

# Happy Thanksgiving



## THANKSGIVING DAY - CLUB HOURS 7 a.m. - 3 p.m. Kids Kourt is Closed.

### MANAGER'S CORNER

As you know, an ongoing goal for us is to provide our members with a clean and safe facility. One of the ways that we can accomplish this is making sure that the floors in the fitness center, the group fitness studio and the areas around the fitness equipment are free of potential trip hazards. In addition, articles of clothing that are hung on equipment have a history of falling off and getting tangled in the equipment causing damage or worse, tripping the user. Please keep this in mind as we ask you to store your coats, umbrellas, sweatshirts, hats, gloves, bags and other cold weather wares in the locker room before heading into the fitness center or group fitness studio. In addition to our locker room lockers, we also have free mini lockers available in the fitness center for your wallet, keys and other small belongings.



Your help in keeping the Club a safe and clean place to visit is appreciated.

Happy Fall!  
Dave Thommes  
Manager

### FITNESS: Something for Everyone!

We have something for everyone, every age group, every ability.

Take a couple hours out for yourself while the kids are at ...

#### KIDS' YOGA PJ PARTY

Friday, Nov. 12, 6 - 8 p.m.

Ages: 5 - 10

Fee: \$25 member / \$37.50 non-member



To register stop at the Welcome Center or call 708-799-1323.

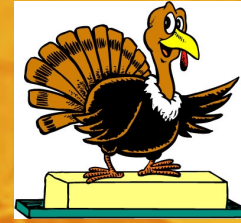
It's all about strength, flexibility and agility.

#### PILATES REFORMER TRAINING - INTRODUCTORY SPECIAL

An innovative system will dramatically transform the way your body looks and feels

Five 1-hour sessions special:  
\$160 Member / \$200 Non-member

*New clients only. One-time use only.  
Purchase must be made by 11/30/10*  
MORE INFO? Ask for Josh May, ext. 31



### 7th Annual ButterBall Burner 5K Fun Run

FRIDAY, NOV. 26

Check-in: 8 a.m.

Start time: 9 a.m.

*All ages welcome!*

#### Advance Registration:

\$12/H-F Residents

\$17/ Non-Residents

#### Race-Day Registration:

\$15/H-F Residents

\$20/ Non-Residents

[CLICK HERE](#)  
FOR MORE INFORMATION  
AND REGISTRATION FORM

### COLLEGE STUDENT HOLIDAY BREAK SPECIAL IS BACK!



Nov. 15 - Dec. 19, 2010

\$24.99 Resident/month

\$29.99 Non-Resident/month

no enrollment fee

All holiday break memberships expire  
1/19/11.

Spend family time together during the Thanksgiving weekend with



### FAMILY SWIM

Friday, Nov. 26, 5:30 - 7 p.m.

Saturday, Nov. 27, 3 - 4:30 p.m.

Your out-of-town guests and family are also welcome. *Members must accompany their guests ...*

**Members: FREE with Premier Membership**  
**Guests: \$9/Adult; \$7/child**

## TENNIS IS FOR EVERYONE!

3, 33 or 83 ...GET IN THE GAME!

### ONE DAY ONLY!

**Thanksgiving Day - Nov. 25**

**Racquet Sports Discount Day**



Get a court discount for any *racquet* sports hour that you book. "Pluck a Turkey" feather for your discount! You might even pluck a 'play for free' feather.

**Happy Thanksgiving from the Tennis/Court Sports Department**

### CALLING ALL TENNIS KIDS!

**Junior Bash Tennis 'n' Pizza**

**Saturday, Nov. 20, 6 - 8:30 p.m.**

Bring your mates for a fun evening!  
*Non-member guests are welcome!*

**Code:** 552309-1A

**Fee:** \$10 member / \$12 non-member

**To register:** contact Mike Milhouse or call 708-799-1323.

### SUPER SUNDAY DOUBLES SHOWDOWN

**Sunday, November 28**

**WHAT:** Compass draw non-elimination tennis tourney

**EVENTS:** *all players check in at 11:30 a.m.*

Women's Doubles 12 - 4 p.m.

Men's Doubles 12 - 4 p.m.

