










April 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>1</p>  <p>LH HFC is CLOSED LF HFC is open and members are welcome to visit our Lake Forest location at no charge.</p>	<p>2</p> <p><u>Survive Well Lecture</u> Look Good Feel Better Mondays 6 p.m. – 8 p.m. Held @ the NM Lake Forest Hospital Cancer Center. For more information call 1-800-227-2345</p>	<p>3</p> <p>Team Training begins Monday, April 2nd.</p> 	<p>4</p> <p>Youth Exercise & Conditioning Class Mon. & Weds. 4 -4:30 p.m. & Saturdays 10 – 10:30 a.m.</p> 	<p>5</p>	<p>6</p> 	<p>7</p> <p>SUPERVISED FAMILY SWIM TIMES Tuesdays 3:30 – 5:30 pm Fridays 6 – 8 pm Sat. & Sun. 12 – 2 pm</p>	
<p>8</p> <div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> <p style="text-align: center;">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> </div>		<p>9</p>	<p>10</p>	<p>11</p> <p>Member Registration begins for swim session 3</p> 	<p>12</p> <p>Parkinson's Support Group <u>Monthly Meeting</u> Wednesday, 4/11 ← 10 a.m. – 12 p.m. Held @ the Lake Forest Health & Fitness Center banquet room. Registration is not required.</p>	<p>13</p>	<p>14</p> <p>Non-member registration begins for swim session 3</p> 
<p>15</p> 	<p>16</p>	<p>17</p> 	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p> <p>Last day for group swim session 2</p> 	
<p>22</p> 	<p>23</p> <p>First day for group swim session 3</p> 	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Celebrate Arbor Day Plant A Tree</p> 	<p>28</p> 	
<p>29</p> <p>Stepping up to Wellness 5K JOIN OUR TEAM April 29th @ Independence Grove. For more information contact asimone@nm.org</p>	<p>30</p>	<div style="text-align: center;">  <p>April is Relax Month </p> <p>*Receive 5% off of a 5 pack of massages or 10% off a 10 pack. Offer expires 4/30/2018</p> <p>*\$10 Eyebrow waxing and 10% off signature facials during the month of April.</p> <p>*Complimentary Chair massages. Visit the Front Desk for more details.</p> <p>*Receive 15% off 10 or more private pilates reformer sessions.</p> </div>					