



October/2010



Fabulous Fall - All the News You Can Use!

Welcome Fall! Join us Monday, October 18 MEMBERS' APPRECIATION DAY

This is your day! Bring a guest for FREE!

If your guest joins on Oct. 18, they receive \$10 off the total enrollment fee.
You receive a gift from us.

Refreshments: 6 - 11 a.m. & 5 - 8 p.m.

Raffle: No cost - just enter. You could win an extra month of membership, Kids Kourt pass, 1-hour massage or other premium.

Kids Kourt: It's FREE!

Hours: 8:30 a.m. - 12:30 p.m. & 4:30 - 7:30 p.m.

Watch for more information!

Fitness, Tennis, Aquatics and more ...

New Equipment



Keiser: Spin Bikes
Top-of-the-line with computer outputs including features as speed, rpm's heart rate (with monitor), distance and calories.

Swim Lessons Fall Session II Oct. 27 - Dec. 11



American Red Cross swim lessons will be offered in the Club's 4-lane lap pool.

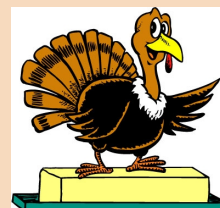
Boxer's Workout Oct. 29 - Dec. 10



This is for the serious athlete!

Learn basic punches and

7th Annual ButterBall Burner Fun Run Fri., Nov. 26 @ 9 a.m.



It's closer than you think! Make our annual tradition, your tradition. Grab family, friends, neighbors & visitors. Join us as we celebrate seven years

LifeFitness

- Treadmills
- Upright Bikes
- Recumbent Bikes

Want to learn how to use them correctly?

Want to learn to track your workouts with your iPod or FlashDrive?

Ask us. We love showing you!

Pre-registration Deadline: Oct. 20

Pre-registration Fees:
\$42 / Members
\$63 / Non-Members

Day-of-class Registration Fees:
\$62 / Members
\$83 / Non-Members

No Classes:
Nov. 24 & 27

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.*

Fees: \$45 / Members
\$60/Non-Members

No Class:
Nov. 26

of burning the post Thanksgiving bloat.

Early Bird Sign Up Fee: \$12
Closes Tue., Nov. 23 at noon.

Day-of-Race Fee: \$17
Race day registration starts at 8 a.m.

Club membership not required!

PLAN NOW!

2nd Annual Indoor Triathlon Saturday, Feb. 26

Club membership is not required!



Swim - Bike - Run

Individual or Relay - Challenge Yourself!

Swim - 10 minutes with 10-minute transition to bike.

Bike - 20 minutes with 5-minute transition to run/walk.

Run - 15 minutes

Interested? Need more information? Talk to Josh May, Fitness Operations Supervisor, ext. 34.

Be part of a growing sport!

Indoor Triathlon Training will be available!

AFAA Events coming to the Club

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Primary Group Exercise Certification
Sat., Oct. 23

One-day certification is a review of AFAA's basic exercise standards & guidelines, exercise science & exam criteria, followed by written & practical exams. 5th Edition *Fitness: Theory & Practice* textbook (\$69) is needed for this. Pre-study is required.

Employees & Members: \$224.25

All Others: \$299

Indoor Cycling Workshop
Sun., Oct. 24

Employees & Members: \$96.75

All Others: \$129

To Register:
Call 1-800-225-2322

For Info:
Renee Schreiner
@ 1-636-329-0861

It's All about TENNIS

FREE Tennis Open House Oct. 3 - 9



Kids & Adults

Bring a Buddy to your tennis class.

Have fun!
Get a *free* T-shirt!

USA 1- 2- 3 Tennis
Want to learn to play?

Mark your calendar for Nov. 1 when we begin the next session of USA 1-2-3 Tennis Lessons for adults (18+).

Start/Restart Tennis

Stopped playing? Bad knees, hips, or feet?

Sign up for the next session
Oct. 26 - Nov. 30

Mixed Doubles Night
Sat., Oct. 9
6 - 8 p.m.

Need more info?
Contact John Bhaty at bhatman70@yahoo.com

It's A Whole New Ball Game



QuickStart Tennis

for Kids 10 and under

We are committed to encouraging youth participation in tennis! This program allows kids to play on age appropriate courts with age appropriate balls & racquets.

The QuickStart Tennis format helps kids

- Have FUN!
- Start *playing* the game - no more standing in lines
- Experience success & build confidence
- Learn proper fundamental techniques
- Progress tennis skills quickly!

Stop by Court #10
See the Changes!

Looking for more information on tennis classes, private lessons or other?

Contact Sylvia (ext. 28) or Nancy (ext. 24)

KIDS KOURT

Monday, October 11 - No School

Don't abandon your workout. Bring the kids to Kids Kourt for a 'Make & Take' Project.

Monday, October 18 - Members' Appreciation Day

Kids Kourt is *FREE!*

Saturday & Sunday, Oct. 30 & 31

We love seeing the kids in their costumes.
Let them wear it another time when they are in Kids Kourt

See you around the Club,

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

**Save
20%**

BREAST CANCER AWARENESS MONTH

Buy two breast-cancer awareness bracelets, get one *FREE!*
20% OFF any breast cancer awareness apparel & socks.

Offer Valid: October 1 - 31, 2010
Regular-priced merchandise only.
Not valid with any other offer.

**Save
20%**

Merchandise with H-F Logo



Offer Valid: October 9 - 24, 2010
Regular-priced merchandise only.
Not valid with any other offer.

Save 20%

Halloween Special Orange or Black Apparel

Offer Valid: October 25 - 31, 2010
Regular-priced merchandise only.
Not valid with any other offer.