



# SEPTEMBER 2011

## MONTHLY HAPPENINGS

sunday      monday      tuesday      wednesday      thursday      friday      saturday

### DOUBLE UP YOUR RELAXATION

VALID MONDAY-THURSDAY

BRING A FRIEND, OR GET TWO TREATMENTS FOR YOURSELF FOR A STEAL! BOOK ANY SPA TREATMENT, AND GET THE SECOND ONE FOR 50% OFF! (DISCOUNT APPLIES TO THE LESSER VALUE TREATMENT)

<p><b>DOUBLE UP YOUR RELAXATION</b> VALID MONDAY-THURSDAY</p> <p>BRING A FRIEND, OR GET TWO TREATMENTS FOR YOURSELF FOR A STEAL! BOOK ANY SPA TREATMENT, AND GET THE SECOND ONE FOR 50% OFF! (DISCOUNT APPLIES TO THE LESSER VALUE TREATMENT)</p>				<p><b>1</b></p> <p><b>Introductory Squash Clinic</b> 5:30-7:30pm Ⓞ</p> <p><b>Hard Knocks Cond.</b> 6:15-6:45pm</p>	<p><b>2</b></p> <p><b>Family Dive-In Movie Night</b> Every 1st Friday (How to Train Your Dragon) 7:00-9:00pm Ⓞ</p>	<p><b>3</b></p> <p><b>Hard Knocks Cond.</b> 8:15-8:45am</p> <p><b>TeenFit Certification</b> 11:00am-12:00pm Ⓞ</p> <p><b>Zumba</b> 11:00am-12:00pm Ⓞ</p>
<p><b>4</b></p> <p><b>RCS Fall Basketball League</b> 3:00-7:00pm</p> <p><b>CLUB HOURS &gt;&gt;</b> 7:00am-10:00pm</p>	<p><b>5</b></p> <p><i>Labor Day!</i></p> <p><b>Labor Day BBQ &amp; Snow Cone Social</b> 12:00-3:00pm Ⓞ</p>	<p><b>6</b></p> <p><b>TRX Training Basics</b> 9:00-9:45am Ⓞ</p>	<p><b>7</b></p> <p><b>Sports Extravaganza (Duckin' Dodgeball)</b> 4:30-5:30pm Ⓞ</p> <p><b>Railyard Fitness</b> 5:00-5:45pm</p>	<p><b>8</b></p> <p><b>Hard Knocks Cond.</b> 6:15-6:45pm</p>	<p><b>9</b></p> <p><b>Milo Levell Hip Hop Academy</b> 4:30-5:30pm <small>ages 5-7</small> 5:30-6:30pm <small>ages 8-12</small> ▲▼</p>	<p><b>10</b></p> <p><b>Hard Knocks Cond.</b> 8:15-8:45am ▼</p> <p><b>TeenFit Certification</b> 11am-12pm Ⓞ ▼</p> <p><b>Zumba</b> 11am-12pm Ⓞ ▼</p>
FALL SEASON: Aquaten Swim School & AquaJet Swim Team						
<p><b>11</b></p> <p><b>Family Yoga</b> 10:30-11:30am Ⓞ ▲</p> <p><b>RCS Fall Basketball League</b> 3:00-7:00pm</p>	<p><b>12</b></p> <p><b>Sports Extravaganza (Bonkers for BBall)</b> 4:30-5:30pm Ⓞ</p> <p><b>Railyard Fitness</b> 5:00-5:45pm ▼</p>	<p><b>13</b></p> <p><b>TRX Training Basics</b> 9:00-9:45am Ⓞ</p> <p><b>TeenFit Certification</b> 4:00-5:00pm Ⓞ ▼</p>	<p><b>14</b></p> <p><b>Sports Extravaganza (Duckin' Dodgeball)</b> 4:30-5:30pm Ⓞ</p> <p><b>Railyard Fitness</b> 5:00-5:45pm</p>	<p><b>15</b></p> <p><b>Hard Knocks Cond.</b> 6:15-6:45pm</p> <p><b>Five Keys Nutrition Seminar</b> 6:30-7:30pm Ⓞ</p>	<p><b>16</b></p> <p><b>Tween Night</b> Every 3rd Friday (Dodgeball Mania) 6:30-8:30pm Ⓞ</p>	<p><b>17</b></p> <p><b>Kids World Ice Cream Social</b> 1:00-3:00pm Ⓞ</p> <p><b>Back to School Parent Escape</b> 6:00-10:00pm</p>
FALL SEASON: Aquaten Swim School & AquaJet Swim Team						
<p><b>18</b></p> <p><b>Family Yoga</b> 10:30-11:30am Ⓞ</p> <p><b>RCS Fall Basketball League</b> 3:00-7:00pm</p>	<p><b>19</b></p> <p><b>Sports Extravaganza (Bonkers for BBall)</b> 4:30-5:30pm Ⓞ ▼</p> <p><b>Squash Club Night</b> 6:00pm Ⓞ ▲ ▼</p>	<p><b>20</b></p> <p><b>TRX Training Basics</b> 9:00-9:45am Ⓞ ▼</p> <p><b>Leaping Learners</b> 9:30-11:30am</p>	<p><b>21</b></p> <p><b>Sports Extravaganza (Duckin' Dodgeball)</b> 4:30-5:30pm Ⓞ ▼</p> <p><b>Railyard Fitness</b> 5:00-5:45pm</p>	<p><b>22</b></p> <p><b>Leaping Learners</b> 9:30-11:30am</p> <p><b>Hard Knocks Cond.</b> 6:15-6:45pm</p>	<p><b>23</b></p> <p><b>Milo Levell Hip Hop Academy</b> 4:30-5:30pm <small>ages 5-7</small> 5:30-6:30pm <small>ages 8-12</small></p>	<p><b>24</b></p> <p><b>Hard Knocks Cond.</b> 8:15-8:45am</p> <p><b>TeenFit Certification</b> 11:00am-12:00pm Ⓞ</p> <p><b>Zumba</b> 11:00am-12:00pm Ⓞ</p>
FALL SEASON: Aquaten Swim School & AquaJet Swim Team						
<p><b>25</b></p> <p><b>Family Yoga</b> 10:30-11:30am Ⓞ</p> <p><b>RCS Fall Basketball League</b> 3:00-7:00pm</p>	<p><b>26</b></p> <p><b>Preferred Merchant Fall Expo</b> 9:00am-1:00pm 4:00-7:00pm Ⓞ</p> <p><b>Squash Club Night</b> 6:00pm Ⓞ</p>	<p><b>27</b></p> <p><b>Leaping Learners</b> 9:30-11:30am</p> <p><b>RCS All-Level Fall Racquetball League</b> 5:00-8:00pm</p>	<p><b>28</b></p> <p><b>Railyard Fitness</b> 5:00-5:45pm</p> <p><b>RCS Women's Fall Racquetball League</b> 5:00-7:00pm Ⓞ</p>	<p><b>29</b></p> <p><b>Leaping Learners</b> 9:30-11:30am</p> <p><b>Hard Knocks Cond.</b> 6:15-6:45pm</p>	<p><b>30</b></p> <p><b>Milo Levell Hip Hop Academy</b> 4:30-5:30pm <small>ages 5-7</small> 5:30-6:30pm <small>ages 8-12</small></p>	<p>Ⓞ FREE Entry for Members</p> <p>▼ ▲ Repeats Weekly</p> <p>■ Family Event</p>

