

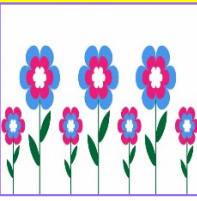



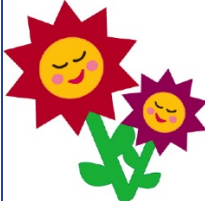



## May 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<p>Give us your opinion for a chance to win \$100 Club Credit! Please complete the survey by May 31, either on our website or pick up a paper version at the front desk.</p>			<p><b>Flexibility Training</b> - Add a 15 minute Flexibility Training Session to the end of your workout with one of our Personal Trainers. For more information, contact Kristina at 847-535-7038 or <a href="mailto:kwrezel@nm.org">kwrezel@nm.org</a></p>			
6	7	8	9	10	11	12
<p>On Mother's Day - Rather than going with the "typical" gift of flowers, why not do something surprising? You can't go wrong with giving that special woman in your life a Massage gift card.</p>			<p><b>Parkinson's Support Group Monthly Meeting</b> 10 am – 12 pm Held in Banquet Room. Registration is not required.</p>	<p>Check out the WERQ class! Thursdays from 6-7pm in the Main Studio</p>		<p><b>Need Party Space?</b> Reserve our banquet room for your next meeting, party, luncheon, or shower. Contact Tina at 847-535-7042 or <a href="mailto:tmoudy@nm.org">tmoudy@nm.org</a></p>
13	14	15	16	17	18	19
<p><b>Mother's Day</b>  <b>Mother's Day Yoga</b> Join Angela for a special Vinyasa Flow Yoga dedicated to Mother's 9:00-10:15am In Mind Body Studio</p>	<p><b>May 14<sup>th</sup> – 18<sup>th</sup> Member Appreciation Week</b> Your loyalty means everything to us and we thank you for being a part of our family. Enjoy complimentary food and beverages throughout the week, special discounts on your favorite services, raffles, fun classes and more!</p>				<p><b>Better Hearing &amp; Speech</b> Info booth from 8-10am</p>	<p><b>GO Lake Forest Community Walk</b> 9-11am *Starts at the Downtown Lake Forest Metra Station *Pets welcome *First 300 participants receive a water bottle</p>
20	21	22	23	24	25	26
	<p>Check out the Zumba class! Mondays from 6-7pm in the Main Studio</p>		<p><b>SurviveWell Lecture</b> Living Beyond Cancer 6:30pm – 8pm NM Grayslake Outpatient Center For more information call 847-535-7441</p>	<p>Check out the WERQ class! Thursdays from 6-7pm in the Main Studio</p>	<p>Like and recommend us on  facebook</p>	
27	28	29	30	31	<p><b>Did you know that our phone app has the most up-to-date class schedule? See membership for more information.</b></p> 	
<p>Look for the holiday Memorial Day Group Exercise Class Schedule</p>	 <b>MEMORIAL DAY HOLIDAY CLUB HOURS:</b> Facility 7am – 1pm Fitkids 9am – 12pm Café- 7am – 1pm			<p>Check out the WERQ class! Thursdays from 6-7pm in the Main Studio</p>		