




# August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>Youth Exercise &amp; Conditioning Class</b> Tuesdays & Thursdays 9:30 – 10:15am 	<b>2</b> 	<b>3</b> <b>Youth Exercise &amp; Conditioning Class</b> Tuesdays & Thursdays 9:30 – 10:15am 	<b>4</b>	<b>5</b> 
<b>6</b> <b>ARTHRITIS PROGRAM</b> Registration for the fall season begins August 14! 	<b>7</b> 	<b>8</b> <b>Last Day For Summer Teen Training</b> 1pm 	<b>9</b> <b>10</b> <b>11</b> <b>REMINDER:</b> DO NOT LEAVE VISIBLE VALUABLE ITEMS IN YOUR CAR & LOCK UP YOUR PERSONAL ITEMS IN THE LOCKER ROOMS. DO NOT LEAVE OR BRING BAGS, PURSES, ETC. ON THE FITNESS FLOOR DURING YOUR WORKOUTS. THE FITNESS CENTER IS NOT RESPONSIBLE FOR ITEMS LEFT UNATTENDED			<b>12</b> Don't forget to stay hydrated! Drink eight 8oz glasses of water per day! 
<b>13</b>	<b>14</b> Check out the new Group Pilates Reformer training schedule that begins TODAY! 	<b>15</b>	<b>16</b> Member registration for Swim Classes Session 6 begins  Last Day for M/W Swim Classes Session 5	<b>17</b> Last day for T/U/TH Swim Classes Session 5 	<b>18</b>	<b>19</b> Non-member registration for Swim Classes Session 6 begins  Last Day for Swim Classes Session 4
<b>20</b> 	<b>21</b> The Lap Pool & Warm Water Therapy Pool is closed for maintenance: 08/21 – 09/03	<b>22</b> 	<b>23</b> <b>24</b> <b>25</b> <b>26</b> Did you receive exceptional customer service from one of our employees? Fill-out a comment card and tell us about your positive experience.			
<b>27</b> <b>28</b> Sunday, September 10  Register on-line at <a href="http://www.lakeforesthfc.com">www.lakeforesthfc.com</a>		<b>29</b>	<b>30</b> 	<b>31</b> 	 <b>LABOR DAY</b> Monday, September 4 <sup>th</sup> Club Hours: 7 am – 1 pm Fitkids Hours: 8 am – 12 pm Club Fit Hours: 9 am – 12 pm	