



# CLUB VIEWS

## MEMBERSHIP HAPPY HOUR

**FRIDAY, FEBRUARY 2**  
6:00 to 7:00 pm  
In the McCarter Room

Complimentary Beer, Wine and Light Hors d'oeuvres

We will be featuring a limited menu in our dining rooms after the happy hour. We encourage dinner reservations after the happy hour. Please make your reservations by calling the club at 614-885-9516 or email [reservations@worthingtonhills.com](mailto:reservations@worthingtonhills.com).

## KIDS ZONE HAPPY HOUR NIGHT POLICY

- The Kids Zone will be restricted to the first 25 children of members. No guests please.
- Reservations should be made at the front desk on a first-come, first-serve basis.
- A \$5.00 fee will be charged for each child staying in the Kids Zone on Happy Hour Nights.
- Staff will be provided from 5:45 to 7:45 pm.
- Children should not be running around in other areas of the clubhouse and they are not permitted in the Adult Happy Hour area.
- If you plan on staying longer than two hours, we ask that you get a babysitter for your children.
- The Kids Zone is geared towards stays of less than two hours.



## VALENTINES DINNER

**WEDNESDAY, FEBRUARY 14**

Reservations from  
5:00 to 9:00 pm

Childcare Available!

Please make your reservations for your child in advance. Space is limited.

The regular grill room menu will not be available, special dinner menu only. We will also be featuring bottles of wine at special prices!

*This is a popular event! Make your reservations early by calling the club at 614-885-9516 or email [reservations@worthingtonhills.com](mailto:reservations@worthingtonhills.com).*

### Special Menu to Include:

#### Appetizers:

- Shrimp Bisque
- Oysters on the Half Shell
- Spinach and Artichoke Dip
- Jumbo Shrimp and Crab Claw Cocktail
- Wagyu Burger Sliders with Gorgonzola, Roasted Tomato and Bacon Onion Jam

#### Entrees:

- Grilled Filet Oscar
- Seared Sesame Ahi Tuna
- Lump Crab Cakes with Tomato Corn Salsa
- Cold Water Lobster Tail
- Sun-Dried Tomato and Basil Stuffed Chicken Breast
- Spinach Ravioli with Roasted Tomato Cream Sauce
- Mixed Grill with Beef Tenderloin, Jumbo Shrimp and Smoked Sausage
- Rack of Lamb



## EUCHRE NIGHT IN MEN'S LOUNGE



**SATURDAY, FEBRUARY 3**  
7:00 pm  
In the Men's Lounge

Bring a partner and come meet other members! Enjoy dinner in our dining areas before the euchre tournament starts in the Men's Lounge.

Adults Only

Sign up by calling the club at 614-885-9516 or email [reservations@worthingtonhills.com](mailto:reservations@worthingtonhills.com)

## LOBSTER NIGHT



**FRIDAY, FEBRUARY 9**  
Reservations from  
5:00 to 9:00 pm

8 ounce Lobster Tail

Includes entrée, choice of soup or salad and accompanying side items.

Market Price

Please make reservations by calling the club at 614-885-9516 or email [reservations@worthingtonhills.com](mailto:reservations@worthingtonhills.com).



## NOTE FROM THE GM

I would like to think we have made it through the toughest part of winter, but you can never tell what February can bring. The staff has been planning for the 2018 season and we are happy to be back from the January break.

I want to welcome Justin Van Heukelom to the WHCC staff. Justin is our new Head Golf Professional. He and his wife, Becky have two daughters, age 5 and 2. They recently moved from North Carolina where he was the head pro at Bald Head Island Club. We are excited to have him as a part of our management team. I want to thank Ben Bastel for the excellent job he has done as interm head pro. Ben has also signed on for at least two more years with the golf operations and he will continue to be our Director of Instruction.

Last month we did not have any major renovations going on, but we were able to do plenty of cleaning, organizing, painting of walls and doors and carpet cleaning. New carpet for the Men's Locker Room and the Men's Lounge will be installed before Spring. Also we installed new screening on three platform tennis courts which has greatly improved the playability of the courts.

I look forward to getting everyone back using the club this month. Chef will be featuring a special dinner menu in our dining areas for Valentines Day on Wednesday, February 14. And be sure to mark your calendars for March 10, which will be our Spring Break Party featuring Shucking Bubba Deluxe!

