

# January Current Events

G.C.C. 2012

## Golf. . . 817- 0502

### Golf Shop and Driving Range Hours:

Golf Shop Tuesday-Sunday 8:45a.m. – 5:00p.m.

Driving Range Tuesday-Sunday 9:00a.m. – 3:00p.m.

\*Hours can change due to weather.

Please check the website\*

To get the latest information on Course Conditions due to frost or inclement weather and approximate time of opening please go to

[www.glenmoremember.com/golf.htm](http://www.glenmoremember.com/golf.htm)

### Reminder about Sledding at Glenmore

We would like to remind all of our members that sledding is permitted on the driving range ONLY. All other areas on the golf course are strictly prohibited.

### February Grip Special

Purchase 13 grips for the price of 10.

Complimentary grip installation on all grips purchased through the Glenmore Golf Shop.

### Corporate Logo Merchandise

The Golf Shop can help your business obtain corporate logo merchandise for employees, customers, clients, events, etc. Some of the products we can offer include golf balls, hats, shirts, wind shirts, jackets, luggage and much more.

Call the Golf Shop at 817-0502 for more information.

### Bag Storage & Locker Services

Take advantage of the Bag Storage that Glenmore offers.

You will have the convenience of always having clean clubs; no more hassles of carrying them around or loading them in and out of your car.

Now they will be ready on a cart waiting for you.

Price: \$150.00 per year

(Only \$12.50 per month is a great deal)

We also offer lockers for those members who wish to keep personal belongings at the Club for their convenience. Includes unlimited shoe shines

Price: \$125.00 per year

Or take advantage of our best deal for **BOTH** priced at only \$200.00

### “Jacked Up”

**Thursday, January 19**

**Ballroom 5:30p.m.**

Ok golf fans it's "Jacked Up" time again so let's start to think about our posture and set-up prior to the golf swing. How you place yourself beside the golf ball will greatly effect how you will be able to complete your golf swing and ultimately your golf shot.

Please join me for a night of instruction and discussion on the proper way to set-up to the ball for the best possible results. We will meet on Thursday January 19<sup>th</sup> at 5:30 PM and discuss this all important aspect of the golf motion for an hour. The hour is free of charge, but the information will prove priceless. All skill Levels welcome.

## Member Events. . . 817- 0531

### Member Cocktail Social

Rivanna Room

Saturday, January 21 5:30pm

Come and be social while enjoying great food, cocktails, and friends.

### Ladies Night in the 19th Hole

Tuesday, January 10

This is a fun night to hang out with the girls and let loose.

Call Wilma for more information...817-0528

### Tapas Night in the Grill

Thursday, January 26

Join us in the grill for a great Tapas menu prepared by Chef Kristo.

Reservations strongly suggested...817-0507

### UPCOMING EVENTS

2-4-12 Kids Valentine's Day Party

2-11-12 Valentine's Day Dinner

2-18-12 Member Cocktail Social

## Tennis. . . 817- 0539

Check out the new look in the Tennis Pro Shop, re-decorated and now offering new merchandise, including winter warm ups and apparel from Wilson. New and Demo Tennis Racquet are on Sale, with discounts of up to 30%.

Winter Work Outs are now being conducted for our Advanced Junior Players on Saturdays and Sundays from 12-2pm. Get ready for Spring by hitting the courts (and fitness center) in this high energy program.

### Mixed Doubles Paddle Tennis Social

Saturday, January 28 12-2pm

Contact Davy for more information...

**\*\*Note: 10 & Under Clinics are rain or shine.\*\***

## Fitness. . . 817- 0502

Be on the lookout for new fitness classes! Some new additions include Balance Challenge, Senior Stretch, Senior Strength, Metabolic Training, and the return of Zumba.

Have a class you would like to see? We are looking to broaden class offerings even further come February and would love some member input.

Looking to get fit with friends for 2012? Why not try some semi-private training? Enjoy the benefits of personal training with the fun and camaraderie of a group with this great, cost effective way to keep your resolution!

