

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Winter Squash Houseleague! ®</p>	<p>2</p> <p>Order a lunch wrap for \$9 at club reception!</p>	<p>3</p> <p>Try Sunrise Yoga at 1:00pm</p>	<p>4</p> <p>Equipment Orientation with Heidi</p> <p>Thursday 12:30-1:00pm ®</p>	<p>5</p> <p>9:15am \$ fee for non-members</p>	<p>6</p> <p>Kids Dance Program ®</p>
<p>7</p> <p>Intermediate Fall Jr Tennis ®</p>	<p>8</p> <p>International Women's Day</p>	<p>9</p> <p>Try a Naked Fruit Smoothie \$3 @ reception</p>	<p>10</p> <p>Try Studio Cycle at 6:00pm</p>	<p>11</p> <p>Tennis Houseleague 6:30 PM - 8:30 PM ®</p>	<p>12</p> <p>Tennis & Squash Round Robin Every Friday Night 6:30pm-8:30pm ®</p>	<p>13</p> <p>Set your clocks ahead 1 hour!</p>
<p>14</p> <p>Colorectal Cancer Awareness Month</p>	<p>15</p> <p>Bridge Club Monday's in Club Lounge 12:30pm-3:00pm</p> <p>®</p>	<p>16</p> <p>Squash T&D Every Tues 7:00pm</p>	<p>17</p> <p>Happy St. Patrick's Day!</p>	<p>18 New Members!</p> <p>Sign up for your complimentary Fitness evaluation today!</p>	<p>19</p> <p>Bring Your Guest For Free Day * 1 guest per member * court fees applicable</p>	<p>20</p> <p>Recreational Fall Jr Tennis</p> <p>®</p>
<p>21</p> <p>Taekwondo 3:00-4:00 Kids 6+ ®</p>	<p>22</p> <p>Record your workout to stay on track!</p>	<p>23</p> <p>Try Pilates at 6:00pm</p>	<p>24</p> <p>National Nutrition Month</p>	<p>25 NEW DATE!</p> <p>Member Social All members Welcome 7:30pm Club Lounge Adult only event ®</p>	<p>26</p> <p>New Aqua Instructor! Joanne Fontana</p> <p>Aqua Muscle: 9:30am</p>	<p>27</p> <p>8:00pm-9:00pm</p>
<p>28</p> <p>Palm Sunday</p>	<p>29</p> <p>Adult Tennis Fitness 6:30 AM - 8:30 PM ®</p>	<p>Coming Up! Racquetathon and Cardio Challenge! April 16th and 17th for The Healing Cycle in support of Palliative Care @ CVH.</p>				<p>March Special Pedicure and Manicure \$45.00 + GST</p>