Greg Steller  
General Manager

## CHILDREN'S MOVIE NIGHT

**FRIDAY, FEBRUARY 9**  
Worthington Room  
Buffet 6:30 pm

Movie at 6:45 pm – 8:30 pm:  
"Despicable Me 3"

\$9.95 per child –  
Includes Dinner and Movie

For Children Ages 5 to 11

Parents, bring your children to the club for this fun event and enjoy dinner in our dining rooms while the children enjoy their dinner and a movie in the Worthington Room. We will be featuring a Lobster Tail special in the dining room as well as our regular grill room menu.

Children are welcome to bring sleeping bags and wear pajamas for the movie.

*Sign up by calling the club at 614-885-9516 or email [reservations@worthingtonhills.com](mailto:reservations@worthingtonhills.com)*

## KARAOKE IN MEN'S LOUNGE

**FRIDAY, FEBRUARY 23**  
7:30 to 10:30 pm

Let's find out who the best singer is at WHCC! Gather a group of friends to enjoy this fun entertainment with drink specials.

Adults Only

*RSVP for dinner in our dining room prior to the fun in the Men's Lounge. Make reservations by calling the club at 614-885-9516 or email [reservations@worthingtonhills.com](mailto:reservations@worthingtonhills.com).*

## SENIOR TRIBUTE NIGHTS

### NOT JUST FOR SENIORS!

Every Tuesday Night in February we will feature two dinner entrees at the price of \$13.00 per entrée. The entrée will include your choice of soup or salad and accompanying side items. A great meal at a great price, perfect for taking the entire family to dinner!

*Tuesday Menu to Include:*

**February 6**  
Breaded Perch *or*  
Beef Stroganoff with  
Egg Noodles

**February 13**  
Lemon Pepper Cod *or*  
Chicken Parmesan

**February 20**  
Tomato Basil Tilapia *or*  
Pork Schnitzel with  
Sauerkraut

**February 27**  
Fried Shrimp and  
Hushpuppies *or* Sweet and  
Sour Chicken Stir Fry

## RETAIL WINE NIGHT

### EVERY WEDNESDAY IN FEBRUARY

"Uncork" with us on Wednesday evenings. Limited Wines will be offered at Retail Pricing

This list will vary each week.

## KIDS EAT HALF PRICE

### EVERY THURSDAY EVENING IN FEBRUARY

Children will eat for half price in our dining rooms with a purchase of an adult entrée. We will feature a topping bar for their ice cream sundaes, so the children may add their own toppings.

February 15 - Balloon Sculptor in the Grill Room from 5:30 to 7:30 pm

*Please make dinner reservations by calling the club at 614-885-9516 or email [reservations@worthingtonhills.com](mailto:reservations@worthingtonhills.com).*







### WHCC WEEKLY SUNDAY BRUNCH

10:30 am to 1:30 pm  
In the Grill Room

- Adults \$13.95
- Children Ages 4-10 \$8.95
- Children 3 and Under FREE

This Weekly Brunch Features a Salad and Fruit Station, Breakfast and Lunch Items, Made-to-Order Omelet and Waffle Station and an Assortment of Desserts.

Our private dining rooms are also available on Sundays. Perfect for larger groups looking to take advantage of our brunch while enjoying an intimate dining space.

*Reservations are always appreciated. Make reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com. If you are interested in booking private dining space, please contact Rian Hassen at 614-885-9516 or email rhassen@worthingtonhills.com.*

### BLOODY MARY AND MIMOSA BAR

Join us on Sundays and top off your favorite brunch cocktail with your choice of enhancements!

\$10 per person – Unlimited



### MARK YOUR CALENDARS! UPCOMING MARCH EVENTS

#### MEMBERSHIP HAPPY HOUR Friday, March 2 6:00 to 7:00 pm

Complimentary Beer, Wine and Light Hors d'oeuvres

In the McCarter Room

We will be featuring a limited menu in our dining rooms after the happy hour. We encourage dinner reservations after the happy hour. Please make your reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.

#### SPRING BREAK PARTY WITH SHUCKING BUBBA DELUXE

Prospective Member Event  
Saturday, March 10

- 7:00 pm Cocktails and Heavy Hors d'oeuvres
- 8:30 pm – Midnight Shucking Bubba Deluxe

Bring your friends and prospective members to the club for this fun event!

