

CRFC Hi-Lites

December 2008



The official Capital Racquet and Fitness Center Newsletter • 3200 North 10th Street • Bismarck, ND 58503 • 701.221.6855

Facility Hours

(Sept. 1st - May 31st)

Monday-Thursday 6am-11pm

Friday 6am-10pm

Saturday 7am-10pm

Sunday 10am-8pm



Closed Christmas Day

Open Christmas Eve: 6am-3pm

Open New Year's Eve: 7am-8pm

Open New Year's Day: 10am-8pm



Childcare Hours

Monday-Friday
4:15pm-8pm

NO Childcare Dec. 24th,
25th, 31st and January 1st

CRFC STAFF

Facility Specialist

Katrina Kittleson

Facility Maintenance

Tim Thiel

Group Fitness Coordinator

Fawn Schirado

Personal Trainer

Jen Jorgensen

Tennis Pro

Brad Dorsher

Have a Safe and Healthy Holiday!

THE CRFC 7th ANNUAL "Gift of Giving" TOY DRIVE

The CRFC 7th Annual 'Gift of Giving' Toy Drive runs thru Dec. 15th. For all basic package users and punch card holders at CRFC, during this time, in exchange for donating a new toy, a guest of your choice can attend a group fitness class, use the running/walking track, cardio/weight room and racquetball courts for **free!** Members can bring in a guest or guests daily, but we ask that each day they bring in a new toy to put under our Christmas tree. If you have any questions, be sure to ask the front desk staff. Thanks for your donations!

(Please bring toys in their original packaging. No gift wrapped items.)



Referral Program

Now thru February 28th, for each member referred by you to CRFC, you will receive a **1 month basic user package FREE!** The member referred must sign up for at least a 6 month basic user package by February 28th. See the front desk for more information.

Weight Loss Challenge

The CRFC weight loss challenge begins on January 12th. This is a 12-week contest to lose the largest percentage of bodyfat. Sign-up runs December 19th-January 12th. Entry is \$20 per person and will go toward prizes awarded during the 12-week challenge.

'12 Weeks of Christmas'

'The 12 Weeks of Christmas' continues thru Dec. 31st. Register daily for great prizes. Have fun, get in shape, and WIN!

Gift Certificate Special

"Give the Gift of Health" - Now thru December 24th, buy a \$25 gift certificate and get \$5 FREE.



Personal Training

***Cardio Express** (Group Personal Training Class)
Tues/Thurs
7:00-7:30pm
\$7.00/user
\$9.00/non-user
Space limited to a maximum of four(4). Sign up weekly at the front desk.

Start date: TBA

Tennis

Adult Holiday Tournament

When: Dec. 12 -14.
*Your entry fee is a new unwrapped toy.

Junior Tennis Tournament

Jan. 2-4, 2009.
*USTA sanctioned.

Racquet stringing is still available at the facility. See the front desk for pricing.

Racquetball

Mark your calendars!

The Winter Classic Racquetball Tournament will be held January 16-18, 2009 at CRFC. Look for tournament registration the first week in December.



The newsletter is now posted on-line at bisparks.org. It's also included in our e-newsletter. To sign up for our e-newsletter, visit bisparks.org and click on "Stay in Touch." If you do not have access to a computer, you can pick up the newsletter each month inside the entryway of CRFC.

CRFC CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30 pm Reyne	2 12:05 pm Fawn 5:30 pm Shannon	3 4:30 pm Fawn 5:30 pm Reyne	4 12:05 pm Fawn 5:30 pm Reyne 5:30 pm Lori 6:00 pm Lori	5	6
7 3:00 pm Fawn	8 5:30 pm Reyne	9 12:05 pm Fawn 5:30 pm Shannon	10 4:30 pm Fawn 5:30 pm Reyne	11 12:05 pm Fawn 5:30 pm Shannon 5:30 pm Lori 6:00 pm Lori	12	13
14 3:00 pm Reyne	15 5:30 pm Reyne	16 12:05 pm Fawn 5:30 pm Shannon	17 4:30 pm Fawn 5:30 pm Reyne	18 12:05 pm Fawn 5:30 pm Shannon 5:30 pm Lori 6:00 pm Lori	19	20
21 3:00 pm Fawn	22 5:30 pm Reyne	23 12:05 pm Fawn 5:30 pm Shannon	24 Facility Hours 6am-4pm Special Class: Cycling 12:05pm Fawn	25 Facility Closed! <i>Happy Holidays</i>	26	27
28 3:00 pm Reyne	29 5:30 pm Reyne	30 12:05 pm Fawn 5:30 pm Shannon	31 Facility Hours 6am-8pm Special Class: Cycling 3-4pm Fawn	December		

Monday: 5:30pm Cycling (1 Hour)

Wednesday: 4:30pm Cycling (50 Min.)
5:30pm Butts-n-Guts

Sunday: 3:00pm Cycling (1 hour)

NOTICE: This Calendar is for Group Fitness Classes at CRFC only.

Tuesday: 12:05pm Cycling (50 Min.)
5:30pm Trim-n-Tone

Thursday: 12:05pm Cycling (45 Min.)
5:30pm Pilates
5:30pm Kiddy Size (3-7 year olds) ~COURT #1
6:00pm Kiddy Size (8-12 year olds) ~COURT #1

*COMMENTS/SUGGESTIONS: Contact Mike or Fawn at 221-6855 * www.bisparks.org*

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