

CLUBVIEWS

POOL FAMILY FUN DAY

MONDAY, SEPTEMBER 3RD 12:00 to 4:00 pm

DJ, Games and (2) Complimentary Drink Tickets for Keg Beer!

TENNIS CLUB CHAMPIONSHIP

MONDAY, SEPTEMBER 3RD

BACK TO SCHOOL MOVIE NIGHT ON THE PATIO

SUNDAY, SEPTEMBER 2ND 8:00 pm

Bring the family to the clubhouse for a movie in the grass area off the Patio Bar. Popcorn and snacks will be provided. Bring a blanket to enjoy in the grass!

Movie: Wonder



Sign up by calling the club at 614-885-9516 or email reservations@ worthingtonhills.com



PATIO CLAM BAKE

FRIDAY, SEPTEMBER 28TH

As the fall season approaches, come and join us on the patio for a clam bake and live music with your friends at WHCC. Chef James Tuckey will be filling up the steam baskets with clams, shrimp, sausage, potatoes and corn!

6:00 pm Cocktails and Hors d'oeuvres 7:00 pm Dinner

\$32 Per Person • Member Charge Bar

Reservations are required by Tuesday, September 25th at 12:00 pm. Please make your reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.

MEMBERSHIP HAPPY HOUR

Friday, September 7th 6:00 to 7:00 pm

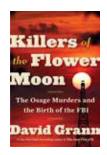
Complimentary Beer, Wine and Light Hors d'oeuvres on the Patio We encourage dinner reservations after the happy hour. Please make reservations by calling the club at 614-885-9516 or email reservations@ worthingtonhills.com.

LADIES BOOK CLUB

Our WHCC Ladies Book club will meet on the second Thursday of each month in the Ladies Locker Room.

Location: Ladies' Locker Room **Time:** 6:30 pm, Thursdays

SEPT 13
The Killers of the Flower Moon:
The Osage Murders and the
Birth of the FBI (David Grann)



0CT 11<u>Little Fires Everywhere</u> (Celeste Ng)

Nov 8
<u>The Kitchen House</u>
(Kathleen Grissom)

DEC 13
Eleanor Oliphant is
Completely Fine
(Gail Honeyman)

We'd love to have you join us whether you've read the book or not, just a fun gathering with great ladies. If you have any questions or would like to sign up to attend, please contact Nanci Larsen at 614-214-9625 or nanci.larsen7@gmail.com.



WORTHINGTON HILLS GARDEN CLUB

The Worthington Hills Garden Club meets the second Wednesday of each month excluding January and July, at 11 AM at the Worthington Hills Country Club. A brief business meeting is followed by lunch at noon and a speaker at 1 pm. The September 12 program will be about the preservation and restoration of the Darby Plains Native Prairie. Visitors are welcome with an advance paid registration of \$21 the Saturday prior to the meeting. You can make a reservation by calling 614-288-4668. The October 10 program is titled "Growing a Bird Buffet" and will cover how to turn your yard into a habitat that attracts birds.

KIDS ZONE HAPPY HOUR POLICY

- The Kids Zone will be restricted to the first 25 children of members. No guests please.
- Reservations should be made at the front desk on a first-come, first-serve basis.
- A \$5.00 fee will be charged for each child staying in the Kids Zone on Happy Hour Nights.
- Staff will be provided from 5:45 to 7:45 pm.
- Children should not be running around in other areas of the clubhouse and they are not permitted in the Adult Happy Hour area.
- If you plan on staying longer than two hours, we ask that you get a babysitter for your children.
- The Kids Zone is geared towards stays of less than two hours.

SUNDAY DINING

Our dining rooms will be closed on Sunday evenings beginning Sunday, September 9th. The bar will be open until 8:00 pm, however, the kitchen will not be open for food orders.

SENIOR TRIBUTE NIGHTS

NOT JUST FOR SENIORS!

Tuesday Night's in September we will feature two dinner entrees at the price of \$13.00 per entrée. The entrée will include your choice of soup or salad and accompanying side items. A great meal at a great price, perfect for taking the entire family to dinner!

Tuesday Menu to Include: September 11th:

Shrimp and Grits *or*House Made Spaghetti
and Meatballs

September 18th:

Chicken Coq Au Vin *or* Beef Stroganoff *September* 25*th:*

Chicken and Dumplings or Pot Roast

KIDS EAT HALF PRICE

EVERY THURSDAY EVENING IN SEPTEMBER

Children will eat for half price in our dining rooms with a purchase of an adult entrée. We will feature a topping bar for their ice cream sundaes, so the children may add their own toppings.

