

CESE OCTOBER 2009

 HALLOWEEN @ THE SPORTS CLUB

 GROUP EXERCISE UPDATES

 GUITAR HERO AND PIZZA FOR TEENS

 KIDS CRAFTS AND MOVIE NIGHT

 PERSONAL TRAINING SPECIAL

HALLOWEEN AT THE SPORTS CLUB
MARK YOUR CALENDARS FOR THE EVENING OF SATURDAY
OCTOBER 31ST SURE TO BE A SPOOKTACULAR FUN TIME
FOR ALL VOLUNTEERS ARE GREATLY APPRECIATED
MORE INFO TO COME SOON ...

*We are currently running a **SPECIAL** on personal training, where you can buy 5 sessions, and get the 6th for free! (Must buy 10 sessions minimum).*

Contact Malcolm for details...

msimpson@chateauelan.net, (770) 867-1760

See below-listed changes in the Group Exercise Schedule:

- ***Tuesday*** EVENINGS we now offer a “*JUST-the-Core*” class for evening exercisers 5:15-6pm. This class will be focused on Core (abs, obliques, low back, trunk flexibility) only.
- ***Thursday*** EVENINGS we now offer a NEW CLASS - A.S.C., a trial agility, speed, & conditioning class for young athletes 8-15 years old. This class does not “teach sport skills” per say; it is designed to better equip them for the physical component of their sport(s). *It is free for this month, but will be a minimal additional cost next month.* This class will NOT be formatted like Kids’ Recess; it IS sport conditioning for kids.

TENNIS:

Enjoy team, individual, and youth coaching and drills at the Sports Club.

Contact Tim Dutton: tim@chateautennis.com or CESC - msimpson@chateauelan.net.

KIDS CRAFTS AND MOVIE NIGHT

Send the kids to join Malcolm at the Sports Club for an evening of decorating pumpkins, playing in the gym, light snacks, and an age-appropriate Halloween movie. (We'll try to make sure it's not too scary...)

Cost is just \$15 or take \$5 off for each additional child. Register by emailing sportsclub@chateauelan.net or call (770) 867-1760.

When: Friday, Oct 9th 5-9pm.

Please Note: "Dinner" is not going to be served, but light snacks will be served.



It's here... October 24th, 5-9pm. The Sports Club's first-ever **GUITAR HERO TOURNAMENT** with pizza dinner. Kids ages 12-16 can come to the Sports Club to compete against others in the neighborhood.

2 categories: Best Individual Rocker & Best Band (of 3-4).

Compete at 2-3 levels: Medium, Hard, & (if necessary) Expert.

Structure of the contest will be determined by the numbers competing and how close the competition is. For example: Band Competition = best band total score after three songs on a given difficulty level, or individual = best individual score after 3 songs on a difficulty level. Songs will be selected randomly, each player/band competing at a level all playing the same songs.

Interested? RSVP sportsclub@chateauelan.net or call (770) 867-1760. Cost will be \$10 per participant—includes pizza, drinks, and gameplay. Please RSVP as soon as possible to secure your spot & help us plan for the event.

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**LET THE SPORTS CLUB HOST YOUR CHILD'S
NEXT BIRTHDAY PARTY! REASONABLE GYM &
DINING AREA RENTAL**



**RATES, GREAT FACILI-
TIES, GAMES GUIDED BY
YOU OR OUR STAFF...
WHY NOT HAVE YOUR**

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**CHILD'S NEXT BIRTHDAY
PARTY RIGHT HERE IN THE
NEIGHBORHOOD? FOR MORE
INFORMATION:**



**(770) 867-1760, OR
SPORTSCLUB@CHATEAUVELAN.NET.**

October Group Exercise & Events

27th Sunday	28th	29th	30th	1st	2nd	3rd
				Yoga Stretch 8am-Sue A.S.C. (for 8-15 yrs) 5pm - Malcolm <u>BEGINS NEXT WEEK</u>	Lower Body Pump 9:15am-Malcolm	Interval 8am
4th Sunday	5th	6th	7th	8th	9th	10th
	Yoga Stretch 8am-Sue Upper Body Pump 9:15am-Malcolm Kid's Recess 5pm Malcolm ZUMBA 5:15pm Men's B-ball: 7-10pm	Cardio Conditioning 9:15am-Malcolm JUST the Core 5:15-6pm - Malcolm Candlelight Yoga 6:30pm-Sue	Interval 9:00am Pilates 10:00am Ruth Jr. Drills 4 -6:30pm Tim Kid's Recess 5pm Malcolm ZUMBA 5:15pm	Yoga Stretch 8am-Sue A.S.C. (for 8-15 yrs) 5pm - Malcolm	Lower Body Pump 9:15am-Malcolm <i>Kids' Crafts & Movie 5-9pm</i>	Interval 8am
11th Sunday	12th	13th	14th	15th	16th	17th
	Yoga Stretch 8am-Sue Upper Body Pump 9:15am-Malcolm Kid's Recess 5pm Malcolm ZUMBA 5:15pm Men's B-ball: 7-10pm	Cardio Conditioning 9:15am-Malcolm JUST the Core 5:15-6pm - Malcolm Candlelight Yoga 6:30pm-Sue	Interval 9:00am Pilates 10:00am Ruth Jr. Drills 4 -6:30pm Tim Kid's Recess 5pm Malcolm ZUMBA 5:15pm	Yoga Stretch 8am-Sue A.S.C. (for 8-15 yrs) 5pm - Malcolm	Lower Body Pump 9:15am-Malcolm	No Classes

October Group Exercise & Events

18th Sunday	19th Yoga Stretch 8am-Sue Upper Body Pump 9:15am-Malcolm Kid's Recess 5pm Malcolm Men's B-ball: 7-10pm	20th <i>Cardio Conditioning 9:15am-Malcolm</i> <i>JUST the Core 5:15-6pm - Malcolm</i> Candlelight Yoga 6:30pm-Sue	21st Interval 9:00am Pilates 10:00am Ruth Jr. Drills 4 -6:30pm Tim Kid's Recess 5pm Malcolm	22nd Yoga Stretch 8am-Sue A.S.C. (for 8-15 yrs) 5pm - Malcolm	23rd Lower Body Pump 9:15am- Malcolm	24th Interval 8am Malcolm Guitar Hero Tournament 5-9pm
25th Sunday	26th Yoga Stretch 8am-Sue Upper Body Pump 9:15am-Malcolm Kid's Recess 5pm Malcolm ZUMBA 5:15pm Men's B-ball: 7-10pm	27th <i>Cardio Conditioning 9:15am-Malcolm</i> <i>JUST the Core 5:15-6pm - Malcolm</i> Candlelight Yoga 6:30pm-Sue	28th Interval 9:00am Pilates 10:00am Ruth Jr. Drills 4 -6:30pm Tim Kid's Recess 5pm Malcolm ZUMBA 5:15pm	29th Yoga Stretch 8am-Sue A.S.C. (for 8-15 yrs) 5pm - Malcolm	30th Lower Body Pump 9:15am- Malcolm	31st Interval 8am Malcolm HEAD TO THE SPORTS CLUB