



# Springfield Racquet and Fitness Center

## Upcoming Club Events

### November & December 2009



### January

#### Special Events

- 1-Fri New Year Holiday  
Club Hours 10am – 6pm
- 2 –3 Sat & Sun  
MITA JR. Grand Prix Tournament
- 4-M Tennis 1 2 3 Beginner Classes Start  
New 4 week session
- 4-M 10:30am Wilson Gear Show
- 12-Th Youth Basketball Clinics Start
- 15-F Senior Men's Tennis vs. Decatur  
@ SR&FC 11am
- 16-Sat Men's Open Interclub  
@ Decatur 5pm
- 25-M Ladies Tennis Flex League  
@ Decatur 12pm
- 30-31 Sat & Sun  
SR&FC Club Championships

#### 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
- NEW GROUP FITNESS CLASSES  
[www.springfieldracquetandfitness.com](http://www.springfieldracquetandfitness.com)

### February

#### Special Events

- 1-M Tennis 1 2 3 Beginner Classes Start  
New 4 week Session
- 6-Sat Tennis Member Forum 10am GYM
- 19-F Senior Men's Tennis vs Blomgtn  
@ SR&FC 11am
- 19, 20, 21 Fri, Sat & Sun  
Jr. MITA Tournament
- 26-F SOCIAL – BLIND DRAW 6pm  
Adults & Juniors Welcome

#### 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:  
Cycle, Zumba, Yoga, Circuit Cybex, Pilates,  
Chiseled, and More!  
Schedule Online:  
[springfieldracquetandfitness.com](http://springfieldracquetandfitness.com)

### March

#### Special Events

- 1-M Ladies Flex League vs. Decatur  
@ SR&FC 12pm
- 1-M START of Spring Jr. Program
- 1-M Tennis 1 2 3 Beginner Classes Start  
New 4 week Session
- 5-F Senior Men's Tennis @ .Decatur 11am
- 20-Sat Men's Open Interclub vs Decatur  
@ SR&FC 3pm
- 26-F Sr. Men's Interclub @ Blmngton 11am
- 26, 27, 28 Fri, Sat & Sun  
Junior Club SR&FC Championships

#### 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  
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