# PLAN AHEAD

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01</strong></td>
<td><strong>02</strong></td>
<td><strong>03</strong></td>
<td><strong>04</strong></td>
<td><strong>05</strong></td>
<td><strong>06</strong></td>
<td><strong>07</strong></td>
</tr>
<tr>
<td>6:30 p.m.: Ball Park Night @ the MET</td>
<td>Astros vs. Rangers</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>6 - 10:30 a.m.: (M) Breakfast Burritos for National Burrito Day</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday</td>
<td>9 - 11 a.m.: (M) Pancakes with Parents: Easter Egg Dye</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
</tr>
<tr>
<td>April 1 - 30: Cycle Challenge</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>08</th>
<th>09</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 p.m.: (M) Pinot &amp; Pilates</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>6 a.m.: (M) GE Kickboxing Series</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
<td></td>
</tr>
<tr>
<td>5:30 p.m.: (C) Barre and Bottles</td>
<td>6 - 8 p.m.: (M) Wing Wednesday Trivia Night</td>
<td>6 a.m.: (M) GE Kickboxing Series</td>
<td>6:30 p.m.: (M) GE Latin Dance</td>
<td>6:30 p.m.: (M) GE Kickboxing Series</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Day: National Jelly Bean Day</td>
<td>6 a.m., 12 p.m., 6 p.m.: (M) Functional Movement</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>All Day: National High Five Day</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday</td>
<td>Easter Sunday</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
</tr>
<tr>
<td>11 a.m.: (M) New Member Brunch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Day: National Jelly Bean Day</td>
<td>6 a.m., 12 p.m., 6 p.m.: (M) Functional Movement</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>6 a.m., 12 p.m.,</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday</td>
<td>11 a.m.: (M) New Member Brunch</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
</tr>
<tr>
<td>11:30 a.m. - 2:30 p.m.: (M) National Pigs in a Blanket Day</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Functional Movement</td>
<td>6 a.m.: (M) GE Kickboxing Series</td>
<td>7 p.m.: Friday Night Tennis Mixer</td>
<td>130 p.m.: (M) GE 40 Day Personal Revolution Yoga Program</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
</tr>
<tr>
<td>4 - 6 p.m: New Member Mixer</td>
<td>4 - 6 p.m: New Member Mixer</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Functional Movement</td>
<td>6 a.m.: (M) GE Kickboxing Series</td>
<td>11 a.m.: (M) New Member Brunch</td>
<td>9 a.m.: (M) Pinot &amp; Pilates</td>
<td>9 a.m.: (M) Sunday Funday Mimosa Spin</td>
</tr>
<tr>
<td>6 - 8 p.m.: (M) Monkey Bingo w/ the Star</td>
<td>6 - 8 p.m.: (M) Monkey Bingo w/ the Star</td>
<td>6 a.m.: (M) GE Kickboxing Series</td>
<td>6:30 p.m.: (M) GE Latin Dance</td>
<td>6 a.m.: (M) GE Kickboxing Series</td>
<td>11 a.m.: (M) Pinot &amp; Pilates</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
</tr>
</tbody>
</table>

**APRIL**

- Racquet Sports
- Club Events and Family
- Health & Fitness
- Epicurean
- Athletics
- National Day
ATHLETICS

APRIL CYCLE CHALLENGE
April 1 - 30 | The Downtown Clubs | Free
Join us for our April Cycle Challenge and find out how many miles you can ride in one month! To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

FUNCTIONAL MOVEMENT CLINIC
April 23 & April 25 | MET
6 a.m., 12 p.m., 6 p.m. | Free
Join us for a free 30-minute clinic to learn the points of performance and common faults for the squat, deadlift, and overhead press. We’ll teach you why these movements are important to master for everyday life and how to modify each one to be able to perform them safely while still reaping the many benefits. From novices to experienced lifters welcomed! Attire: long fitness tights and any fitness shirt. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

FUNCTIONAL MOVEMENT CLINIC
April 28 to May 4 | MET & Center | June 27
Center | 6 a.m., 12 p.m., 6 p.m.
To celebrate National Loyalty Day, on May 1 we’re offering all of our loyal personal training clients 10% off all training packages all week to say “Thank you!” for being such loyal members. This offer only applies to current training clients so be sure to get at least one session scheduled with one of our fantastic personal trainers at least one week prior to April 28! To sign-up contact Lizzie Ellis, 713.289.3842, or elizabeth.ellis@clubcorp.com