SEPTEMBER 20TH

Balloon Sculptor in the Grill Room from 5:30 to 7:30 pm

Please make dinner reservations by calling the club at 614-885-9516 or email reservations@ worthingtonhills.com.

WHCC WEEKLY SUNDAY BRUNCH

10:30 am to 1:30 pm In the Grill Room

Adults - \$13.95 Children Ages 4-10 - \$8.95 Children 3 and Under - FREE

This Weekly Brunch Features a Salad and Fruit Station, Breakfast and Lunch Items, Made-to-Order Omelet and Waffle Station and an Assortment of Desserts.

Our private dining rooms are also available on Sundays. Perfect for larger groups looking to take advantage of our brunch while enjoying an intimate dining space.

Reservations are always appreciated. Make reservations by calling the club at 614-885-9516 or email reservations@ worthingtonhills.com.

If you are interested in booking private dining space, please contact Christy Baker at 614-885-9516 or email CBaker@ worthingtonhills.com.

RESERVATIONS

Please make reservations in advance for all dining and social events. Reservations help our staff prepare properly to ensure an excellent experience for you and your guests. Reservations for dining and events can be made at the front desk or by calling the club at 614-885-9516. Some reservations can be made by emailing reservations@ worthingtonhills.com.

Thank you!

WORTHINGTON HILLS COUNTRY CLUB SMARTPHONE APP

Download the WHCC Smartphone App to receive updates from the club. Social Events, Dining Room Menus and Specials, Golf and Tennis News along with Golf Course updates can all be found on the App!

Simply search for Worthington Hills in App Stores to find and download the App.

Questions....call the club at 614-885-9516

MINIMUM FOOD REMINDERS

The spending requirement for each quarter is \$100 and is based on the last name of each member. This includes all food and beverage on the property. It does not include alcohol.

Last name beginning A-FLast day of the month of April,
July, October, January

Last name beginning G-M Last day of the month of May, August, November, February

Last name beginning N-Z
Last day of the month of June,
September, December, March

PATIO AND PATIO BAR CLOSURES

SATURDAY, SEPTEMBER 15TH

Patio Bar closed until 5:30pm

SUNDAY, SEPTEMBER 16TH

Patio Bar closed until 6:30pm

FRIDAY, SEPTEMBER 21ST

Patio Bar closed until 7:30pm





WORTHINGTON HILLS COUNTRY CLUB DRESS CODE

INDOOR GRILL ROOM, LOUNGE AND BAR AREAS:

- Proper golf attire, which includes appropriate shorts and shirts tucked in.
- Men and boys, eight and older, should have collared shirts or an appropriate pullover.
- Ladies dresses or sundresses and shorts should have appropriate cuts and lengths.
- Business attire is always suitable.
- Tasteful denim is permitted, and is defined as properly sized, in excellent condition, and consistent in color. Tasteful denim does not include holes or rips, frayed material, denim shorts, work type denim shirts, bibs, painter pants, or jeans that are worn extremely low cut.
- Tennis attire is permitted in the Lounge and Bar areas.
- Club events and Holiday brunches will also adhere to these dress codes.
- Hats, swimwear, t-shirts, gym shorts, sweat pants, and hoodie sweatshirts are not permitted in these areas.

OUTDOOR PATIO AND BAR:

- Proper golf and tennis attire.
- Tasteful denim is permitted, and is defined as properly sized, in excellent condition, and consistent in color. Tasteful denim does not include holes or rips, frayed material, denim shorts, work type denim shirts, bibs, painter pants, or jeans that are worn extremely low cut.
- Collared shirts for men and boys or appropriate pullover.
- Hats are permitted outside.

MEN'S GRILL ROOM:

- Proper golf, tennis and fitness attire is permitted.
- Tasteful denim is permitted, and is defined as properly sized, in excellent condition, and consistent in color. Tasteful denim does not include holes or rips, frayed material, denim shorts, work type denim shirts, bibs, painter pants, or jeans that are worn extremely low cut.
- Men are encouraged to remove their hats while sitting in the Men's Grill.

