

THE

JANUARY / FEBRUARY 2019

LOOKOUT

THE OFFICIAL NEWSLETTER OF THE UNIVERSITY CLUB & THE ST PAUL ATHLETIC CLUB

New Year's Resolve

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Martini Night

Our annual ice bar returns

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Piano at the Bar

An elegant setting for fine dining

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Winter Carnival

Join us in the citywide tradition

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Fitness Challenge

This New Year, commit to a better you

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DINING RESERVATIONS

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CLUB HOURS

UC BUILDING HOURS

Sunday | 8 am - 4 pm

Monday | 6 am - 8 pm

Tuesday - Thursday | 6 am - 10 pm

Friday - Saturday | 6 am - 11 pm

UC RESTAURANT HOURS

Sunday - Monday | Closed*

Tuesday - Thursday | 11 am - 9 pm

Friday - Saturday | 11 am - 10 pm

**Restaurant will be open on the second Sunday of the month from 10am-2pm for brunch service.*

Last seating 30 minutes before close.

UC FITNESS CENTER HOURS

Sunday | 8 am - 4 pm

Monday - Saturday | 6 am - 9 pm

SPAC

Monday - Friday | 5am-10pm

Saturday-Sunday | 7am-8pm

Hours subject to change and are weather dependent.

NEW AND NOTEWORTHY

The new year brings a great deal to look forward to.

In 2019, the University Club and SPAC are better than ever with all-new programming.

It's easy to get cynical about winter—especially in Minnesota. Sure, it's cold. And dark. And icy. And yet, we're brimming with warmth and excitement. Really.

When you're lucky enough to be focused on wellness and community and celebration and relationships like we are at the Saint Paul Athletic Club and the University Club of Saint Paul, we absolutely shine this time of year.

Between the merriment of the holidays and the can-do attitude and goal-setting that comes with the fresh start of a new year, these two spaces are positively buzzing with positive energy.

As if we needed more reasons to celebrate, we've welcomed Meghan Walsh as the brand new general manager of the University Club. With extensive experience in hospitality, running some of the region's most respected dining institutions, Meghan hit the ground running in November and has loved meeting so many of you already. She can't wait to experience all the upcoming events firsthand, and wants to make sure you have them on your calendar as well. Here are just a few examples of what's coming up at the University Club:

- Martini Night on January 11th
- Club 101 on January 25th
- Valentine's Day Celebration
- Kids' Dance Party on February 22nd

Downtown at the Saint Paul Athletic Club, general manager Sarah McClendon is already warmed up for the new year and wants you to join in the fun. It's a fantastic time to use your Athletic Club membership to the fullest—and to bring a friend to help keep you motivated!

Our overall mission at the Saint Paul Athletic Club is to build an inclusive and energized community, creating an environment where our employees and members share a passion for

exceeding expectations. We are constantly striving to provide elite classes and professional training, and we are rolling out new programs and improving our current group fitness offerings. Here's a snapshot of what you have to look forward to:

- Fusion will be offered in monthly sessions with progressive programming to help get you into great shape. Fusion is built for all fitness levels and promises to always be challenging, but never impossible. The first session of Fusion will be Session XXVIII marking the 3rd year of Fusion at the Athletic Club. Join us!

- Pilates is coming back and will have two wonderful instructors dedicated to working on form and function with the reformers.

- Massage is here to help you unwind and restore in 2019. Vitality (our monthly massage membership) is offering as many one-hour massages at the \$62 rate as you would like to book. To take advantage, sign up for the monthly membership and use at least one per month. We also now offer a CBD oil add-on option.

- Strength Club is our newest weight lifting club. Strength Club focuses on the techniques and development of strong movements including deadlifts, squats, pressing and pulling. Open to all ages and abilities. Make this your strongest year yet!

We've enjoyed spending the holidays with you and look forward to what's next. We'd love to be part of making 2019 your best year ever.

See you at the Club!

WELCOME TO OUR NEW MEMBERS!

