

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Winter Fitness Challenge begins January 15!</p> <p>Register @ the Front Desk today!</p> <p>For more information contact Jessica Ervin-Jessica.Ervin@nm.org 847-535-8614</p>	<p>1</p> <p>NEW YEAR'S DAY CLUB HOURS 7am – 1pm</p>	<p>2</p> <p>2018 Happy New Year!</p>	<p>3</p> <p>New Wellness 180 class times: M & W 6-7am and 7-8am</p> <p>NEW class Chair Yoga 1:45 – 2:30pm</p> 	<p>4</p> <p>NEW class Yogalates 10:35 – 11:20am</p> 	<p>5</p> <p>New Year's Resolution #1: Be More Awesome than last year.</p> 	<p>6</p> <p>LES MILLS BODYPUMP LAUNCH</p> <p>Join us for the release of #104 9:15 – 10:15am</p> <p>Attend any Body Pump class 1/6 – 1/11 to be eligible for a prize.</p>
<p>7</p> <p>New Group Pilates schedule begins tomorrow!</p>	<p>8</p>  <p>Check out this class! 5:30 – 6:30pm with Mercedes</p>	<p>9</p> <p>LES MILLS BODYPUMP LAUNCH</p> <p>Join us for the release of #104 6:30 – 7:30pm</p>	<p>10</p> <p>Parkinson's Support Group: 10-12pm Topic: Health and Fitness</p> <p>NEW class Chair Yoga 1:45 – 2:30pm</p>	<p>11</p> <p>NEW class Yogalates 10:35 – 11:20am</p>	<p>12</p> 	<p>13</p> 
<p>14</p> 	<p>15</p> <p>Winter Fitness Challenge begins!</p> <p>NEW class Chair Yoga 10:45 – 11:30am</p>	<p>16</p> 	<p>17</p> <p>NEW class Chair Yoga 1:45 – 2:30pm</p>	<p>18</p> <p>NEW class Yogalates 10:35 – 11:20am</p>	<p>19</p> 	<p>20</p> 
<p>21</p> <p>BANQUET ROOM RENTAL- For information or to make reservations, please contact Tina Moudy at (847) 535-7042 or tmoudy@nm.org</p>	<p>22</p> <p>NEW class Chair Yoga 10:45 – 11:30am</p>	<p>23</p>	<p>24</p> <p>NEW class Chair Yoga 1:45 – 2:30pm</p>	<p>25</p> <p>NEW class Yogalates 10:35 – 11:20am</p>	<p>26</p> <p>NEXT MONTH- Meditation series: Friday's from 1:30 – 2:15pm</p>  <p>Cycle for a Cure – Sat. Feb. 24th</p>	<p>27</p> <p>Somatic Movement Workshop 1:00-2:15pm with Marjorie Fradin</p>
<p>28</p>	<p>29</p> <p>NEW class Chair Yoga 10:45 – 11:30am</p>	<p>30</p> <p>How's your CHALLENGE going?</p>	<p>31</p> <p>NEW class Chair Yoga 1:45 – 2:30pm</p>			