40 DAY PERSONAL REVOLUTION - ALL THREE MONTHS
April 27 - June 7 | 1:30 p.m. | The MET Yoga Studio
$99 | RSVP deadline: April 25
To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

40 DAYS TO YOUR 2019 PERSONAL REVOLUTION - ALL THREE MONTHS
Starting April 27 | Group meetings Tuesdays
6:30 - 8:30 p.m. | The MET Conference Room
The MET Yoga Studio | $99
Instructor: Micah Kurtenbach
This is a 6-week holistic program designed to give you the tools to experience a personal breakthrough, and to build a sustainable, healthy lifestyle to last. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

BELLY DANCE CLASS SERIES
Saturdays at 11 a.m. | April 27 - June 1 (6 weeks)
The MET Yoga Studio | $60 | Instructor: Mima Leal
Learn the most fundamental moves in Belly Dance and simple combinations to get in touch with your inner goddess. RSVP deadline: March 30. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

KICKBOXING GROUP TRAINING
Thursdays at 6 a.m. | April 4, 11, 18, 25
The MET Multipurpose Studio
$99, includes hand wraps and gloves
Class helps tone and build lean muscle, while pushing your body to its limit. Have fun and learn all the techniques the pros learn in this exciting, fast-paced class. RSVP deadline: March 30. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

LATIN DANCE SERIES
April 4 - April 31 (4 weeks) | 6:30 - 7:30 p.m.
The MET – Multi-purpose Studio
$40/person or $70 a couple
Get ready to sizzle with club-style dancing! Learn Salsa, Merengue, Bachata, & Cumbial! No partner or experience necessary. RSVP deadline: April 25. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

KIDS
PANCAKES WITH PARENTS: EASTER EGG DYE
April 6 | 9 a.m. - 11 a.m.
$20 per Adult | 1st 2 kids eat free
$5 each additional child | $5 late RSVP/ 50% No Show Fee
Spaces Limited
Hop on down to the Downtown club for pancakes and to meet the Easter Bunny while dyeing eggs. To sign-up contact Sara at sarah.mckee@clubcorp.com

KIDS’ NIGHT OUT: GAME NIGHT
April 19 | 6 - 10 p.m. | RSVP April 17 | Met
$20 Members | $25 Member Guests
Late RSVP/50% no show fee
Bring your kids out for a night full of fun games. RSVP – sarah.mckee@clubcorp.com

RACQUET SPORTS
THE HOUSTON OPEN SILVER SQUASH CHAMPIONSHIPS
April 27 - 28 | The MET
This year’s tournament will be for all junior players throughout the Houston area as well as junior Met players. Kick off the Holidays with some fun squash for juniors of all ages! To sign-up contact Keith Christman, 713.289.3849, or keith.christman@clubcorp.com

TEEN MIXERS
Friday of each month | 17 - 9 p.m.
Instructor: Mima Leal Benchmark
The mixers will feature tennis play, food and fun. Please RSVP each month! To sign-up contact Keith Christman, 713.289.3849, or keith.christman@clubcorp.com

CLUB EVENTS
BALL PARK NIGHT AT THE MET
April 2 | 6:30 p.m. | $14 hot dogs
Social Hour Drink Specials
Benchmark Kitchen + Tap | The MET
Watch the Astros face off with the Rangers while enjoying a $4 hot dog with fries and social hour drink specials. Member guests are welcome!

NEW MEMBER ORIENTATION LUNCHEON
April 3 | Noon | CENTER
Complimentary Luncheon for Members within their first year of Membership
We are excited you joined the Club family and want to treat you to lunch! We will dive into the details of your Membership and all the benefits it provides. This is also a great opportunity to meet fellow Members and ask any questions you may have. RSVP to celeste.edwards@clubcorp.com

WING WEDNESDAY TRIVIA NIGHT
April 16 | 5 p.m. | Complimentary
Benchmark Kitchen + Tap | The MET
Enjoy complimentary wings and one complimentary wine or beer while testing your knowledge on the topics of the month. Come as an individual or a team up to five people. There are 4 rounds/ categories you and your team can win and one grand prize overall winner.

LUNCH AND LEARN – BACK PROBLEMS?
HOW TO FIX IT WITH DR. AARON
April 18 | 11:30 a.m. - 12:30 p.m. | I Center Club
Dr. Aaron has been helping patience for years with back problems and he is bringing his solutions to the Center Club. He will break down common causes to back issues, how to fix them and what you can do to help ensure you have a healthy spine. Each guest will receive a complimentary chiropractic session at his clinic.