### CITRUS FRESH GRILL SEPTEMBER EVENTS

- Martini & Ultimate Burger Mondays (4:00pm-12:00am)
- \$1 Taco Tuesdays Go Poolside (5:30-8:30pm)
- Wine Club Wednesdays: \$5 by the Glass (all day)
- Kids Eat Free Thursdays (5:00-8:00pm)
- Prime Rib Thursday Nights (5:00-10:00pm)
- Live Entertainment Fridays (6:00-10:00pm)
- NFL Direct Ticket Sundays (starting 10:00am)

### Back to School 1-2-3

#### PERSONAL TRAINING SPECIAL

- Get 1 FREE session with a 12-session Package
- Get 2 FREE sessions with a 24-session Package
- Get 3 FREE sessions with a 36-session Package

# PROGRAM HIGHLIGHTS

//SEPTEMBER 2011

## ADULT SOCIALS

### NFL DIRECT TICKET ©

Every Sunday, September 11-January (2012), 10:00am

### PREFERRED MERCHANT FALL EXPO ©

Monday-Saturday, Sept. 26-Oct. 1, 9:00am-1:00pm & 4:00-7:00pm

## FAMILY EVENTS

### FAMILY DIVE-IN MOVIE NIGHT ©

How to Train Your Dragon - Friday, September 2, 7:00-9:00pm

### LABOR DAY BBQ & SNOW CONE SOCIAL ©

Monday, September 5, 12:00-3:00pm

### KIDS WORLD ICE CREAM SOCIAL ©

Saturday, September 17, 1:00-3:00pm

## YOUTH EVENTS

### TWEEN NIGHT ©

Dodgeball Mania - Every 3rd Friday, September 16, 6:30-8:30pm

### LEAPING LEARNERS

Tuesdays and Thursdays, September 20-December 15, 9:30-1130am

© = Free Entry for Members