Children of members that are eight years and older are asked to follow the above dress code. Children under eight should have appropriate dress for a country club. Clothing to avoid in the dining areas are hats, t-shirts, gym shorts, bulky cargo shorts, sweat pants and frayed, torn or tattered denim. Members are responsible for informing their guests of these dress code policies.

MARK YOUR CALENDARS! UPCOMING OCTOBER EVENTS

MEMBERSHIP HAPPY HOUR

Friday, October 5th

6:00 to 7:00 pm

Complimentary Beer, Wine and Light Hors d'oeuvres. On the Patio

CHILDREN'S HALLOWEEN PARTY AND HAUNTED HOUSE

Friday, October 26th

6:30 to 9:30 pm

Golf and Pro Shop News...

NOTE FROM THE PRO...

As we move into September there is still a lot of great golf action on the calendar. The weather will no doubt be very pleasant and I encourage everyone to get out on the course as much as possible. If you have not had the opportunity to play as much golf as you would have liked this year... there is still time! Give us a call in the golf shop, we would love to join you!

Happy Golfing, Justin Van Heukelom, PGA justin@worthingtonhills.com

NOTE FROM THE LEARNING CENTER...

Quite often golfers in the Midwest go into September with the feeling like the season is winding down and coming to an end. This fall, I challenge everyone to keep the clubs out and play some golf!

September is typically our best month to play golf and I anticipate this year to be the same. When the summer's over and we are heading into the fall months, however, it's important to approach improving your game differently than you might in the spring or summer.

For those of you looking to make drastic swing changes or change your ball flight patterns, this is the best time to start. This provides time to become comfortable with the changes before winter golf travel and ample time to implement and refine them prior to the 2019 season.

If you are looking to make changes to your swing this fall or just want to jump start your 2019 season with a well-defined improvement plan, I invite you to reach out to me! I will also be hosting a series of events in the month of September and October dedicated to specific areas of the game and swing.

These events will give you some insight as to where you may be able to improve and just how you can go about doing so. Look for event dates and times to be released soon.

Thank You and Happy Golfing!

Ben Bastel, PGA 1st Assistant Golf Professional Director of Player Development



Golf and Pro Shop News...

SEPTEMBER GOLF SHOP HOURS

Tuesday-Sunday 7:00 am to 7:30 pm Monday Closed

SEPTEMBER DRIVING RANGE HOURS

Tuesday – Friday 7:30 am to 7:30 pm Saturday 7:00 am to 7:30 pm Sunday 7:00 am to 7:00 pm

*Hours are subject to change due to weather and daylight

GOLF COURSE AND PRACTICE TEE SAFETY

I want to remind everyone to do their part in keeping your fellow member and neighboring homeowners safe while playing golf. From time to time, our shots travel off line and end up in a back yard or on another hole. Please be safe and remember to yell FORE! As a reminder, please try to focus your shots on the practice tee to the left side of the range (I know, easier said than done) so as not to have them go over the fence and onto the 15th green.

LABOR DAY HOLIDAY INFORMATION

As a reminder, the golf course will be open for regular play on Monday, September 3rd and closed on Tuesday, September 4th. As a result of being closed on Tuesday, the Senior Golf Association will play on Wednesday, September 5th at 1pm and the Ladies Golf Association will play on Thursday, September 6th at 8:30am.

UPCOMING GOLF EVENTS

COUPLES CLOSING DAY

Sunday, September 9th

SENIOR/ SENIORITATuesday, September 11th

HALF PRICE GUEST FEE DAYSeptember 12th

SENIOR WORTHINGTON CUP Tuesday, September 18th

HOWLETT HIGH SCHOOL

INVITATIONALSaturday, September 22nd

COUPLES CLOSING DAY

SUNDAY, SEPTEMBER 9TH

The format for the Couples Closing Day will be a combined team stableford in four person teams. Teams will combine their individual point totals to create their team score on each hole. The team with the highest number of points will win. Call the golf shop today to sign up!

HALF PRICE GUEST FEE DAY

SEPTEMBER 12TH

Be sure to call your friends and take advantage of the Half Price guest fee day. This is a great way to show off your club and entertain your friends, colleagues or clients.

SENIOR/ Seniorita

TUESDAY, SEPTEMBER 11TH

Join us for a fun day on the golf course where the Ladies Golf Association and Senior Golf Association come together for a wonderful day of golf. The format will be CINCO De PUTT!!