\$25 per person  
Prospective Members Free

Light Hors d'oeuvres are Included  
Member Charge Bar

Please Note: No A la Carte Dining on this Evening.

Make reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.



#### CHILDREN'S EASTER EGG HUNT & BRUNCH WITH THE BUNNY

Saturday, March 31

- 10:30 am Brunch and Pictures with the Easter Bunny
- 11:30 am Egg Hunt Following Brunch

Entertainment: Balloon Sculptor

- Three age Groups
- Ages 1-3
- Ages 4-7
- Ages 7-10

#### EACH GROUP WILL HAVE A GRAND PRIZE EGG!

- Adults \$14.95
- Children Ages 4-10 \$8.95
- Three and under FREE

*This is a sellout event. Make reservations by calling the club at 614-885-9516 or email reservations@worthingtonhills.com.*

*Due to the popularity of our club events, any member with reservations for an event that doesn't call or show up for the event will be billed for half of their total reservation. We try to accommodate as many members as possible for our events. So if you cannot make it to the event, please let us know.*

#### EASTER SUNDAY BUFFET

Sunday, April 1

Reservations between 10:00 am and 2:30 pm

Entertainment: Pianist

Menu Details to Follow

- Adults \$22.95
- Children 4 to 10 \$10.95
- Three & Under FREE

RSVP by calling the club at 614-885-9516.  
*This is a sellout event! Make your reservations early!*



## 2018 MEMBERSHIP SPRING CAMPAIGN

### AMBASSADOR CLUB - REFERRAL CREDITS

The success of the club relies on you through your membership referrals!

Become a part of the Ambassador Club Program and be recognized for your efforts. The Ambassadors Club will recognize present members who recruit new members to the club.

Members who take part in this program this season and refer a new member will receive an Ambassadors Club Gift Certificate which will be good towards club spending.

#### NEW GOLF MEMBER

\$50 Monthly Ambassador Club Gift Certificate for One-Year

#### NEW JUNIOR GOLF MEMBER

Through Age 34 - \$25 Monthly Ambassador Club Gift Certificate for One Year

Age 35 & Up - \$50 Monthly Ambassador Club Gift Certificate for One Year

#### NEW SOCIAL MEMBER

\$25 Monthly Ambassador Club Gift Certificate for Six Months

Please contact the following staff members with the name and contact information of your referral. We will contact them to answer questions and offer a personal tour of the facilities.

#### Tara Billiter

Membership Director  
614-885-9516  
tbilliter@worthingtonhills.com

#### Greg Steller

General Manager  
614-885-9516  
gsteller@worthingtonhills.com

### 2018 SPRING CAMPAIGN PROMOTIONS

*Brought to you by the Ambassadors Club*

All promotions will end on April 30, 2018!

#### Golf Trial Membership

Two-Year Trial Membership

- No Initiation Fee During Trial Membership
- \$50 Savings on Monthly Dues During Trial Membership
- Discounted Initiation Fee at End of Trial Membership - Only \$3,000!
- Limited to 10 New Members

*Additional Perks*

- One Complimentary Golf Lesson, Tennis Lesson & Fitness Training Session
- Two Social Passes To Attend Two Social Events in 2018 - Free of Charge!

#### Junior Golf Trial Membership

Under Age 40

Two-Year Trial Membership

- No Initiation Fee During Trial Membership
- Monthly Dues Based On Age Of Member
- Discounted Monthly Dues During Trial Membership

*Ages 21-31: \$25 Savings Monthly*

*Ages 32 & Up: \$50 Savings Monthly*

- Discounted Initiation Fee at End of Trial Membership - Only \$1,000!
- Limited to 10 New Members

*Additional Perks*

- One Complimentary Golf Lesson, Tennis Lesson & Fitness Training Session
- Two Social Passes To Attend Two Social Events in 2018 - Free of Charge!

#### Social Trial Membership

One-Year Trial Membership

- No Initiation Fee During Trial Membership
- Discounted Initiation Fee at End of Trial Membership - Only \$500!
- Limited to 25 New Members

*Additional Perks*

- One Complimentary Tennis Lesson & Fitness Training Session
- Two Social Passes To Attend Two Social Events in 2018 - Free of Charge!