Contact Laura for more information...ldevine@glenmorecountryclub.com

It's that time of year again...let's keep the snow and salt outside and the fitness floor safe by wearing only clean, dry shoes during your workout.

### New Evening Metabolic Training Class Starts Monday January 9th!

Maximize your calorie burn and increase your metabolic rate with this high intensity class! You will work your entire body performing calorie burning exercises at a quick pace allowing you to increase cardio capacity while building strength and endurance.

Great cross training for tennis, golf, and every day life!

**SNAG Golf is Back for the Winter for the Young Golfers**

*We are offering the first week as a trial no charge week so everyone is invited to try it out and see how much fun the kids have with this program.*

This is a fun and creative six-week program for the young golfers (Ages 4-7).

This will be a FUN environment to learn not only the skills to play golf at a young age, but also drills and exercises to prepare the child for golf as the child grows and becomes stronger.

We use SNAG (starting new at golf) equipment for these clinics.

Start your future golfers in this program and they will fall in love with golf.

**Winter Session**

January 8th - February 19th (indoor program)

Sunday afternoons from 3:00pm - 3:45pm

Price \$80.00 for six weeks



**817-0500**  
[Kandi@kandicomegolf.com](mailto:Kandi@kandicomegolf.com)

**Want to keep your game in shape during the winter?**

Pick the monthly package that works for you to keep your game tuned up:

**Eagle Package**

2-45 minute private lessons with Kandi  
2-30 minute practice sessions using K-vest  
\$199/month

**Birdie Package**

1-45 minute private lesson with Kandi  
2-30 minute practice sessions using K-vest  
\$149/month

**Par Package**

1-45 minute private lesson with Kandi  
1-30 minute practice session using K-vest  
\$99/month

To learn more about the K-vest technology please visit <http://kandicomegolf.com/technology/k-vest/>