All players hit their tee shots, the best one is chosen and the person who's shot was chosen must sit out the next shot. Once the second shot is hit the 1st player may hit again but the person who's 2nd shot is chosen must sit out. And so on...). Once on the green each player will hole their own ball out from the ball that is chosen on the green and all putts taken on the green will be added to all the shots taken to reach the green to make a team score. Call the golf shop to sign up!

SENIOR Worthington Cup

TUESDAY, SEPTEMBER 18TH

This event is for players that have qualified for the Senior Cup by receiving points for different events throughout the vear. The format of the event is the players are going to be divided into two twelve-man teams determined by the golf shop staff. During the event the teams are going to compete against one another. Each player will have one partner and they will play head to head match play against their opponents in an alternate shot format. Players that qualify will be notified by the golf professional staff.

HOWLETT HIGH SCHOOL INVITATIONAL

SATURDAY, SEPTMBER 22ND

On Saturday, September 22nd we will be hosting the annual Howlett High School Invitational at 1:00 pm (shotgun start). Members tee times will be available from 8 am to 8:54 am off #1 and #10 tees that morning. The golf course will be closed the rest of the day for the event.

ADDITIONAL UPCOMING EVENTS WITH DETAILS TO FOLLOW

MEN'S CLOSING DAY Sunday, September 23rd

SENIORS CLOSING DAY Tuesday, September 25th

LADIES GOLF ASSOCIATION ROUND-UP

Tuesday, September 25th

WORTHINGTON CUP September 29th- 30th





Golf and Pro Shop News...

MARK YOUR CALENDARS... UPCOMING GOLF EVENTS

SENIOR MEN'S ASSOCIATION BANQUET

Thursday, October 4th \$30.95 Per Person

6:00 pm Cocktails and Light Hors d'oeuvres 7:00 pm Dinner

The Senior Men's Association will hold its annual recognition banquet. We will re-live some of the events of the year and award special prizes. And we will say a special thanks to the staff members who have helped to make the Senior Events a success this year.

All Seniors, Wives, and Guests are Welcome!

Menu to Include:

- WHCC Grill Room House Salad
- 6oz Beef Tenderloin Filet with Chive Whipped Potatoes and Seasonal Vegetables
- · Pecan Ball with Hot Fudge

*Vegetarian Option is available upon request. Please make this request when making your reservations.

RSVP by calling the club at 614-885-9516 or email reservations@ worthingtonhills.com.

From the Courts...

Private Lesson Prices

Head Professional \$52 per hour

Assistant Professional \$50 per hour

ADULT CLINIC PRICING

18 hrs of clinics for \$190 or \$17/ hr. We will keep track of your clinic hours for you and charge you the lesser rate. Adult Clinic Hours include: Pre Season Clinics, GCTA Team Clinics, Tennis 101, or any clinic that contains 4 or more members per Pro. We will also combine the hours of spouses to make sure spouses are charged the lesser rate. We do not allow Clinic Packages to be split with children. If you ever have any questions about how many clinic hours you've attended, just let us know and we'll look that information up for you. The clinic package begins on May 1 and runs through the month of August.

GUEST FEE

\$8 per guest. Please make sure to register all guests with the tennis pro-shop. We have not been doing a good job enforcing this in the past, but we will be making sure all guests (tennis or pickeball) get charged each time they play and that they are limited to five times per season.

CLUB CHAMPIONSHIPS

Come out on Monday, September 3 all day to watch the finals of the Club Championships. It's a great day of tennis and fun for all. We'll serve snacks in the morning and be grilling out around noon. Come out and support (or heckle) your fellow members! The schedule of play will be released closer to that day.

GCTA TEAMS

We had an excellent GCTA season this year. I would like to thank all of the captains and co-captains who helped organize and coordinate their teams. Outstanding leadership led to outstanding play! At the time of this writing we have our Women's 4.5 team finishing in first place of their league. Thanks to Sarah Gallup for captaining it and Cindy Ziegler, Heather Lindaman, Lori Khayat, Patti Price and many other players for contributing to our championship season!

Our Men's 3.5 team will probably be league champions as you read this. They have a playoff match coming up that, thanks to their captain, John Lindaman, they will probably win! Pat Kastner's 3.0 team finished in a competitive 2nd place this year. The rest of our men's teams will have to wait until all the teams scores are entered to see just how well we did.

Ann Christopher captained our Women's Gold Team to an impressive 3rd place finish! Kerri Rathburn captained our career 3.0 team to a very close 2nd place finish. Marlene Eymann and Lynn Reymann captained our 3.5 team to 3rd place.