#### Fitness - Clubhouse Trial Membership

Two-Month Trial Membership

- No Initiation Fee & No Monthly Dues During Trial Membership

*Additional Perks*

- One Complimentary Fitness Training Session

### SOCIAL UPGRADE PROGRAM

*Attention Social Members!*

The golf season is right around the corner! What better time to upgrade your social membership to a golf membership with full access to our golf course, practice facilities, associations and tournaments. Our social membership plays a large role in the development of the golf membership.

#### **Social Upgrade Program Details**

- \$100 Monthly Dues Savings During Trial Membership  
*Upgrade to a golf membership and pay only \$400 (normally \$500) per month during the two-year trial membership.*
- A two-year commitment is required with this program.
- No deposit is required.
- At the end of the two-year golf commitment, pay only a \$2,000 initiation fee, minus any previously paid initiation fees.
- Limited to 10 applicants. The program will end on April 30, 2018.

Contact Greg Steller at 614-885-9516 or [gsteller@worthingtonhills.com](mailto:gsteller@worthingtonhills.com) if you have questions or are interested in this great opportunity.



**Golf and Pro Shop News...**

**FEBRUARY PRO SHOP HOURS**

**Tuesday-Friday**  
9:00 am to 3:00 pm

**Saturday-Monday**  
Closed

**GOLF OUTINGS**

If you are interested in planning a golf outing for 2018, now is the time to book your date. Golf Outings are a great opportunity to reward staff for their performance, raise funds for charity or reunite with friends.

We can accommodate a small group (up to 32 players) on Wednesday afternoons with tee times beginning at 1:30 pm. Mondays are reserved for groups of 72 players or more.

Call Rian Hassen at 614-885-9516 for more information and available dates.

**2018 GOLF SCHEDULE**

<b>WOMEN'S GOLF</b>		<b>August</b>		<b>MEN</b>	
<b>April</b>	4 Ladies Information Meeting	1 2 Best Ball of 3		<b>April</b>	7 Master's Event
	17 Three Hole Throw Out	8 Team Low Putts			21 Men's Opening Day
	24 Four Corners	15 Lucky 7			24-29 Blue Coat Qualifying
<b>May</b>	1 WGA Opening Day	22 2 Net Best Ball of 3 Stableford		<b>May</b>	5 Blue Coat Rnd. 1 Matches
	8 T's and F's	29 1 Best Ball of 3			19-20 Men's Derby
	12 Four Hole Throw Out	25 Round Up Dinner			26 Scratch and Net Event
	15 Spring Tournament Rnd. 1		<b>SENIORS</b>	<b>June</b>	28 Blue Coat Rnd. 2 Deadline
	17 Spring Tournament Rnd. 2		<b>April</b>		7-9 Member-Guest
	22 Charity Event				Invitational
	31 The Envelope Please				23 Members Weekend Event
<b>June</b>	5 Cha, Cha, Cha, - 1,2,1,2,3		<b>May</b>		30-1 Super Senior, Senior, Mid-Am, Medal Play & President's Cup
	12 Beat the Pro				1 Blue Coat Rnd. 3 Deadline
	16 Total Net Score on Odd Holes				7 Howlett Cup & Past Presidents
	19 No Ladies Golf (Ohio Mid Am Champ)		<b>June</b>		14 Club Championship Rnd. 1
	26 Blue Blazer Rnd. 1				15 Club Championship Rnd. 2
	28 Blue Blazer Rnd. 2				21 Club Championship Rnd. 3
<b>July</b>	3 Blue Blazer Rnd. 3				22 Club Championship Finals
	5 Blue Blazer Finals				28 Parent/Child Championship
	10 ABCD - 1,2,3				29 Blue Coat Rnd. 4 Deadline
	17 Memorial Tournament				<b>August</b>
	24 Flag Game				10-12 Member-Member Tournament
	26 Ladies Member Guest				19 Blue Coat Finals Deadline
	28 Individual Low Putts				25 Scratch & Net Event
	31 Ladies Club Championship Rnd. 1				23 Men's Closing Day
<b>August</b>	2 Ladies Club Championship Rnd. 2				29-30 Worthington Cup
	7 ABCD - Net Point Game				
	14 Team Total Points - 3 somes				<b>JUNIOR GOLF</b>
	18 Individual Low Net				<b>April</b>
	21 Ka-Ching				22 Junior Golf Orientation
	28 Member-Member Tournament				<b>June</b>
<b>September</b>	6 Low Gross/Low Net				6 Junior Clinics
	11 Senior/Seniorita				13 Junior Clinics & Junior Play Day
	18 1 Net Best Ball of 3				27 Junior Clinics & Junior Play Day
	25 Round Up - 1pm SG				<b>July</b>
	29-30 Worthington Cup				11 Junior Clinics & Junior Play Day
					18 Junior Clinics & Junior Play Day
					25 Junior Clinics & Junior Play Day
					28 Parent/Child Championship
					<b>August</b>
					1 Junior Club Championship
					<b>COUPLES</b>
					<b>May</b>
					6 Couples Opening Day
					25 Friday Night Couples
					<b>June</b>
					3 Couples Event
					15 Friday Night Couples
					<b>July</b>
					13 Friday Night Couples
					29 Couples Club Championship
					<b>August</b>
					19 Couples Member-Guest
					24 Friday Night Couples
					<b>September</b>
					9 Couples Closing Day





