

April 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Easter Club Hours: 7am – 1pm Fit Kids is closed Café is closed	2 <u>Survive Well Lecture</u> Look Good Feel Better Mondays 6 p.m. – 8 p.m. Held @ the NM Lake Forest Hospital Cancer Center. For more information call 1-800-227-2345	3 Team Training Classes start this week!	4 Ready to Roll Clinic With Greg Balmes Wednesday, 4/4 2:00 – 3:00pm Held in the Banquet Room Register at the Front Desk	5	6	7 
8 New Pilates Schedule begins this week!	9  On Wednesday, 4/11 From 12:15 – 1:30pm Join Wendy Cullitan for a 1-time added class: A Peaceful Practin with Blocks, Straps and Bolsters	10 Tri-umph Triathlon Training sessions begin April 10 and meet twice a week.	11 Parkinson's Support Group Monthly Meeting Wednesday, 4/11 10 a.m. – 12 p.m. Held in Banquet Room. Registration is not required.	12 13 14 Need Party Space? Reserve our banquet room for your next meeting, party, luncheon or shower. Contact Tina at 847-535-7042 or tmoudy@nm.org		
15 Like and recommend us on  facebook	16	17  TAX DAY!	18	19 The Fitness Staff is holding a free member screening and education booth on Handgrip Strength Testing. 8:30am – 11:30am 	20 Grab your hat & boots- Line Dancing Friday, 4/20 From 1:00 – 2:00pm Held in the Main Studio With Audrey Clamage	21 
22 	23	24 25 26 Comment Cards – we want to hear what you have to say! Please fill out a comment card located at the front desk or fitness desk if you have feedback to share.		27 Celebrate Arbor Day  Plant A Tree	28 	
29 Stepping up to Wellness 5K – JOIN OUR TEAM April 29 th @ Independence Grove. For more information contact asimone@nm.org	30	<div style="display: flex; justify-content: space-between; align-items: center;">  <h3 style="margin: 0;">April is Relax Month</h3>  </div> <p>*Private Pilates – Buy 10 or 15 sessions, get 10% off, or buy 25 sessions, get 15% off.</p> <p>* Private Yoga Sessions – buy one* get one ½ off</p> <p>*Spa Package Special – Take and extra 5% off 5 packs of massages or an extra 10% off 10 packs of massages</p> <p>*Complimentary Chair Massages</p>				