E-MAIL

We communicate through the wheetennis@gmail account. If you have never received an e-mail from this account, please send us an e-mail and we'll make sure to add you to our contact list. You can use the e-mail to find out information about upcoming events, and to reserve a court. We try to send out an email weekly with upcoming events as well as any other important news.

FALL JUNIOR TENNIS CLINICS

SESSION TWO

September 4th (no class on Labor Day) through September 20th

MIGHTY MITES

(ages 3-5) 3:00-3:30pm \$8 per class

FUTURE STARS

(ages 6-9) 3:30-4:30pm \$16 per class

IUNIOR DEVELOPMENT

(ages 10+) 4:30-6:00pm \$24 per class

All Classes Offered Monday through Thursday





Fitness & Wellness News...

Kids Camp 2018...

WHCC PERSONAL TRAINER

Aaron McGrath

RATES

Half Hours Sessions

 1 Session
 \$35

 4 Sessions
 \$115

 8 Sessions
 \$205

 10 Sessions
 \$230

 12 Sessions
 \$240

Hour Sessions

1 Session \$55

4 Sessions \$185

8 Sessions \$300

12 Sessions \$390

Massage Therapy at WHCC

Online Scheduling

You may now schedule your massage with either Paula or Payton online through the WHCC App or the link on our website under Message Therapy.

Choose from these massage modalities: • Swedish • Deep Tissue • Hot Stone • Craniosacral Therapy • Trigger Point Therapy • Neuromuscular Therapy • Active Isolated Stretching • Cupping • Prenatal • Newborn • Sports

• Myofascial Release

Massage Prices:

30 Minutes \$50

60 Minutes \$80

75 Minutes \$95

90 Minutes \$110

Massage Packages:

(3) 60 Minute Package \$210

(3) 75 Minute Package \$255

(3) 90 Minute Package \$300

Hot Stone:

60 Minute \$95

90 Minute \$125

Add Ons:

- Kinesio Taping \$10 with your own tape/\$15 without tape
- Cupping may be incorporated into any massage upon request

If you have any questions or concerns, please feel free to text or call Paula at 614-849-2967.





















Worthington Hills Country Club



www.worthingtonhills.com

CLASS DESCRIPTIONS

Body Blast: From plyometrics to core strength to muscle conditioning, this class challenges people of all levels of fitness and athletic capabilities to progress to new heights!

Bootcamp: This class is designed for those desiring to lose weight, increase cardiovascular fitness and increase muscular strength more efficiently. It is for the beginner to the advanced enthusiast. Workout in a TEAM environment while challenging yourselves with others to reach your personal fitness goals.

Cardio Weights: A healthy combination of cardiovascular work and resistance training! This class uses a large variation of equipment and effective movements.

Core & More: 45 minute class focusing on the powerhouse midsection, including back and core muscles. A strong core will make for a strong, fit body less prone to injury. But wait...there's more! FUNctional Training: Functional training is geared toward strengthening your body to allow it to be more efficient in everyday life. The 30 minutes spent developing dynamic strength, flexibility and agility carries over into your daily activities, making life a bit easier. Benefits to attending this class include improved muscular balance, joint stability and injury prevention.

H.I.I.T Circuit: 8 different stations of 1 minute of work and 30 seconds of recovery consisting of plyometrics, strength training, dumbbells, kettlebells, battling ropes, cardio bursts and more. We will work you harder and challenge you differently in every class.

Hip Hop Dance: High energy music make this class a MUST! Join our fitness party as we move to the greatest hits from yesterday and today. Show us your style and you'll leave with a smile! No hard choreography here, just fat blasting, fun cardio. Come ready to sweat!

Kickboxing: This athletic workout will give you a great workout in just 55 minutes! A combination of challenging punch and kick intervals and strength exercises using a variety of equipment!

Senior Fit: Features strengthening, flexibility, and cardiovascular exercises all modified for the senior audience.

Slow Flow Yoga: A gentle, slow style of Hatha Yoga where the focus is the movement coordinated with the rhythm of the breath, to reduce stress and to ease tension. Yoga is the missing puzzle piece to your overall fitness program. All levels welcome! Come relax and breathe with us!

Spinning: Spinning is an indoor cycling workout which allows participants to experience the mind/body connection that is the foundation of obtaining health and fitness. Whether beginner or skilled athlete, participants can tailor the workout to best suit their individual fitness levels.