### From the Learning Center...

We are excited about the beginning of another year for our Learning Center. It has truly grown into an incredible asset to our club and to those looking to improve their games. We are looking forward to hosting our 2nd Annual Men's Indoor League as well as adding Ladies Indoor Golf to our schedule. Below are a few of the events to look forward to in the coming month.

### REDUCED GUEST FEE DAY

#### WEDNESDAY, FEBRUARY 7

Schedule with guests for up to a three hour time block and the guest fees will be 50% off!

### MEN'S INDOOR GOLF LEAGUE

#### THURSDAY NIGHTS FROM 5:30 TO 10:00 PM

Teams of 2 playing 9 hole matches in a round robin format inside their flight.

### LADIES INDOOR GOLF

#### TUESDAYS FROM 10:00 AM TO 2:30 PM DEPENDING UPON NUMBERS

Fun formats each week! Space is limited so sign up in advance!

### FEBRUARY HOURS

**Tuesday-Friday**  
9:00 am to 9:00 pm  
**Saturday**  
9:00 am to 5:00 pm  
**Sunday**  
9:00 am to 3:00 pm

### COMING IN MARCH! FITTING FRIDAYS

Sign up outside the Learning Center for a half hour time block from 2:00 to 5:00 to get a free fitting!

Friday, March 2 Titleist  
Friday, March 9 PING  
Friday, March 16 Callaway  
Friday, March 23 TaylorMade  
Friday, March 30 Mizuno

February is also a great time to start preparing for your best golf year yet! Lessons are always available and we're here to help. Whether you're planning on an overhaul or just breaking off the rust, we can help you find the game you are looking for. Contact Ben at [bbastel@worthingtonhills.com](mailto:bbastel@worthingtonhills.com) to schedule.

### LESSONS

Adults (18 and Older)  
30 Minutes: \$55  
(with trackman + \$10)

60 Minutes: \$90  
(with Trackman +\$20)

Junior (17 and Younger)  
30 Minutes: \$30  
(with Trackman +10)

60 Minutes: \$60  
(with Trackman +\$20)

#### Packages

3 Lesson 30 Minute Package  
Adult \$150, Junior \$80

3 Lesson 60 Minute Package  
Adult \$250, Junior \$165

5 Lesson 30 Minute Package  
Adult \$250, Junior \$140

5 Lesson 60 Minute Package  
Adult \$425, Junior \$275

### Platform Tennis News...

### NEW SCREENS INSTALLED

A major update to the platform tennis courts occurred in December. The screens (fences) were replaced on 3 of the 4 courts and reworked on the fourth. Unlike regular tennis the ball can be played off the screens making the points exciting. The old screens had been in place for decades and those of us who have been out there on the updated courts are excited with the elevated level of play.

### MEN'S CLUB CHAMPIONSHIP AND ROUND ROBIN PLAY

#### SUNDAY MARCH 11TH 1:00PM

This year the Men's platform tennis club championships will be held on Sunday March 11th starting at 1:00pm. The tournament is open to teams at all levels of play and the format will allow for fun and appropriate competition for every participant. Each participating team will have a minimum of three (3) matches to determine the final rankings. Refreshments will be provided.

If competing in a tournament is not what you would like we will also be holding a men's round-robin play simultaneously with the Club Championship tournament. It will give players a chance to meet new partners and watch some of the formal matches.