NATIONAL HIGH FIVE DAY
April 18 | All Day | I The MET & Center
Stop by the Clubs and receive your high five for being awesome!

NATIONAL JELLY BEAN DAY
April 22 | All Day | I The MET & Center
We think you are sweet and want to share something sweet with you. Stop by the front desk lobby’s at either Club and pick up your free jelly beans.

NEW MEMBER MIXER
April 24 | 1 - 6 p.m. | I MET
Complimentary drinks and lite bites
All New Members within their first year of Membership are invited to enjoy complimentary cocktails and lite bites. You will have a chance to meet other Members and the Club Management Team. You can come to one or all of the mixers within your first year. Want to show off the Club? Bring a guest or two with you!

MONKEY BINGO
April 24 | 1 - 6 p.m. | I Complimentary
Benchmark Kitchen + Tap | The MET
Enjoy your favorite game of bingo with our furry little friends. Yes, there are real monkeys! Come win prizes, take photos and have a night of fun! RSVP – on the Member Portal or at celeste.edwards@clubcorp.com

BALL PARK NIGHT AT THE MET
April 30 | 6:30 p.m. | $14 hot dogs
Social Hour Drink Specials
Benchmark Kitchen + Tap | The MET
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>01</td>
<td>02</td>
<td>03</td>
<td>04</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>All Day: National Loyalty Day</td>
<td>11:30 a.m. - 2:30 p.m. (M) Big Buffet Friday</td>
<td>9 - 11 a.m.: (M) Pancakes with Parents:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>11 a.m.: (M) Belly Dance</td>
<td>11 a.m. - 1 p.m.: (M) Botox &amp; Bubble &amp; Brunch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>06</td>
<td>07</td>
<td>08</td>
<td>09</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>07</td>
<td>7:30 p.m.: (M) GE 40 Day Personal Revolution Yoga Program Discussion Group</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday</td>
<td>11 a.m. - 1 p.m.: (M) Botox &amp; Bubble &amp; Brunch</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15 All Day: National Chocolate Chip Cookie Day</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday</td>
<td>11 a.m. - 1 p.m.: (M) Botox &amp; Bubble &amp; Brunch</td>
<td>Mothers Day</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>01</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday</td>
<td>11 a.m.: (M) Belly Dance</td>
<td>11 a.m.: (M) Sunday Funday Mimosa Spin</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>All Day: National Hamburger Day</td>
<td>6 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>6:30 p.m.: (M) Pinot &amp; Pilates</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
ATHLETICS

WHAT’S YOUR WARMUP?
May 21 | MET
May 23 | Center
6 a.m., 12 p.m., 6 p.m. | Free
Do you really know why it’s important to warmup before an exercise? This month’s 30 minute clinic is discussing the purpose of priming your body for fitness. We’ll talk about the different strategies to use based on your abilities, goals, and limitations and show you movements to use to activate muscles you may not even know you have and help you get more out of your workouts!
 ATTIRE: long fitness tight and any fitness shirt
To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com.

KIDS

PANCACKES WITH PARENTS: MAY THE 4TH BE WITH YOU
May 4 | 9 - 11 a.m.
$20 per Adult | 1st 2 kids eat free
$5 each additional child | $5 late RSVP/ 50%
No Show Fee *Spaces Limited
Eat breakfast while meeting Darth Vader and learning how to use the force. To sign-up contact Sara at sarah.mckeve@clubcorp.com.

KIDS’ NIGHT OUT: OUT OF SCHOOL BASH
May 17 | 6 - 10 p.m.
RSVP | May 15
Met
$25 Members | $30 Member Guests
$5 late RSVP/50% no show fee
School is almost out and we are going big here at the met to help your kids celebrate. Drop your kids off with us for fun games, prizes, a moonwalk and so much more!
RSVP – sarah.mckeve@clubcorp.com

RACQUET SPORTS

TENNIS MIXERS
Friday of each month | 7 - 9 p.m.
Instructor: Mima Leal Benchmark
The mixers will feature tennis play, food and fun. Please RSVP each month! To sign-up contact Keith Christman, 713.289.3849, or keith.christman@clubcorp.com.

