
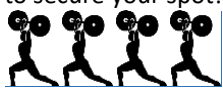




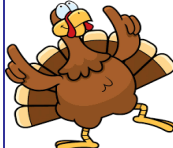

























November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CLUB HOURS ON THANKSGIVING: Club hours: 7:00 am – 1:00 pm Fitkids Club: 8:00 am – 12:00 pm Forest Café: closed</p>				<p>1</p> <p>Join Team Training 10/29 – 11/23 Register at the Front Desk to secure your spot!</p> 	<p>2</p>	<p>3</p> <p>The club be closed for today only. Com Ed is upgrading our electrical infrastructure.</p>
<p>4</p> <p>Daylight Saving Time Ends</p> 	<p>5</p> <p>6</p> <p>7</p> <p>Try the Trainer week with Callum Johnstone – Nov. 5-10</p>			<p>8</p> 	<p>9</p>	<p>10</p> <p>Somatic Movement Workshop 1:00 – 2:15pm w/ Marjorie Fradin in the Mind Body Studio</p>
<p>11</p>  <p>Veterans Day</p>	<p>12</p> 	<p>13</p>	<p>14</p> <p>Parkinson's Support Group Monthly Meeting</p> <p>10 am – 12 pm Held in Banquet Room. Registration is not required</p>	<p>15</p>	<p>16</p>	<p>17</p> <p>DOG WALK 11:00 AM</p>
<p>18</p> <p>19</p> <p>20</p> <p>21</p> <p>4- week Special Holiday FITKIDS pass only valid during the following dates:</p> <ul style="list-style-type: none"> Thanksgiving Week November 18 - November 25, 2018 December Holidays December 17 - January 6, 2019 <p>\$25.00 per child/ Offer is for members only</p> <p>Available for purchase from Thursday, November 1st</p> <p>For more information, contact Pat Henning at 847.535.7062</p>				<p>22</p> <p>Happy Thanksgiving!</p> <p>Special Group X schedule!</p> 	<p>23</p>  <p>black friday sale</p> <p>One Day Sale! Specials on packages, services & more!</p>	<p>24</p>
<p>25</p> <p>BANQUET ROOM RENTAL-</p> <p>For information or to make reservations, please contact Tina Moudy at (847) 535-7042 or tmoudy@nm.org</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>  <p>THE 12 DAYS OF FITMAS Coming soon!</p>	

Lake Forest November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SPECIAL FITKIDS HOLIDAY PASS SPECIAL	Purchase a 4 week Holiday Pass for FitKids	Thanksgiving week and December January Holidays		1 Yoga Class 10 – 10:30 	2 Relay Games 10am 	3 Play-doh Time 10am 
4 Shaving Cream Painting 10AM 	5 Circle Time 9:30-10:00 & 5:00-5:30 	6 ARTS & CRAFTS 10 – 11AM 4:30 – 5:30PM 	7 Movement & Music Class 10 – 11am 	8 Yoga Class 10 – 10:30 	9 Relay Games 10am 	10 Obstacle Courses 10am 
11 PARACHUTE PLAY 11am 	12 Circle Time 9:30-10:00 & 5:00-5:30 	13 ARTS & CRAFTS 10 – 11AM 4:30– 5:30PM 	14 Movement & Music Class 10 – 11am 	15 Yoga Class 10 – 10:30 	16 Relay Games 10am 	17 Play-doh Time 10am 
18 Shaving Cream Painting 10AM 	19 Circle Time 9:30-10:00 & 5:00-5:30 	20 ARTS & CRAFTS 10 – 11AM 4:30 – 5:30PM 	21 Movement & Music Class 10 – 11am 	22 FITKIDS HOURS 8-12 	23 Relay Games 10am 	24 Obstacle Courses 10am 
25 PARACHUTE PLAY 11am 	26 Circle Time 9:30-10:00 & 5:00-5:30 	27 ARTS & CRAFTS 10 – 11AM 4:30 – 5:30PM 	28 Movement & Music Class 10 – 11am 	29 Yoga Class 10 – 10:30 	30 Relay Games 10am 	