To signup use the registration sheets on the bulletin board in the platform tennis hut or email Bruce Crocco [brucecrocco@yahoo.com](mailto:brucecrocco@yahoo.com) and/or Jill Gilbert [jillgilbert43235@gmail.com](mailto:jillgilbert43235@gmail.com). The club championship needs two players to form a team. For the Round Robin just sign up. It should be a great day for all the participants and anyone just wanting to watch some great platform tennis matches.

### COURT RESERVATIONS

Courts can be reserved using the website <http://www.platformtenniszone.com/platform.php>. If you are a first-time user you will need to create an account to access the Worthington Hill court scheduling function.

### Fitness & Wellness News...

### PERSONAL TRAINING

WHCC Personal Trainer  
- Aaron McGrath

#### Rates

##### Half Hour Sessions

1 Session	\$35
4 Sessions	\$115
8 Sessions	\$205
10 Sessions	\$230
12 Sessions	\$240

##### Hour Sessions

1 Session	\$55
4 Sessions	\$185
8 Sessions	\$300
12 Sessions	\$390

### MASSAGE THERAPY

*Do you have sore muscles or need some time to relax?*

Schedule a massage with our Licensed Massage Therapist, Paula Patterson.

**Choose from these massage modalities:**

- Swedish
- Deep Tissue
- Hot Stone
- Craniosacral Therapy
- Trigger Point Therapy
- Active Isolated Stretching
- Cupping
- Prenatal
- Newborn
- Sports

#### Massage Prices:

30 Minutes	\$50
60 Minutes	\$80
75 Minutes	\$95
90 Minutes	\$110

#### Massage Packages:

(3) 60 Minute Package	\$210
(3) 75 Minute Package	\$255
(3) 90 Minute Package	\$300

#### Hot Stone:

60 Minute	\$95
90 Minute	\$125

#### Add Ons:

*Kinesio Taping* - \$10 with your own tape/\$15 without tape.  
Cupping may be incorporated into any massage upon request.

Call or text Paula to schedule your appointment today.  
**Paula 614-849-2967**



## CLASS DESCRIPTIONS

**Body Blast:** From plyometrics to core strength to muscle conditioning, this class challenges people of all levels of fitness and athletic capabilities to progress to new heights!

**Bootcamp:** This class is designed for those desiring to lose weight, increase cardiovascular fitness and increase muscular strength more efficiently. It is for the beginner to the advanced enthusiast. Workout in a TEAM environment while challenging yourselves with others to reach your personal fitness goals.

**Cardio Weights:** A healthy combination of cardiovascular work and resistance training! This class uses a large variation of equipment and effective movements.

**Core & More:** 45 minute class focusing on the powerhouse midsection, including back and core muscles. A strong core will make for a strong, fit body less prone to injury. But wait...there's more!

**FUNctional Training:** Functional training is geared toward strengthening your body to allow it to be more efficient in everyday life. The 30 minutes spent developing dynamic strength, flexibility and agility carries over into your daily activities, making life a bit easier. Benefits to attending this class include improved muscular balance, joint stability and injury prevention.

**H.I.I.T Circuit:** 8 different stations of 1 minute of work and 30 seconds of recovery consisting of plyometrics, strength training, dumbbells, kettlebells, battling ropes, cardio bursts and more. We will work you harder and challenge you differently in every class.

**Hip Hop Dance:** High energy music make this class a MUST! Join our fitness party as we move to the greatest hits from yesterday and today. Show us your style and you'll leave with a smile! No hard choreography here, just fat blasting, fun cardio. Come ready to sweat!

**Kickboxing:** This athletic workout will give you a great workout in just 55 minutes! A combination of challenging punch and kick intervals and strength exercises using a variety of equipment!

**Senior Fit:** Features strengthening, flexibility, and cardiovascular exercises all modified for the senior audience.

**Slow Flow Yoga:** A gentle, slow style of Hatha Yoga where the focus is the movement coordinated with the rhythm of the breath, to reduce stress and to ease tension. Yoga is the missing puzzle piece to your overall fitness program. All levels welcome! Come relax and breathe with us!

**Spinning:** Spinning is an indoor cycling workout which allows participants to experience the mind/body connection that is the foundation of obtaining health and fitness. Whether beginner or skilled athlete, participants can tailor the workout to best suit their individual fitness levels.

