

# MARCH 2010

| sun                                  | mon  | tue                              | wed   | thu | fri | sat |
|--------------------------------------|--|----------------------------------|---|-----|-----|-----|
|                                      | 1  | 2                                | 3   | 4   | 5   | 6   |
| 7                                    | 8  | 9                                | 10  | 11  | 12  | 13  |
| 14<br>daylight-saving<br>time begins | 15<br>6-wk beginner<br>hatha yoga<br>2-3pm | 16                               | 17<br>st. patrick's day!<br>steam whistle<br>promo & giveaways<br>in the lounge | 18  | 19  | 20  |
| 21                                   | 22   | 23<br>8-wk yoga for men<br>3-4pm | 24<br>8-wk yoga for men<br>3-4pm  | 25  | 26  | 27  |
| 28                                   | 29   | 30                               | 31  |     |     |     |

## special notes of interest

### REFERRAL PROGRAM

Refer a new member and receive a free month!  
Contact [garth@adelaideclub.com](mailto:garth@adelaideclub.com) or  
[nancy@adelaideclub.com](mailto:nancy@adelaideclub.com) with your referral.

### MARCH SPECIAL AT THE SPA

Adelaide Facial for \$65 + gst  
(reg \$80 + gst)  
Contact [spa@adelaideclub.com](mailto:spa@adelaideclub.com) to book your treatment.

### SALE ON MEN'S & LADIES RUNNING SHOES

During the month of March receive 25% off on  
Asics Gt-2040 and Asics Gel-1140.

While supplies last.