

March 2017

	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Staff Appreciation Week</p> <p>National Employee Appreciation day is celebrated on March 3 in the U.S. & Canada. Visit the staff "Shout Out" board in the lobby February 27 to March 3 and give kudos and share a positive experience you have received from one of our staff members.</p>		<p>1</p> <p>Ash Wednesday</p>	<p>2</p>	<p>3</p> <p>National Employee Day</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>7</p> <p>Refer a friend or co-worker and receive a \$75 credit* to your house account! See a membership advisor for more information.</p> <p>*some restrictions apply</p>		<p>8</p> <p>LOSE TO WIN</p> <p>PURPLE vs. GREY</p> <p>LOSE TO WIN Finale Celebration 6:00 to 7:00 p.m.</p>	<p>9</p>	<p>10</p>	<p>11</p> <p>NEW APP for iPhone & Android!</p> <p>Search <u>LFHFC</u> in the app store to download the Lake Forest Health & Fitness Center app!</p> <p>Contact Membership at (847) 535-7064 to learn more.</p>
<p>12</p>	<p>13</p> <p>DAYLIGHT SAVINGS TIME</p>	<p>14</p> <p>Tired of bringing in your exercise gear every day?</p> <p>RENT A LOCKER!</p> <p>Contact Amanda @ (847) 535-7106 for more information</p>	<p>15</p>	<p>16</p>	<p>17</p> <p>Happy St. Patrick's Day!</p> <p>Everyone's Irish On March 17th.</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>21</p> <p>Please Update your contact information and email address at the front desk so we can keep you up to date with all our club specials and promotions!</p>		<p>22</p> <p>23</p> <p>24</p> <p>25</p> <p>No group swim lessons March 27 through April 1. Private and semi-private lessons still meet during Spring Break.</p>			
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>Like and recommend us on facebook</p>