**Spin/Strength:** 30 Minutes of abs paired with 30 minutes of strength training. This class is designed to leave your body sculpted and defined.

**Tabata Training:** Each set is 4 minutes of one fat burning or strength training exercise. The 4 minutes consists of 8 intervals of the same exercise. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide results in a short amount of time.

**Warrior Wednesday:** This class build strength, adds definition, increases your bone density and decreases your body fat by increasing your lean muscle.

**Zumba:** Zumba is the new dance craze sweeping the US that promised to be so much fun that you won't even realize you are working out. Fusing hypnotic Latin rhythms with easy to follow moves, Zumba is one of a kind dance class designed to burn calories and get the energy pumping round your body.

*All Classes with an asterisk are \$4 per class. You can also purchase an unlimited month: Single person \$25 and couple/family \$45*

## GROUP EXERCISE SCHEDULE

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00 am	Spinning*	P90X	Cardio Weights*	P90X	Kickboxing*		
7:00 am		7:30 am Core & More	Yoga*	7:30 am Core & More	7:30 am Core & More		
8:00 am	8:10 am Tabata Training*			Body Rock	8:10 am H.I.T.T. Circuit	Spinning*	
9:00 am	Spinning*				Spinning*	Yoga*	
9:30 am			Spin/Strength*				
10:00 am	Yoga with Elaine*		10:20 am Warrior Wednesdays		Bootcamp*	Yoga*	
10:30 am							
11:00 am							
1:00 pm	Senior Fit		Senior Fit		Senior Fit		
2:00 pm							
4:30 pm							
5:30 pm			5:15 am Cardio Strength & Core*				
6:00 pm			Spin Core Express*				
6:30 pm							
7:00 pm	Cardio Dance*						Boot Camp*
7:30 pm		Hatha Yoga*		Slow Flow Yoga*			
8:00 pm							



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Kids Eat Half Price	2 Membership Happy Hour	3 Euchre Night
4 Sunday Brunch	5 Clubhouse Closed Fitness Center Open	6 Senior Tribute Night	7 Retail Wine Night	8 Ladies Book Club Kids Eat Half Price	9 Children's Movie Night Lobster Night	10
11 Sunday Brunch	12 Clubhouse Closed Fitness Center Open	13 Senior Tribute Night	14 Valentines Day Special Grill Room Menu	15 Kids Eat Half Price Balloon Sculptor in Grill Room 5:30-7:30pm	16	17
18 Sunday Brunch	19 Clubhouse Closed Fitness Center Open	20 Senior Tribute Night	21 Retail Wine Night	22 Kids Eat Half Price	23 Karaoke Night	24
25 Sunday Brunch	26 Clubhouse Closed Fitness Center Open	27 Senior Tribute Night	28 Retail Wine Night			



# CLUBVIEWS

WORTHINGTON HILLS COUNTRY CLUB

920 Clubview Boulevard South  
Columbus, Ohio 43235  
(614) 885-9516  
Fax: (614) 436-3090  
www.worthingtonhills.com

For Dining Reservations, always call  
(614) 885-9516 or email  
reservations@worthingtonhills.com

## COUPLES LOUNGE & GRILL ROOM

Monday Closed  
Tuesday - Friday 11:00 am to 9:00 pm  
Saturday 9:00 am to 9:00 pm  
Sunday 9:00 am to 3:00 pm  
*(Please Note: No Dining Service between 3:00 and 5:00 pm)*

## MEN'S LOUNGE

Monday Closed  
Tuesday - Friday 10:00 am to 6:00 pm  
Saturday & Sunday 8:00 am to 5:00 pm

## FITNESS

Monday - Friday 5:30 am to 9:30 pm  
Saturday 8:00 am to 9:00 pm  
Sunday 8:00 am to 8:00 pm

## CHILDCARE

Monday & Wednesday 8:00 am to 1:00 pm  
*(No Evening)*  
Tuesday, Thursday - Saturday 8:00 am to 1:00 pm  
5:00 pm to 9:00 pm  
Sunday Closed

## GOLF PRO SHOP HOURS

Tuesday - Friday 9:00 am to 3:00 pm  
Saturday - Monday Closed  
*Hours are subject to change based on Weather*