



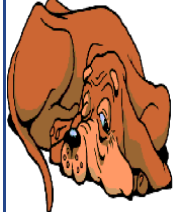


August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<div style="border: 2px solid blue; border-radius: 50%; padding: 20px; text-align: center;"> Mark your calendars . . . OPEN HOUSE: Saturday, September 8 from 8am – 12pm. Spin the wheel for a prize, fun fitness classes, FitKids activities, food and MORE! </div>			1	2 	3  Outdoor Mindful Flow Yoga from 9:15 – 10:30am Meet Marjorie at the front entrance	4 National Chocolate Chip Cookie Day! 	
			5  Next 4-week Meditation session begins Today!	6  Next 6-week Team Training begins Today!	7 Did you know that our phone app has the most up-to-date class schedule? 	8 Parkinson's Support Group Monthly Meeting 10 am – 12 pm Held in Banquet Room. Registration is not required.	9 Pilates Walk Outdoors from 9:30 – 10:25am Meet Lorealee at the front entrance 
12 Parkinson's Program Registrations coming up: 8/13 – Members 8/20 – Non-members	13	14 Stride and Stretch Outdoors from 10:30 – 11:30am. Meet Kris and Amy at the front entrance 	15 National Relaxation Day! 	16 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	17 Dog days of summer! 	18 Tails and Trails dog walk 10:00AM 	
19	20 Stay up to date with all the club specials and events –Stop by the front desk to ensure all your information is correct in our system!		21	22 <u>SurviveWell Lecture</u> Living Beyond Cancer 6:30pm – 8pm NM Lake Forest Fitness Center For more information call 847-535-7441	23 	24 BACK TO SCHOOL! 	25
26 LABOR DAY HOLIDAY HOURS – Monday, Sept. 3rd Club: 7 - 1 Fitkids: 9 - 12 Café: 7 - 1	27 	28 	29 RACE PROMO CODES: Lake Forest: LFHFCM = 10% off	30 Lindenhurst: LHHFCM = 10% off	31 	Northwestern Medicine Lake Forest and Lindenhurst Health and Fitness Centers 	
Sunday, September 9 - Registration for the annual 5K race is open! Visit www.lakeforesthfc.com if you would like to sponsor, donate or register!							