

News and Notes

HAPPY NEW YEAR!

- ▶ **FREE GUEST DAYS: Wednesday, January 18 • Thursday, February 9.** Remember: One guest per member, minimum 16 years of age and Karing for Kids is not available for guest's children.
- ▶ **Centre Club Gurnee Celebrates its 5TH Anniversary!** This is a time when we stop to observe all your hard work and dedication to health and fitness! We're proud of you and your accomplishments and would like you to join us on Friday, January 6 for our 5th anniversary celebration in the main lobby at Gurnee. The festivities begin at 6am and continue through 8pm. You will be delighted with the all day buffet provided by Centre Lights Deli for your dining pleasure. So stop in, socialize, snack and enter the raffle for some great prizes. Bring a friend, as it's free guest day.
- ▶ **MCHI JANUARY SPECIAL—FITQUEST (\$120):** When you joined Centre Club you took a FitQuest to start your personal health and fitness profile and evaluate your physical condition, lifestyle and nutritional habits. If it has been a year or more since your FitQuest now is the time to reassess your current fitness level and set new goals for a healthier lifestyle. *Call to schedule an appointment Monday through Friday, 8:30am – 4pm, Libertyville 990-5770, Gurnee 599-7360.*
- ▶ **MCHI FEBRUARY SPECIAL—CORONARY RISK PROFILE (\$25) (\$92/value):** During February Heart Health Month take advantage of this special offer. Blood test analysis reveals total cholesterol, triglycerides, HDL and LDL. Reports forwarded to your physician upon request. Registration required at respective Club. *Call to schedule an appointment Monday through Friday, 8:30am – 4pm, Libertyville 990-5770, Gurnee 599-7360.*
- ▶ **JANUARY MEMBER SPECIAL:** Purchase a **COLLEGE MEMBERSHIP \$275/Libertyville or \$255/Gurnee** and receive a FREE Bozu Ball Personal Training session. Contact Member Services for information, Libertyville 847/990-5757 or Gurnee 847/855-4757.
- ▶ **FEBRUARY MEMBER SPECIAL: 10% OFF CENTRE CLUB RENTAL:** Centre Club facilities are available for private use on Saturday and Sunday evenings. For more information contact Rich Schoeneman at Libertyville 847/990-5755 or Craig Blevins at Gurnee/847/990-4758.
- ▶ **Member Award Program:** You're our greatest advertisement and we've designed a program to say **THANK YOU!** When a Centre Club member refers a friend, business acquaintance or family member who joins Centre Club, Centre Club rewards the referring member with a Centre Club versatile 3-in-1 jacket or a \$100 Centre Club gift certificate. If the same member refers a second person who becomes a member, a second, Centre Club versatile 3-in-1 jacket or a Centre Club \$100 gift certificate is awarded. Referrals who join as part of a family are counted as one referral. College or temporary memberships are not included in this program. New members may join without waiting.
- ▶ Libertyville and Gurnee Clubs maintain a **"lost and found"** for clothing items at the Locker Room Services/Laundry areas and for smaller items at the Front Desk. Please treat "left behind" items, as you would like your own possessions treated. Thanks for turning in found items to a staff member.
- ▶ **FIT'N'FUN FAMILY NIGHTS:** Join in the fun *Saturday, January 21, at the Gurnee Club and Saturday, February 18 at the Libertyville Club.* Take this opportunity to participate in recreational activities with your children. An adult must accompany children. Join in these planned events: volleyball, basketball, group exercise and swimming. The steam rooms, whirlpools, saunas and fitness machines are not available for this event. Please pre-register at the respective Front Desk (Gurnee 847/855-0700 ! Libertyville 847/990-5750). Fee: \$4.50/Members •\$6/Nonmembers.
- ▶ NewsQuest and other Centre Club information is available on our Website, www.centreclub.org



Centre Sports Shoppe

**JANUARY SPECIAL
20% OFF RACQUETBALL
RACQUETS AND ACCESSORIES**

**FEBRUARY SPECIAL
15% OFF Polar
HEART RATE MONITORS**



JANUARY MEMBER SPECIALS

**In Gurnee – Apples or bananas 75¢ each
SMOOTHIE CARD – BUY 7 GET ONE FREE.**

**In Libertyville:
Ranch and BBQ Chicken Salad \$5.50**

FEBRUARY MEMBER SPECIALS

**In Gurnee – MUFFINS \$1.25 (Reg. \$1.50)
FUZE BEVERAGE \$1.75 (Reg. \$2.00)**

**In Libertyville:
Tuna Wrap with Chips or Cole Slaw \$5.25**