Fitness Club Newsletter



Dear Member,

The official start of summer is just around the corner. However, your Club will still be offering many group fitness classes, a new youth and adult program, Circuit training continues, and our tennis area offers you a chance to learn, improve or just enjoy the game whether outdoors or at the Club.


Starting Saturday, June 4 we will begin our Club Summer Hours:

Mondays - Fridays: 5 a.m. - 10:30 p.m. (no change)

Saturdays: 6 a.m. - 5 p.m. (early closing)

Sundays: 7 a.m. - 5 p.m. (early closing)

Be sure to join our VIP Club for special offers and/or notices. Text **CLUB** to 36000. You can also

follow us or post comments on the Club's Facebook page . Just click [Club Facebook](#). You can also follow us on Twitter. We look forward to seeing you in the Club as you avoid the heat, humidity, bugs, dogs, cars, smogs, etc. of summer whether you are working out, swimming, playing tennis or golf, or just socializing. *Enjoy your summer!*



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FITNESS - YOUTH PROGRAMS

NEW! KIDS' FITNESS CAMP

Looking for something for your kids this summer? Register them for a week of fitness-related activities designed to help them become happier and healthier. Each day will have a new fitness activity along with a healthy snack. We will teach your kids fun ways to incorporate fitness into their lives. We will also have healthy recipes each day for them to take and try at home.

Club membership is not required - perhaps they'd like to have their best friend join them!

Session 1: June 6-10 (M-F) 10 a.m.-Noon
Ages: 8-13 Code: 256300-05
Fee: \$50/Member; \$75/Non-Member

FITNESS - ADULT PROGRAMS

NEW! TRIATHLON TRAINING

Club Membership is not required - train with a friend! Beginner or experienced - let our qualified trainers help you achieve your goals! Get the tools and workouts to complete your first sprint triathlon or better your performance. All components - swimming, biking, & running - will be covered *along with perfecting your transitions!* Biking & running will be outside as a group. Weekly workout plans, workout logs & nutrition information will also be given to you. *Space is limited, so sign up now for this 8-Week program!*

Session: June 4-July 23 (Sat.) 7 - 9 a.m.
Code: 256513-01
Fee: \$80/Member; \$100/Non-Member

FITNESS - YOUTH PROGRAMS

KIDS' YOGA CAMP

Each day of yoga camp will center around a different theme (i.e. nature yoga, a day at the circus, and things that fly). The days will begin with a sharing circle and include yoga poses and games all focusing around the theme of the day. There will also be a craft project relating to the theme.

Bring a journal/notebook & water bottle each day & dress comfortably.

Have your child invite a friend as Club membership is not required.

Session: June 20-23 (M-Th) 10 a.m. - Noon
Ages: 5 - 10 Code: 256300-03
Fee: \$50/Member; \$75/Non-Member

TENNIS - YOUTH PROGRAMS

USA 1-2-3 Tennis Lessons for Juniors

Six week, 18 hour program includes USTA membership (\$19 value) and a chance to win a racquet. (No class July 4, 18 or 20)

Session: June 13 - Aug. 1, M&W

Ages 11 - 13 Time: 11-12:30 p.m.
Code: 252307-1A

Ages 14 - 17 Time: 2 - 3:30 p.m.
Code: 252407-1A

Fee: \$162

TENNIS - ADULT PROGRAMS

USA 1-2-3 Tennis Lessons for Adults Incorporating Start/Restart Tennis for new & returning players

Six weeks - twice a week! 18 hours of instruction, a USTA membership (a \$42 value) & a chance to win a free racquet & a T-shirt.

Session: June 13 - Aug. 1, M&W
(No Class July 4, 18, 20)

Ages 18+
Time: 9 - 11:30 a.m. Code: 252507-1A
Time: 6:30 - 8 p.m. Code: 252507-1B
Fee: \$162

FITNESS - ADULT PROGRAMS

PERSONAL TRAINING

Change your workout routine ... make a commitment!

Your Club offers 30-minute *Express Personal Training* packages as well as 55-minute packages. Check out ...

Pilates Personal Training

Will transform the way your body looks, feels, & performs, using a variety of techniques & equipment. Great for runners, dancers, golfers, tennis players, all fitness enthusiasts - try it out!

Yoga Personal Training

For all individuals, regardless of fitness or flexibility level. Maximize your performance; improve your overall health & fitness.

For more info click [Personal Training](#). To schedule sessions, call Josh May, ext. 34.

TENNIS - YOUTH PROGRAMS

USTA Jr Team Tennis of the Greater Homewood-Flossmoor Community Tennis Association

Learn while you play! QuickStart format utilizes age appropriate court sizes & equipment. "Connect a child to a Sport for a Lifetime!" *Fee includes team uniform & tennis racquet and enrollment in Ace's Kids Club.*

Session: June 14 - Aug. 9, Tue., 11:30 - 1 p.m.
Ages: 6 - 10
Fee: \$84

Registration closes June 4. To register you must go to www.MidwestTeamTennis.com

TENNIS - ADULT PROGRAMS

USA 1-2-3 Tennis Lessons for Adults Incorporating Start/Restart Tennis for new & returning players

Six weeks - once a week! Includes a USTA membership (a \$42 value) and chance to win a free racquet & a T-shirt.

Session: June 7 - July 12
Tuesdays, 1- 2 p.m.
Ages: 18+ Code: 252507-1R

Fee: \$95



Don't let those summer showers ruin your golf game. Take advantage of the Rainy Day Special - 10% OFF - that's 20% for members. *Day of booking only!*

Member Services
H-F Racquet & Fitness Club

Save

FATHER'S DAY SALE

20% OFF Apparel, Shoes & Accessories

15% OFF Racquet & Bags

Regular priced items only.

Offer Valid: June 11 - 19, 2011

Save

SUMMER SOLSTICE SALE

25% OFF Swimwear & Swim Accessories

25%

Regular priced items only.

Offer Valid: June 21 - 30, 2011

[Join our Mailing List!](#)