

July 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 	3 	4 Happy 4th of JULY Club is Closed.	5 	6  Outdoor Meditation Free session from 7:15 – 7:45pm Meet Maryanna at the front entrance	7 Going on all month long! 
Sunday, September 9 - Registration for the annual 5K race is open! Visit www.lakeforesthfc.com if you would like to sponsor, donate or register!						
8 Body Gem Special- all month long: 30% off that's a \$18 savings!	9 Teen Pilates Class from 4-4:55pm in the Pilates Studio with Michelle 	10 Tour de France Video ride at 9:15am with Lora in Cycle studio 	11 Parkinson's Support Group Monthly Meeting 10 am – 12 pm "Let's talk about driving" Held in Banquet Room. Registration is not required.	12 Pilates Walk Outdoors from 9:30 – 10:25am Meet Lorelee at the front entrance 	13 	14 Volunteers needed to join <i>All of Us</i> Research Program. You can help shape the future of health for generations to come. Visit nm.org/joinallofus to learn more. You may be eligible to receive a \$25 gift card
15 Stay up to date with all the club specials and events, by providing us with your current email address . . . also let us know if your mailing address, phone numbers or billing information has changed.	16 Teen Pilates Class from 4-4:55pm in the Pilates Studio with Michelle	17 Tour de France Video ride at 9:15am with Lora in Cycle studio Stride and Stretch Outdoors from 10:30 – 11:30am. Meet Kris and Amy at the front entrance	18 	19 LES MILLS BODY PUMP LAUNCH Join us for the release of #106 5:30-6:30AM & 10:30-11:30AM Attend any Body Pump class 7/19 – 7/24 to be eligible for a prize.	20 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	21 Tails and Trails dog walk 10:00AM 
22 	23 Teen Pilates Class from 4-4:55pm in the Pilates Studio with Michelle	24 Tour de France Video ride at 9:15am with Lora in Cycle studio	25 National Hot Fudge Sundae Day 	26 Pilates Walk Outdoors from 9:30 – 10:25am Meet Lorelee at the front entrance	27 	28 National Water Park Day 
29 	30 Teen Pilates Class from 4-4:55pm in the Pilates Studio with Michelle	31 Stride and Stretch Outdoors from 10:30 – 11:30am. Meet Kris and Amy at the front entrance 	<p>Reminder! The pool will be closed for annual maintenance next month from Monday, August 6 through Sunday, August 19th, 2018 and reopen on Monday, August 20th, 2018. You are welcome to use the Lindenhurst Health & Fitness Center facility during this time.</p>			