

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>SPECIAL HOLIDAY SCHEDULE FOR GROUP EXERCISE JUNE 29 – JULY 6. FOR A COPY OF THE SCHEDULE VISIT OUR WEBSITE @ WWW.LINDENHURSTHFC.COM</p>			<p>4</p> <p><i>CLUB HOURS:</i> 7:00 am – 1:00 pm FITKIDS WILL BE CLOSED</p> <p>Happy July 4th</p>	<p>5</p> 	<p>6</p> <div style="border: 1px solid black; background-color: yellow; padding: 5px;"> <p>Lost Membership Card? Stop at the Front Desk to purchase your replacement card for \$5.</p> </div>	<p>7</p>
<p>8</p>	<p>9</p> <p>Group Swim Session 5 begins</p> 	<p>10</p> <p>Beginner Pilates Reformer Series Tuesdays 9 – 9:50 a.m. Register @ the Front Desk.</p>	<p>11</p> <p>Teen Pilates Reformer class Wednesdays 11 – 11:50 a.m.. Register @ the Front Desk</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>Beginner Pilates Reformer Series Saturdays 11 – 11:50 a.m. Register @ the Front Desk.</p>
<p>15</p> <p>LAST DAY FOR SUMMER FITNESS CHALLENGE 2018</p>	<p>16</p>	<p>17</p> <p>Youth Exercise & Conditioning Class Tues. & Thurs. 9:30 – 10 a.m.</p> 	<p>18</p> <p>Group Swim Session 6 registration begins for Members</p> 	<p>19</p>	<p>20</p>	<p>21</p> <p>Group Swim Session 6 registration begins for non-members</p> 
<p><i>The pool will be closed for maintenance Monday, August 20th through Sunday, September 2nd. It will reopen on Monday, September 3rd. You are welcome to use the Lake Forest Health & Fitness Center's facilities during this time at no additional cost.</i></p>			<p>25</p> 	<p>26</p> <p>Group Swim Session 5 ends</p> 	<p>27</p>	<p>28</p> 
<p>29</p> <p>See reverse side for upcoming kid's events & activities!</p> 	<p>30</p> <p>Group Swim Session 6 begins</p> 	<p>31</p>	<p>Sunday, September 9</p>    <p>Registration for the annual 5K race is open! Visit www.lakeforesthfc.com if you would like to sponsor, donate or register.</p>			