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 CLUB CLOSED	2 6am Xtrain Janet 8am 20/20/20 Lisa 9am Yoga Lisa 9am Sr. Men	3 Couples Bridge 8am Spin Beth 9am R.A.M Beth 10:05am Sr. Fitness Laura 10-11:30am Ladies 3.5 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Men's Nt.	4 6am Xtrain Janet 8am B.AC Laura 9am Pilates/Kate 9am Sr. Men 10-11:30am Novice Ladies Clinic 3:45-4:30pm Tots Clinic (4-6)	5 6am Yoga Ron 8am Spin John 9am Yoga Lisa 10:05am Sr. Fitness Lisa 10-11:30am Ladies 3.0 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Ladies Nt	6 6am Xtrain Kedra 8am 20/20/20 Laura 9am Yoga Dominique (1.5 hr) 9am Sr. Men 4-5pm Tots Clinic (4-6yr)	7 8am Bike & Buff Kedra 9am Let's Roc Laura 10-11:30AM Ad. Groundstr. 9am-12pm Paddle League 12-2pm Ad. Jr. Clinic
8 3:00pm SNAG 10-11:30am AD. NET PLAY 12-2pm Advanced Jr. Clinic	9 6am Xtrain Kedra 8am 20/20/20 Lisa 9am Yoga Dominique 10:05 Balance Challenge Laura 6:00 pm Metabolic Tr. Laura 9am Sr. Men	10 Couples Bridge Ladies Night 19th Hole 8am Spin Lisa 9am R.A.M Beth 10:05am Sr. Strength Laura 10-11:30am Ladies 3.5 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Men's Nt.	11 6am Xtrain Janet 8am Bodyweight Boot Camp Laura 9am Pilates/Kate 10:05 am Sr. Stretch 6:00 pm Metabolic Tr. Laura 9am Sr. Men 10-11:30am Novice Ladies Clinic 3:45-4:30pm Tots Clinic (4-6)	12 6am Yoga Ron 8am Spin John 9am Yoga Lisa 10:05am Sr. Strength Lisa 10-11:30am Ladies 3.0 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Ladies Nt	13 6am Xtrain Kedra 8am 20/20/20 Janet 9am Yoga Dominique (1.5 hr) 10:30am Balance Challenge Laura 9am Sr. Men 4-5pm Tots Clinic (4-6yr)	14 8am Bike & Buff Janet 9am Yoga Ron 10-11:30AM Ad. Groundstr. 9am-12pm Paddle League 12-2pm Ad. Jr. Clinic
15 3:00pm SNAG 10-11:30am AD. NET PLAY 12-2pm Advanced Jr. Clinic	16 6am Xtrain Kedra 8am 20/20/20 Lisa 9am Yoga Dominique 10:05 Balance Challenge Laura 6:00 pm Metabolic Tr. Laura 9am Sr. Men	17 Couples Bridge 8am Spin Beth 9am R.A.M Beth 10:05am Sr. Strength Laura 10-11:30am Ladies 3.5 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Men's Nt.	18 6am Xtrain Kedra 8am Bodyweight Boot Camp Laura 9am Pilates/Kate 10:05 am Sr. Stretch 6:00 pm Metabolic Tr. Laura 9am Sr. Men 10-11:30am Novice Ladies Clinic 3:45-4:30pm Tots Clinic (4-6)	19 5:30pm Jacked up 8am Spin John 9am Yoga Lisa 10:05am Sr. Strength Lisa 10-11:30am Ladies 3.0 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Ladies Nt	20 6am Xtrain Kedra 8am 20/20/20 Lisa 9am Yoga Dominique (1.5 hr) 10:30am Balance Challenge Laura 9am Sr. Men 4-5pm Tots Clinic (4-6yr)	21 5:30 Cocktail Social 8am Bike & Buff Kedra 9am Zumba Laura 10-11:30AM Ad. Groundstr. 9am-12pm Paddle League 12-2pm Ad. Jr. Clinic
22 3:00pm SNAG 10-11:30am AD. NET PLAY 12-2pm Advanced Jr. Clinic	23 6am Xtrain Janet 8am 20/20/20 Lisa 9am Yoga Dominique 10:05 Balance Challenge Laura 6:00 pm Metabolic Tr. Laura 9am Sr. Men	24 Couples Bridge 8am Spin Lisa 9am R.A.M Beth 10:05am Sr. Strength Laura 10-11:30am Ladies 3.5 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Men's Nt.	25 6am Xtrain Janet 8am Bodyweight Boot Camp Laura 9am Pilates/Kate 10:05 am Sr. Stretch 6:00 pm Metabolic Tr. Laura 9am Sr. Men 10-11:30am Novice Ladies Clinic 3:45-4:30pm Tots Clinic (4-6)	26 5:30 Tapas Night 6am Yoga Ron 8am Spin John 9am Yoga Lisa 10:05am Sr. Strength Lisa 10-11:30am Ladies 3.0 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Ladies Nt	27 6am Xtrain Kedra 8am 20/20/20 Janet 9am Yoga Dominique (1.5 hr) 10:30am Balance Challenge Laura 9am Sr. Men 4-5pm Tots Clinic (4-6yr)	28 8am Bike & Buff Janet 9am Yoga Ron 10-11:30AM Ad. Groundstr. 9am-12pm Paddle League 12-2pm Ad. Jr. Clinic Mixed Paddle Social
29 3:00pm SNAG 10-11:30am AD. NET PLAY 12-2pm Advanced Jr. Clinic	30 6am Xtrain Janet 8am 20/20/20 Lisa 9am Yoga Dominique 10:05 Balance Challenge Laura 6:00 pm Metabolic Tr. Laura 9am Sr. Men	31 Couples Bridge 8am Spin Beth 9am R.A.M Beth 10:05am Sr. Strength Laura 10-11:30am Ladies 3.5 Clinic 4-5pm Jr. Clinic (7-10yr) 7-9pm Men's Nt.	<p><b>Social Fitness Golf Tennis</b></p> <p>If weather is questionable please call the main line for changes and cancellations. 434-817-0506</p> 			