Spin/Strength: 30 Minutes of abs paired with 30 minutes of strength training. This class is designed to leave your body sculpted and defined.

Tabata Training: Each set is 4 minutes of one fat burning or strength training exercise. The 4 minutes consists of 8 intervals of the same exercise. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide results in a short amount of time.

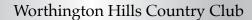
Warrior Wednesday: This class build strength, adds definition, increases your bone density and decreases your body fat by increasing your lean muscle.

Zumba: Zumba is the new dance craze sweeping the US that promised to be so much fun that you won't even realize you are working out. Fusing hypnotic Latin rhythms with easy to follow moves, Zumba is one of a kind dance class designed to burn calories and get the energy pumping round your body.

All Classes with an asterisk are \$4 per class. You can also purchase an unlimited month: Single person \$25 and couple/family \$45

GROUP EXERCISE SCHEDULE

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00 am	Spinning*	P90X	Cardio Weights*	P90X	Kickboxing*		
7:00 am	7	7:30 am Core & More	Yoga*	7:30 am Core & More	2 7:30 am Core & Mo	re	
8:00 am	8:10 am Tabata Training*			Body Rock	8:10 am H.I.T.T. Circ	uit Spinning*	
9:00 am	Spinning*				Spinning*	Yoga*	
9:30 am			Spin/Strength*				
10:00 am	Yoga with Elaine*	1	0:20 am Warrior Wednesdays	S	Bootcamp*	Yoga*	
10:30 am			J				
11:00 am							
1:00 pm	Senior Fit		Senior Fit		Senior Fit		
2:00 pm							
4:30 pm							
5:30 pm		5:	15 am Cardio Streng & Core*	th			
6:00 pm		;	Spin Core Express*	*			
6:30 pm							
7:00 pm							Boot Camp*
7:30 pm		Hatha Yoga*		Slow Flow Yoga*			
8:00 pm							





	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
							1
2	Sunday Brunch Back to School Movie Night on the Patio	3 Pool Family Fun Day Tennis Club Championship	4 Clubhouse Closed	5	6 Kids Eat Half Price	7 Membership Happy Hour	8
g	Sunday Brunch Couples Closing Day	10 Clubhouse Closed Fitness Center Open	Senior/ Seniorita Golf Senior Tribute Night	Half Price Guest Fee Day Worthington Hills Garden Club	13 Ladies Book Club Kids Eat Half Price	14	15
10	Sunday Brunch	17 Clubhouse Closed	18 Senior Golf Worthington Senior Tribute Night	19	20 Kids Eat Half Price Balloon Sculptor in Grill Room 5:30 to 7:30pm	21	Howlett High School Golf Invitational
2	Sunday Brunch Men's Golf Closing Day	24 Clubhouse Closed Fitness Center Open	25 Senior Golf Closing Day Ladies Golf Association Round-Up	26	27 Kids Eat Half Price	28 Patio Clam Bake	29 Golf Worthington Cup
3	Sunday Brunch Golf Worthington Cup						



CLUBVIEWS

WORTHINGTON HILLS COUNTRY CLUB

920 Clubview Boulevard South Columbus, Ohio 43235 (614) 885-9516 Fax: (614) 436-3090 www.worthingtonhills.com

For Dining Reservations, always call (614) 885-9516 or email reservations@worthingtonhills.com

GOLF PRO SHOP HOURS

Tuesday - Sunday

Hours are subject to change based on Weather

Monday

Couples Lounge & Grill Room					
Monday	Closed				
Tuesday - Thursday	11:00 am	to	9:30 pm		
Friday	11:00 am	to	10:00 pm		
Saturday	10:00 am	to	9:30 pm		
Sunday	10:00 am	to	3:00 pm		
MEN'S LOUNGE					
Monday	Closed				
Tuesday - Friday	10:00 am	to	6:00 pm		
Saturday & Sunday	7:30 am	to	5:00 pm		
FITNESS					
Monday - Friday	5:30 am	to	9:30 pm		
Saturday	8:00 am	to	9:00 pm		
Sunday	8:00 am	to	8:00 pm		
CHILDCARE					
Monday - Saturday	8:00 am	to	1:00 pm		
	5:00 pm	to	9:00 pm		
Sunday	Closed				

7:00 am

Closed

8:30 pm