

# August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		See reverse side for upcoming kid's events & activities! 	1	2 Don't forget to stay hydrated! Drink eight 8-ounces glasses of water per day! 	3	4 
5 	6 Download the Health & Fitness Center PHONE APP. "LFHFC". For more info, visit a Sales Advisor TODAY!! 	7	8 Parkinson's Support Group Monthly Meeting 10 a.m. – 12 p.m. Held @ the Lake Forest Health & Fitness Center banquet room. Registration is not required.	9  Today is the last day for the Youth Exercise & Conditioning Class! A new session will begin mid-september.	10	11
12 THE LAP POOL & WARM WATER THERAPY POOL IS CLOSED FOR MAINTENANCE: 08/20 – 09/02	13 ARTHRITIS PROGRAM REGISTRATION FOR THE FALL SESSION BEGINS TODAY 	14	15 Group Swim Session 7 registration begins for Members 	16 LAST DAY FOR GROUP SWIM SESSION 6 	17	18 Non-member registration for swim session 7 begins  LAST DAY FOR SATURDAY GROUP SWIM SESSION 4
19 You are welcome to use the Lake Forest Health & Fitness center during the time of our pool closure. 	20  Check out the NEW Group Pilates Reformer training schedule that begins TODAY!	21	22 <u>Survive Well Lecture</u> Look Good Feel Better Mondays 2 p.m. – 4 p.m. Held @ the Lake Forest Health & Fitness Center. For more information call 1-847-535-7441	23	24	25 
 <p><b>Sunday, September 9</b></p> <p>Registration for the annual 5K race is open! Visit <a href="http://www.lakeforesthfc.com">www.lakeforesthfc.com</a> if you would like to sponsor, donate or register.</p>				30	31  	<p><u>Monday, September 3rd</u> <b>Club Hours: 7 am – 1 pm</b> <b>Fitkids Hours: 8 am – 12 pm</b> <b>Club Fit Hours: 9 am – 12 pm</b></p>