

















July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Sunday, September 10</p>  <p>Register on-line at www.lakeforesthfc.com by July 22nd and receive 15% off your registration. Use promo code: EARLYBIRD17</p>					<p>1 See reverse side for upcoming kid's events & activities!</p> 
2	<p>3 Private & Semi-private Swim Lessons will meet today! Group Lessons will not be held.</p>	<p>4 CLUB HOURS: 7:00 am – 1:00 pm FITKIDS WILL BE CLOSED</p> <p>Happy July 4th</p> 	<p>5 Group Swim Session 5 registration begins for Members</p> 	<p>6 New Group Exercise Schedule begins today!</p> 	7	<p>8 Group Swim Session 5 registration begins for non-members</p> 
9	<p>10 Youth Exercise & Conditioning Class Tuesdays & Thursdays 9:30 – 10:15am</p> 	<p>11</p> 	12	<p>13 Last day for Mon/Wed. & Tu/Th Group Swim Session 4</p> 	14	15
<p>16 LAST DAY FOR SUMMER FITNESS CHALLENGE 2017</p> 	<p>17 Group Swim Session 5 begins</p> 	<p>18 SUMMER TEEN TRAINING Tuesdays @ 1:00 p.m. June 13–August 8</p> 	19	<p>20</p> <div style="border: 1px solid black; padding: 5px;"> <p>Update your Health History Questionnaire! During the month of July, stop by the front desk and fill-out a new HHQ and you will be entered into a raffle for a complimentary month of membership on your account.</p> </div>	21	22
<p>23</p> 	<p>24 25 26 27 28 29</p> <p>LOCKER RENTALS AVAILABLE! TIRE OF BRINGING YOUR EXERCISE GEAR EVERY DAY? UTILIZE THE CONVENIENCE OF A PERMANENT LOCKER FOR ALL OF YOUR FREQUENTLY USED TOILETRIES AND WORKOUT GEAR. LOCKERS ARE NOW AVAILABLE FOR RENT! FOR MORE INFORMATION, CONTACT AMANDA RANALLI AT AMESSER@NM.ORG OR (847) 535-7106.</p>					
<p>30 Lost Membership Card? Stop at the Front Desk to purchase your replacement card for \$5.</p>	31		<p> SPECIAL HOLIDAY SCHEDULE FOR GROUP EXERCISE JULY 1 – 5. FOR A COPY OF THE SCHEDULE VISIT OUR WEBSITE @ WWW.LINDENHURSTHFC.COM</p>			