

I've belonged [to LHC] for just over a year during which my frozen shoulder healed and I have lost enough to wear my oldest jeans again. This gym is super friendly, super clean, (newly painted and carpeted) and has a great variety of classes from Zumba to Yoga, with excellent teachers. There is also every type of machine for solitary workouts.

It's a place where "everybody knows your name" to quote "Cheers" , and I like that!

*Thanks to Jil P. for such a great [Yelp.com](#) review - we appreciate your input!*

## **JULY 4 HOLIDAY HOURS:**

SUN=8AM-1PM

MON=7AM-1:30PM

## **MON STRETCH CLASS NOW @ 4:30PM**

*starting 6/28*

Release tight muscles & set the tone (get it?!) for a wonderfully relaxing Monday evening!

## **NEW BEGINNING PILATES CLASS w/ LYNDA!**

**MON'S & WED'S,  
11:30-12:30PM**

Try something new!  
Reformer Equipment will

## **GET READY FOR OUR SUMMER BLAST OFF!**

California here we come, top to bottom! **From July 1-September 21, zigzag your way through CA on one of our chosen routes. Accrue points as you hike, bike, run, swim, etc your way to the finish line & fun prizes!** Extra points earned when your non-member friends join the 12 week contest & join LHC!

Wondering how to participate if you're not planning a tour of CA? No problem! **Do the equivalent by rowing, spinning & taking classes at LHC as well as swimming at your local pool, etc.** Purchase your own pedometer for tracking your progress - pick up your 10% off Sports Basement coupons at LHC's front desk.

**Just for the fun of it, join our summer contest - everyone can do it!**

*More details soon to follow - keep a look out!*

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**PILATES FOR MEN w/ ERIC!**

give you quick results in strength, flexibility, energy, and endurance! Sign up at LHC's Front Desk today!

**MARIN SUN FARMS  
100% GRASSFED,  
PASTURE RAISED,  
HORMONE/ANTIBIOTI  
C-FREE MEAT COMES  
TO LHC!**

**Beginning July 8, 2010,**  
LHC will provide  
deliveries of meat  
every 2nd Thursday of  
the month ... and not  
just any meat. We're  
talking local meat from  
Marin Sun Farms, where  
"no animals are ever  
given artificial growth  
hormones or stimulants  
and are guaranteed to be  
free of antibiotics."

Learn more &  
subscribe at  
[www.lafayettehealthclub.com/links.htm](http://www.lafayettehealthclub.com/links.htm)

**VOTE LHC "BEST OF  
THE BEST" in SF  
GUARDIAN READER'S  
POLL 2010**

Tuesdays, 5:30PM starting 7/13/10

**+ FREE INTRO CLASS ON 7/6/10**



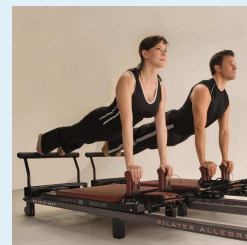
*photo courtesy of Peak Pilates*

*Recovering from a sports injury or just want to get back in the game? This class is for you. Balance your lifting schedule and keep the machine running smoothly with a workout designed to promote greater flexibility, healthier body mechanics and quicker recovery time.*

*Sign up & register at LHC's Front Desk or contact Eric Black at [ericblack@gmail.com](mailto:ericblack@gmail.com)*

## FREE Pilates Demo's for YOU!

**The Pilates Equipment simultaneously supports and challenges the body and mind with effective rehab, conditioning, and functional training movements.** Appropriate for people with rehab and re-conditioning needs and the elite athlete alike, the Pilates Equipment works using springs (rather than weights) and pulleys with ropes and straps to create resistance and challenge for the body. This system allows the body to experience positions and movements that would



Hurry up & vote by 6/23  
by [clicking here](#) & thank  
you!



**Thank you to  
our...  
Special  
Olympics "Bri  
ke the  
Bridges"**

**Team** for helping us raise  
\$1500! We far surpassed  
our \$500 goal with your  
support & are thrilled to  
help change lives for the  
better with the Special  
Olympics - thank you for  
your contribution!

otherwise be inaccessible due to tight, weak and  
unstable joints and muscles. The result is supple,  
strong muscles and a focused mind trained to safely  
perform daily movements and complex exercises  
with agility, ease and grace.

**Please contact any of our excellent instructors  
today for your Private demo session:**

**Ashley: [dancingshwee@aol.com](mailto:dancingshwee@aol.com)  
Bridget: 925-586-  
4893 [orthecloudhopper@gmail.com](mailto:orthecloudhopper@gmail.com)  
Eric: 925-285-0153 or  
[ericrobertblack@gmail.com](mailto:ericrobertblack@gmail.com)  
Gaby: 510-290-  
3428 or [gabydiskin@hotmail.com](mailto:gabydiskin@hotmail.com)  
Jenna: [jennapilates@yahoo.com](mailto:jennapilates@yahoo.com)**

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**COME TRY KIJO @ LHC!  
Thursdays, 6PM**

**LHC is excited to welcome Shelly Ross & her  
Kijo class, Thursdays at 6PM.**

Winner of "Best New Fitness Program" (2008), Kijo  
(kee-jo) is a kundalini releasing exercise & wellness  
program, created by Shelly Ross, which has twice  
won the "Best of the Bay" award, recognized by  
Diablo Magazine.

Shelly is a certified personal trainer & has been a  
veteran of 'movement awareness' for 13 years. She  
has designed **Kijo-a complete cardio, mind &  
body exercise program-based on her diverse  
experiences & many years in the fitness field.**  
Come experience this revolutionary program. Learn  
more at: [www.kijo.biz](http://www.kijo.biz)

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**OPEN HOUSE w/ ASHLEY**  
**Sun. 6/27, 1 & 4PM**

**Come join Pilates instructor Ashley Flaner for the grand opening of her online shopping mall [Abundancebyashley.com](http://Abundancebyashley.com)!** Experience samples of everyday products that are earth friendly and organic, while helping support her professional dancing career as a member of Post Ballet. **This is also a great opportunity to earn free gifts from a raffle drawing that will include Pilates privates/duets on the Reformers, Group classes, LHC passes and more!** **RSVP to [dancingshwee@aol.com](mailto:dancingshwee@aol.com), or leave a message at 925-872-4686 with the time you would like to attend.** This invitation is extended to friends and families of our members as well, with the hopes of bringing everyone together for an afternoon of fun!

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## TELL ALL YOUR FRIENDS!

LHC's \$29 first month membership\* special is extended to the end of July!

**\*Must sign up on EFT!**