CLUB EVENTS

NATIONAL LOYALTY DAY
May 1 | All Day | The Met and Center
We value your loyalty and want to take this day to say thank you! These are a few perks you will receive today. All Members who have been with the Club for over a year = 10 % off dining (including guests)

NEW MEMBER ORIENTATION BRUNCH
May 18 | 11 a.m. - 1 p.m.
Complimentary drink and lite bites
All New Members within their first year of Membership are invited to enjoy complimentary cocktails and lite bites. You will have a chance to meet other Members and the Club Management Team. You can come to one or all of the mixers within your first year. Want to show off the Club? Bring a guest or two with you!

NATIONAL ORANGE JUICE DAY
May 4 | All Day | The Met Cafe
Get your source of vitamin C with a complimentary glass of orange juice.

WING WEDNESDAY TRIVIA NIGHT
May 8 | 6 p.m.
Complimentary
Benchmark Kitchen + Tap | The MET
Enjoy complimentary wings and one complimentary wine or beer while testing your knowledge on the topics of the month. Come as an individual or a team up to five people. There are 4 rounds/ categories you and your team can win and one grand prize overall winner.

BOTOX, BUBBLES AND BRUNCH
May 11 | 11 a.m. - 1 p.m.
Benchmark Kitchen + Tap | The MET
Gather your favorite girlfriends for a ladies brunch complete with champagne. Learn more about the preventive and corrective effects botox has to offer. RSVP on the Member Portal or to celeste.edwards@clubcorp.com

NATIONAL CHOCOLATE CHIP COOKIE DAY
May 15 | All Day | The Met and Center
Grab your complimentary chocolate chip cookie made with love in the lobby of the Met or Center locations.

NEW MEMBER MIXER
May 15 | 4 - 6 p.m.
MET
Complimentary drinks and lite bites
All New Members within their first year of Membership are invited to enjoy complimentary cocktails and lite bites. You will have a chance to meet other Members and the Club Management Team. You can come to one or all of the mixers within your first year. Want to show off the Club? Bring a guest or two with you!

MONKEY BINGO
May 15 | 6 - 8 p.m.
Complimentary play
Benchmark Kitchen + Tap
Enjoy your favorite game of bingo with our fury little friends. Yes, there are real monkeys! Come win prizes, take photos and have a night of fun! RSVP – on the Member Portal or at celeste.edwards@clubcorp.com

NEW MEMBER ORIENTATION BRUNCH
May 28 | 11 a.m. - 1 p.m.
Complimentary
Benchmark Kitchen + Tap
Now that you have taken the first step in joining the Club it is time to get acclimated! Enjoy a complimentary brunch as we deep dive into your Membership benefits. This is a great time to get answers to questions your may have about your Membership, accounting, parking, The ONE and more. RSVP – on the Member Portal or at celeste.edwards@clubcorp.com

