

September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>"Taste of Fitness Open House" saturday, September 30 9 a.m.-12 p.m. Join us for Fitness, Food and FUN! Group Exercise Classes will be offered while your children enjoy our FitKids Fun Fair! Bring a guest for free!</p>					
<p>3</p> <p>POOL IS OPEN YAY!</p> <p>Pools will be re-opening on Monday, September 4th!</p>	<p>4</p> <p>LABOR DAY</p> <p>Club Hours: 7am – 1pm Fitkids Hours: 8am – 12pm ClubFit Hours: 9am – 12pm</p>	<p>5</p> <p>Group Swim Session 6 begins</p> 	<p>6</p> <p>New Group Exercise Schedule begins today!</p> 	7	8	<p>9</p> <p>SURVEY SAYS!</p> <p>CLUB IS NOW OPENING EARLIER ON SATURDAYS @ 6:00AM!</p>
<p>10</p> <p>9 a.m. 5K Starts 9:05a.m. 1-Mile Starts 9:30 a.m. Post-Race Activities Northwestern Medicine Lake Forest and Lindenhurst Health and Fitness Centers</p> <p>M5K RACE TO IMPACT 2017</p>	<p>11</p> <p>Youth Exercise & Conditioning Class Mondays 5:15 – 6 p.m.</p> 	<p>12</p> <p>13</p> <p>14</p> <p>15</p> <p>Parkinsons Support Group meeting Wednesday, September 13th at our Lake Forest location from 10a.m.-12p.m. For more information, contact Donna Waaner at 847-535-6866.</p>			<p>16</p> <p>Like and recommend us on facebook</p> 	
<p>Our Annual 5K is Sunday, September 10. Register at www.lakeforesthfc.com/5k to participate, sponsor or donate. Contact HFC5k@nm.org for more information. PROMO CODES: LFHFCM = 10% off LHHFCM = 10% off</p>		<p>19</p>	<p>20</p> 	<p>21</p>	<p>22</p> <p>First Day of Autumn</p> 	<p>23</p> 
<p>24</p>	<p>25</p> <p>26</p> <p>27</p> <p>28</p> <p>29</p> <p>REMINDER: 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..</p>					<p>30</p> <p>YOM KIPUR</p> 