

## September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Our Annual 5K is Sunday, September 9</b></p> <p>Visit <a href="http://www.lakeforesthfc.com">www.lakeforesthfc.com</a> if you would like to sponsor, donate or register. PROMO CODE: <a href="#">LHHFCM</a> for 10% off</p>				<p>See reverse side for upcoming kid's events &amp; activities</p> 		<p><b>1</b></p> <p>New! FitKids Weekend Hours! 7:45 am – 1:00 pm on Saturdays &amp; Sundays!</p>
<p><b>2</b></p> <p><b>POOL IS OPEN</b> <b>YAY!</b></p> <p>Pools will be re-opening on Monday, September 3<sup>rd</sup>!</p>	<p><b>3</b></p> <p><b>LABOR DAY</b></p> <p>Club Hours: 7am – 1pm Fitkids Hours: 8am – 12pm ClubFit Hours: 9am – 12pm</p>	<p><b>4</b></p> <p>New Group Exercise Schedule begins today!</p> 	<p><b>5</b></p>	<p><b>6</b></p>  <p>Treat yourself to a Massage</p> <p>Call and schedule your appointment today!</p>	<p><b>7</b></p>	<p><b>8</b></p>  <p>8 am – 12 pm</p> 
<p><b>9</b></p> <p>9 am 5K Starts 9:05 am 1-Mile Starts 9:30 am Post-Race Activities</p> 	<p><b>10</b></p> <p><b>Team Training begins today!</b></p> <p>This program focuses on strength training and endurance. Register today!</p>	<p><b>11</b></p> <p>Youth Exercise &amp; Conditioning Class Mondays beginning September 10<sup>th</sup> 4:30 – 5:15 pm</p> 	<p><b>12</b></p> <p>Parkinson's Support Group Monthly Meeting 10 am – 12 pm Held @ the Lake Forest Health &amp; Fitness Center banquet room. Registration is not required.</p>	<p><b>13</b></p>	<p><b>14</b></p> <p>Download the Health &amp; Fitness Center PHONE APP. "LFHFC". For more info, visit a Sales Advisor TODAY!!</p> 	<p><b>15</b></p>
<p><b>16</b></p> 	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>  <p>First Day of Autumn</p>
<p><b>23</b></p> <p>Supervised Family Swim Times: Tuesdays 3:30 – 5:30 pm Fridays 6:00 – 8:00 pm Sat. &amp; Sun. 12 – 2 pm</p>	<p><b>24</b></p>	<p style="text-align: center;"><b>REMINDER:</b></p> <p style="text-align: center;"><b>DO NOT LEAVE VISIBLE VALUABLE ITEMS IN YOUR CAR &amp; 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..</b></p>				<p><b>29</b></p> 
<p><b>30</b></p>		<p style="text-align: center;"><b>"Open House"</b></p> <p style="text-align: center;"><b>Saturday, September 8</b></p> <p style="text-align: center;"><b>8 a.m.-12 p.m.</b></p> <p style="text-align: center;">Join us for Fitness, Food and FUN! Bring a guest for FREE! Group Exercise Classes will be offered while your children enjoy our FitKids Fun Fair!</p>				