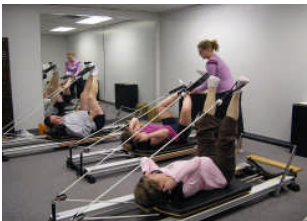




Springfield Racquet and Fitness Center
Upcoming Club Events
 July-September 2010



July

Special Events

- 1-Tr Home swim meet 6pm v MCST
- 4-Sun Happy 4th of July
- 7-W Tennis 1 2 3 Beginner Classes Start
New 4-Week Session
- 8-Tr Home swim meet 6pm v Panther
Creek
- 12-M Free Member Guest Day
- 12-M New Session Adult Tennis Drills
- 18-Sun Conference Seed Meeting 6pm
- 24-S Conference Swim Meet 9am

Regular Events

Rock Wall Hours
 Monday-Wednesday- Friday
 5:30-8:30 pm

NEW GROUP FITNESS CLASSES
www.springfielddracquetandfitness.com

August

Special Events

- 5-Tr Free Member Guest Day
- 5-W Tennis 1 2 3 Beginner Classes Start
New 4-Week Session
- 16-M Fall Session Jr. Tennis Program
- 16-M New Session Adult Tennis Drills
- 29-Sat Pool Opening Weekend

Regular Events

Rock Wall Hours
 Monday-Wednesday- Friday
 5:30-8:30 pm

Group Fitness Classes All Month:
 Cycle, Dance Party, Yoga, Circuit Cybex,
 Pilates, Chiseled, and More!
 Schedule Online:
springfielddracquetandfitness.com

September

Special Events

- 1-W Tennis 1 2 3 Beginner Classes Start
New 4-Week Session
- 6-M Pool Closes
- 13-M Fall Adult Tennis Leagues Begin
- 20-M New Session Adult Tennis Drills
- 14-T Free Member Guest Day
- 25-Sat Adult Tennis Mixer 3-5:30pm

Regular Events

Rock Wall Hours
 Monday-Wednesday- Friday
 5:30-8:30 pm

Family Open Gym
 Wednesday & Thursday 7-8pm
 Saturday 4-7pm
 Sunday 12-2pm

Pickup Basketball
 Tuesday 5:30-7pm
 Thursday 5-6:30pm

Group Fitness Classes All Month:
 Schedule Available Online
www.springfielddracquetandfitness.com