






November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat			
<p>HOURS ON THANKSGIVING:</p> <p>Club hours: 7:00 am – 1:00 pm</p> <p>Fitkids Club: 8:00 am – 12:00 pm</p>			<p>1</p> 	<p>2</p> <p>Pilates Reformer Class with Werner at 5:30pm</p>	<p>3</p> 	<p>4</p>			
<p>5 Daylight Saving Time Ends</p>	<p>6</p> <p>NEW Wellness 180 classes:</p> <p>M & W – 8:30 – 9:30am & 9:30 – 10:30am</p>	<p>7 Election Day</p>	<p>8</p>	<p>9</p> <p>Pilates Reformer Class with Werner at 5:30p</p>	<p>10</p>	<p>11 Veterans Day</p> 			
<p>12</p>	<p>13</p> <p>Holiday Bingo</p> <p>1-2 pm in the Library Come join us for a fun game of bingo. Desserts, coffee and tea will be served!</p>	<p>14</p>	<p>15</p> <p>Living Beyond Cancer Informational Session:</p> <p>6:30-8pm Grayslake Outpatient Center- Heron Room</p>	<p>16 Great American Smokeout</p> <p>Pilates Reformer Class with Werner at 5:30p</p>	<p>17</p> <p>Support Diabetes Awareness Month- Informational Session:</p> <p>New Lake Forest Hospital- 8-9:30am Located- Pavilion A Conference room 2nd floor</p>	<p>18</p>			
<p>19</p> <p>4- week special holiday FITKIDS pass only valid during the following dates:</p> <ul style="list-style-type: none"> • Thanksgiving Week November 20 - November 26, 2017 • December Holidays December 18 - January 7, 2018 <p>\$25.00 per child/ Offer is for members only</p> <p>Passes only available for purchase from Wednesday, November 1 - Sunday, November 19, 2017.</p> <p>For more information, contact Pat Henning at 847.535.7062.</p>				<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>Happy Thanksgiving!</p> <p>Special Group X schedule!</p> 	<p>24</p> <p>BLACK FRIDAY SPECIALS AND OPEN HOUSE TODAY ONLY</p> 	<p>25</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> 	<p>30</p> <p>Pilates Reformer Class with Werner at 5:30p</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>				