**CODE:** 552516-1D

**Fee:** \$36 per team. *Sign up limited.*

**REGISTER BY:** *Wed., Nov. 24 @ 10 p.m.*

Entry forms available at the Welcome Center.

*Entries not accepted without payment & completed entry form.*

Call 708-799-1323

Fax Entry: 708-957-4993

Email: [sgothard@hfparks.com](mailto:sgothard@hfparks.com)

***Non-members & Ringers Welcome!***

## KIDS KOURT

Kids out of school? Bring the kids to Kids Kourt on **Monday, Nov. 22** for **Craft Project Day** - *all day during regularly scheduled hours.*



**\$AVE** when you take advantage of the  
**SPECIAL DISCOUNT PASS OFFER**  
**Nov. 15 - 30, 2010**

**Purchase 1st pass for \$50;**  
**Get 2nd pass for \$40 (a 20% discount)**

*Must be purchased on the same day.*

## DATES TO REMEMBER

*See individual articles.*

**Nov. 1 - 30**  
**Pilates Reformer Training**  
**Special Offer**

**Nov. 1 - 6**  
**Fitness apparel sale**  
**ProShop**

**Nov. 12**  
**Kids' Yoga PJ Party**

**Nov. 15 - Dec. 19**  
**College Student Holiday**  
**Break Special**

**Nov. 15 - 20**  
**Kids Kourt Discount Pass**  
**Special Offer**

**Nov. 15 - 28**  
**It's All About Tennis Sale**  
**ProShop**

**Nov. 20**  
**Jr. Tennis Bash**

**Nov. 22**  
**Kids Kourt Craft Day**

**Nov. 22 - Dec. 15**  
**Massage Special**

**Nov. 25**  
**THANKSGIVING DAY**  
**Club Hours: 7 a.m. - 3 p.m.**

**Nov. 25**  
**Racquet Sports**  
**Discount Day**

**Nov. 25**  
**Special Foursome Day**  
**Golf Simulator**

**Nov. 26**  
**ButterBall Burner Fun Run**

**Nov. 28**  
**Super Sunday**  
**Tennis Doubles Showdown**

## MEMBER SERVICES - Be in the Know!

Take advantage of all that *Your Club* offers during the holiday season. Check out ...

### DE-STRESS THIS HOLIDAY SEASON MESSAGE THERAPY SPECIAL Nov. 22 - Dec. 15, 2010

#### 1-hour massage for \$55

*One time use. Must be booked and completed by Dec. 15, 2010.  
May not be used to purchase gift certificates.*

Holiday visitors who want to work out or swim? Check out our

#### 10 Daily PREMIER Guest Pass Booklet

Each visitor can have their own pass for the day.

**Cost: \$150**

*(a 25% savings over the purchase of individual daily guest passes)*

### Golf season never ends at the Club!

*Reserve your tee time for you and/or you and a couple  
friends for the FULL SWING GOLF SIMULATOR  
in our private studio.*



#### SAVE an extra 10% on the SPECIAL FOURSOME

**DAYS: Nov. 25 - Dec. 24 - Dec. 31**

*Tee Time reservations are accepted eight days in  
advance.*



### SUNDAY WITH THE NFL

Get out of the house on Sunday! Grab a friend or two or three for a fun-filled time in the private golf studio as you shoot 18 holes while watching an NFL game on a big screen TV, chowing-down on pizza, refreshments and limited alcoholic beverages. Must be 21+ to participate. **Club membership not required.**

#### Reserve your tee time!

**Call 708-799-1323 or stop at the Welcome Center.**

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

**Save  
20%**

**November 1 - 6, 2010: Fitness apparel & accessories sale.**

Start your holiday season ... your indoor fitness routine ... your holiday shopping with us in the Club's ProShop.  
Stop in for all your fitness apparel and accessories needs.

**Offer Expires: November 6, 2010**  
**Offer valid on regular-priced merchandise only.**

**Save  
15%**

**November 15 - 28 2010: It's All about Tennis Sale**

A great opportunity to get that new tennis racquet you've always wanted or to buy a holiday gift for that tennis fanatic.

Take 15% off any regular-priced tennis racquet.  
Looking to buy an adult racquet? Now is the time - save and get a *free* one-hour walk-on court card.

**Offer Expires: November 28, 2010**  
**Offer valid on regular-priced merchandise only.**