



**CLUB CALENDAR OF EVENTS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><i>Purchase a special 1- week pass for Fitkids the week of Thanksgiving. \$25.00 per child and valid 11/20 – 11/26. For more information contact Pat Henning at 847- 535- 7062.</i></p>			1	<p>Pedaling 4 Parkinson's</p> <p>Every Tues. &amp; Thurs. 10:30am – 11:30am</p>	2	3	4
5	6	7	8	9	10	11	
<p>Daylight Saving Time Ends</p>	<p>New! Group Pilates Reformer Schedule begins today!</p>	<p>CARDIAC REHAB</p> <p>Every Tues. &amp; Thurs. 9:30am – 10:30am</p>	<p>Parkinson's Support Group Monthly Meeting</p> <p>10am – 12pm</p> <p>Held the 2<sup>nd</sup> Wednesday of every month @ the Lake Forest Health &amp; Fitness center banquet room. Registration is not required.</p>	<p><b>FIT TO FIGHT</b></p> <p>"Survive Strong"</p> <p>Every Tues. &amp; Thurs. 8:30am – 9:30am</p>		<p>Veterans Day</p>	
12	13	14	15	16	17	18	
	<p>Youth Exercise &amp; Conditioning Class Mondays 5:15pm - 6 p.m.</p>	<p>Wellness 180°</p> <p>Every Tues. &amp; Thurs. 6am – 7am &amp; 7:30am – 8:30am</p>	<p>"Living Beyond Cancer"</p> <p>This free workshop will provide information on nutrition, wellness and advanced cancer treatments.</p> <p>6:30 – 8:00pm</p> <p>To register call: 847-535-7441</p>	<p><b>TOYS FOR TOTS</b></p> <p><i>During the month of November we will be collecting for Toys for Tots. Please share the love and donate to a child in need. Looks for the Toys for Tots bin by the Front Desk.</i></p>			
19	20	21	22	23	24	25	
	<p>Holiday Painting for Kids ages 5 &amp; up.</p> <p>"Reindeer Lights"</p> <p>12:30pm – 2:30pm</p> <p>Register @ the Front Desk</p>	<p><b>Holiday Schedule</b></p> <p>Pick up a copy of the 5-day group exercise schedule effective 11/22 – 11/26! Copies are available at the Fitness Desk, Front Desk and on our website</p>		<p>Club Hours: 7am – 1pm</p> <p>Fitkids Hours: 8am – 12pm</p> <p>ClubFit Hours: 9am – 12pm</p>	<p><b>SALE</b></p> <p>black friday sale</p> <p><b>One Day Sale!</b></p> <p>Specials on packages, services &amp; more!</p>	<p>Group swim lessons will not be held.</p> <p>Private and semi- private swim lessons will still take place.</p>	
26	27	<p>Stay motivated during the holidays! Join the <b>Indoor Ironman</b> in December! You will have one month to run 26.2 miles, bike 112 miles &amp; swim 2.4 miles. Registration begins 11/13 @ the Front Desk.</p>					