NATIONAL HAMBURGER DAY
May 28 | All Day | $5
Benchmark Kitchen + Tap
In honor of this great American tradition we are making culinary burgers your way all day!
### JUNE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>03</strong></td>
<td>6 a.m. &amp; 6:45 p.m. (M) Lifestyle Overhaul Workout 1</td>
<td><strong>04</strong></td>
<td>7:30 p.m.: (M) GE 40 Day Personal Revolution Yoga Program Discussion Group</td>
<td><strong>05</strong></td>
<td>6 a.m. &amp; 7 p.m. National Running Day Group Run; 6:30 - 10:30 a.m.: (M) Waffle Wednesday; 12 p.m.: (C) New Member Lunch</td>
</tr>
<tr>
<td><strong>06</strong></td>
<td><strong>07</strong> All Day: National Donut Day</td>
<td><strong>08</strong></td>
<td>10 a.m. 12 p.m. (M) Lifestyle Overhaul Workout 1</td>
<td>9 - 11 a.m.: (M) Kickoff 60 Day Lifestyle Overhaul; 11 a.m.: (M) Belly Dance</td>
<td></td>
</tr>
<tr>
<td>6 a.m. &amp; 6 p.m. (M) Lifestyle Overhaul Workout 2</td>
<td>6:30 p.m.: (M) Pinot &amp; Pilates</td>
<td><strong>09</strong></td>
<td>All Day: National Childrens Day</td>
<td>9 - 11 a.m.: (M) Sunday Funday Mimosa Spin</td>
<td></td>
</tr>
<tr>
<td><strong>10</strong></td>
<td>6 a.m. &amp; 6 p.m. (M) Lifestyle Overhaul Workout 3</td>
<td><strong>11</strong></td>
<td>6 a.m., 12 p.m., 6 p.m. (C) Programming for your goals</td>
<td><strong>12</strong></td>
<td>6:30 - 10:30 a.m.: (M) Waffle Wednesday; 6 - 8 p.m.: (M) Wing Wednesday Trivia Night; 5:30 p.m.: (C) Barre and Bottles</td>
</tr>
<tr>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong> 10 a.m. 12 p.m. (M) Lifestyle Overhaul Workout 2</td>
<td>11 a.m.: (M) New Member Brunch</td>
<td><strong>16</strong></td>
<td>Father’s Day</td>
</tr>
<tr>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>19</strong> 6:30 - 10:30 a.m.: (M) Waffle Wednesday</td>
<td>6 - 10 p.m.: (M) Kids Night Out: Movie Night</td>
<td><strong>20</strong></td>
<td><strong>21</strong> 11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday; All Day: National Selfie Day</td>
</tr>
<tr>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
<td><strong>24</strong> 6:30 - 10:30 a.m.: (M) Waffle Wednesday; 6 a.m., 12 p.m., 6 p.m. (C) Programming for your goals</td>
<td><strong>25</strong></td>
<td><strong>26</strong> 11:30 a.m. - 2:30 p.m.: (M) Big Buffet Friday; <strong>27</strong></td>
<td><strong>29</strong> 10 a.m. 12 p.m. (M) Lifestyle Overhaul Workout 4</td>
</tr>
<tr>
<td><strong>28</strong></td>
<td><strong>30</strong> 9 a.m.: (M) Sunday Funday Mimosa Spin</td>
<td><strong>31</strong></td>
<td>6 a.m., 12 p.m., 6 p.m. (C) Programming for your goals</td>
<td><strong>01</strong></td>
<td>9 - 11 a.m.: (M) Kickoff 60 Day Lifestyle Overhaul; 11 a.m.: (M) Belly Dance</td>
</tr>
<tr>
<td><strong>02</strong></td>
<td><strong>03</strong></td>
<td><strong>04</strong></td>
<td><strong>05</strong></td>
<td><strong>06</strong></td>
<td><strong>07</strong> All Day: National Donut Day</td>
</tr>
<tr>
<td><strong>08</strong></td>
<td><strong>09</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
<td><strong>13</strong> All Day: National Childrens Day</td>
</tr>
</tbody>
</table>

**MARK YOUR CALENDARS**

Downtown Club at Houston Center  | 1100 Caroline Street  |  Houston, TX 77002
Downtown Club at Met  | 340 West Dallas Street  |  Houston, TX 77002
713.652.0700
ATHLETICS

PROGRAMMING WITH PURPOSE
June 25 | MET
June 27 | Center
6 a.m., 12 p.m., 6 p.m. | Free
Do you know the difference between training for muscular endurance, muscle growth or strength? Each of these goals requires different loads, sets, repetition ranges and even different exercises. Join us for this month’s 30 minute clinic to learn the difference between these training goals, how to train for each of them and how to effectively cycle through each one to achieve your desired body composition or performance goals. Dive deep into resistance training to help you break plateaus and continue to challenge your fitness. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

FIT GAMES: TEAM CHALLENGE
June 2 | 9:30 a.m. - 1 p.m.
$55 per team of 3
Grab your workout partner and join us for a team challenge with a twist. Teams of three will square off in a battle of the fittest, but there’s a catch—each team of three must include a Downtown Club staff member. You can pick anyone! Athletics staff, front desk, kitchen, locker room—anyone ready to work, so choose wisely! There will be divisions to accommodate all fitness levels and prizes for the winning teams, plus a special prize for the best dressed team. Costumes and themes encouraged! Don’t wait, snag your staff member now and sign up. To sign-up contact Lizzie Ellis, 713.289.3842, or elizabeth.ellis@clubcorp.com

NATIONAL RUNNING DAY
June 5 | The corner of Bagby and McKinney
6 a.m. & 7 p.m. | Free
Beginning at 6 a.m. and 7 p.m. run with a group starting at the corner of Bagby and McKinney for a fun 5K through Buffalo Bayou Park. Bring a friend and enjoy a run to start your day off right or end it on a high note! To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

DTC LIFESTYLE OVERHAUL
June 1 – August 2 | MET | $99
60 Day program to learn how to make long lasting lifestyle changes that will help you better reach your health and wellness goals. Through this program you’ll gain valuable tools to help you build self-awareness, create better habits, fuel your body in a way that makes you feel your best and exercise with purpose. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

40 DAYS TO YOUR 2019 PERSONAL REVOLUTION – ALL THREE MONTHS
Starting April 27
Group meetings Tuesdays | 7:30 - 8:30 p.m. in MET Conference Room
The MET Yoga Studio | $99
Instructor: Micah Kurtenbach
This is a 6-week holistic program designed to give you the tools to experience a personal breakthrough, and to build a sustainable, healthy lifestyle to last. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

BELLY DANCE CLASS SERIES
 Saturdays at 11 a.m. | April 27 - June 1 (6 weeks)
The MET Yoga Studio | $60 | Instructor: Mima Leal
Learn the most fundamental moves in Belly Dance and simple combinations to get in touch with your inner goddess. RSVP deadline: March 30. To sign-up contact Patty Schnabel, 713.289.3842, or patricia.schnabel@clubcorp.com

KIDS
PANCAKES WITH PARENTS: PANCAKES IN NEVERLAND
June 11 - 9 a.m.
$20 per Adult | 1st 2 kids eat free
$5 each additional child | $5 late RSVP/ 50%
No Show Fee *Spaces Limited
To sign-up contact Sara at sarah.mckee@clubcorp.com

KIDS NIGHT OUT: MOVIE NIGHT
June 21 - 6 - 10 p.m.
$15 per Adult | $20 Member Guests
Ages 4-12
To sign-up contact Sara at sarah.mckee@clubcorp.com

RACQUET SPORTS
TENNIS MIXERS
Friday of each month | 7 - 9 p.m.
Instructor: Mima Leal Benchmark
The mixers will feature tennis play, food and fun. Please RSVP each month! To sign-up contact Keith Christman, 713.289.3849, or keith.christman@clubcorp.com

CLUB EVENTS
NEW MEMBER ORIENTATION LUNCH
June 5 | Noon | CENTER
Complimentary Lunch for Members within their first year of Membership
We are excited you joined the Club family and want to treat you to lunch! We will dive into the details of your Membership and all the benefits it provides. This is also a great opportunity to meet fellow Members and ask any questions you may have. RSVP to celeste.edwards@clubcorp.com

NATIONAL DONUT DAY
June 7 | 6 - 11 a.m. | The Met and Center
Grab a complimentary donut at the lobby of either Club!

NATIONAL BEST FRIEND DAY
June 8 | All Day | The Met and Center
BFF’s Forever! Share the Club with your best friend by redeeming a complimentary one day guest pass from Membership.

NATIONAL CHILDREN’S DAY
June 9 | All Day | Benchmark Kitchen + Tap
The children are our future! Bring your kids to the Club for a complimentary meal today.

WING WEDNESDAY TRIVIA NIGHT
June 12 | 6 p.m. | Complimentary Benchmark Kitchen + Tap
The MET
Enjoy complimentary wings and one complimentary wine or beer while testing your knowledge on the topics of the month. Come as an individual or a team up to five people. There are 4 rounds! categories you and your team can win and one grand prize overall winner.

NEW MEMBER ORIENTATION BRUNCH
June 15 | 11 a.m. – 1 p.m. | Complimentary Benchmark Kitchen + Tap
Now that you have taken the first step in joining the Club it is time to get acquainted! Enjoy a complimentary brunch as we deep dive into your Membership benefits. This is a great time to get answers to questions your may have about your Membership, accounting, parking, The ONE and more. RSVP – on the Member Portal or at celeste.edwards@clubcorp.com

NEW MEMBER MIXER
June 19 | 4 - 6 p.m. | MET
Complimentary drinks and lite bites
All New Members within their first year of Membership are invited to enjoy complimentary cocktails and lite bites. You will have a chance to meet other Members and the Club Management Team. You can come to one or all of the mixers within your first year. Want to show off the Club? Bring a guest or two with you!

MONKEY BINGO
June 19 | 6 - 8 p.m. | Complimentary to play Benchmark Kitchen + Tap
Enjoy your favorite game of bingo with our furry little friends. Yes, there are real monkeys! Come win prizes, take photos and have a night of fun! RSVP – on the Member Portal or at celeste.edwards@clubcorp.com

NATIONAL MARTINI DAY
June 19 | All Day | Benchmark Kitchen + Tap
Enjoy shaken not stirred! Enjoy a variety of specialty martinis at happy hour prices.

NATIONAL SELFIE DAY
June 21 | All Day | The Met and Center
Take a selfie in either Club and post it on social media with the hashtag #thedowntownclubs and #Clublife for a chance to win prizes.