Darla Armstrong
Sarah Auten
Todd Axtell
Scott Baillargeon
Mike Baker
Matia Ballas
Capucine Barbellion
Jordan Bell
John Bothe
Dana Bowman
Katherine Breit
Shauna Bridger
Susan Buckley
Michael Bulau
Tayler Burns
Sean Cameron
Leah Carey
Julian Carlin
Andrew Case
Adam Colberg
Robert Coleman
Anne Czarniecki
James Dammen
Andrea Davis
Jonathan Davis
Jessica Dodge
Margaret Donahue
Patrick Drescich
John Ebner
Kathryn Engdahl
Justin Evans
George Falk
Mario Fiallos
Danielle Forsman
Tasha Forsman-Earl
Robert Foxcurran
Evan Freemeier
Kate Genereux

Ann Geraghty
Melissa Gilbertson
Mitchell Grant
Kaomi Guetz
Megan Hafner
Stephanie Hansen
Sam Hartley
Hugh Healow
Coleman Hemsath
Kathleen Hertenstein
John Hoffman
Milena Holm
Hillary Inman
Dana Johnson
Michael Kager
Stephanie Karau
Joseph Kearney
Lubaba Kedir
Justin Kehrwald
Michael Kenney
Dario Klasic
Steven Kluz
Adam Kohnstamm
Peter Leggett
Marie Lemon
Shelby Leroy
Cydney Lovich
Francesco Marraffa
Reid Mathson
Denise McCormick
Keegan McMahon
Michael Mcphee Anderson
Christopher Mickelson
John Miller
Matthew Moore
Michelle Moretto
Ryan Motley
Robert Nelson

Josh Nguyen
Sandra Nowak
Stephen Nwogbe
Wendy O'Connor
Alex Olmanson
Henry Orme
Charissa Osborn
Eusebio Perez
Christopher Prokop
John Reinhart
Sam Richie
Beverly Rodriguez
Robert Rogers
Nathan Sackett
Michael Sanislo
David Satre
Susan Schwartz
Gloria Sell
Samuel Severtsgaard
Lee Sexton
Margaret Smith
N'Shala Swindeman
Marissa Theys
Robert Thomasser
Kathryn Thompson
Jason Tschida
Cameron Turner
Masashi Ueda
Kelley Vilen
Aileen Villock
Kyle Wilson
Casey Worthington
Katie Wright
Lindsay Wynne
Natalia Zaitseva
Molly Zuzek



FEATURED CLUB: SOUTH CAROLINA YACHT CLUB

This is an elegant club created especially to be reminiscent of the early yacht clubs of the most prominent residents of Hilton Head Island.

Those who enjoy the formality of times past, but also the sporting life of today, will find this club to their liking. The club has many black-tie events during the year including New Year's Eve, the Cotillion, and the Commodore's Ball. The South Carolina Yacht Club Junior Cotillion was formed by the Protocol Committee in 2004 for the purpose of instilling the youth of the club with the importance of social graces, respectful behavior, dining etiquette, yachting etiquette, and dance instruction. For somewhat older members, each spring members between ages 18 and 25 are formally presented to the membership at the Legacy League Ball, a black-tie event held in their honor. The Catesby Room, the formal dining room, was named in honor of Mark Catesby (1683-1749), the first American naturalist/illustrator of American natural history. Catesby's hand-colored fish renderings displayed in the club represent the first study of fish in the Carolinas. The blue and white porcelains, which fill the antique breakfront in the foyer, were brought into the club's décor to represent early exports with the exchange of spices for porcelains by Chinese sea traders. The walls are

covered with original maps that were hand-drawn and colored from the first explorers to the area. In the Bluefish Room, the informal dining room, the recessed ceiling displays burgees from yacht clubs our members have visited and brought home from around the world. The Wine Cellar offers a large array of wines from across the world.

The club's main interest is yachting, but it also has a fitness center and many outdoor tennis courts with two resident tennis professionals. The club is adjacent to the Intracoastal Waterway on a 15-acre inland harbor, offering beautiful vista views of the Intracoastal and saltwater marshes. One of the most amazing features of the yacht club is the Windmill Harbor and its lock system. Measuring 80 feet long and 20 feet wide, this is only one of three private locked harbors on the east coast.

Overall, this is Hilton Head's place for unparalleled comfort and elegance. If planning on visiting, please note that Official Club Dress year-round is navy blazer, blue or white shirt, grey or off-white pants, and tie.

EMPLOYEE SPOTLIGHT: ARMAND RIVAMONTE-YOUNG

SPAC's fresh face of fitness provides guidance to members new and old



"My favorite part of being here is watching people become fitter and stronger. I love seeing people come in day in and day out and watching all their hard work pay off."

-Armand Rivamonte-Young

PICTURE:

Armand performs a deadlift at the SPAC's weight training center.

Armand Rivamonte-Young gets asked a lot of questions at the Saint Paul Athletic Club. It's partly because he's the official greeter and friendly face in the fitness area, whose job it is to make everyone feel welcome and comfortable.

But we have a sneaking suspicion that people approach him with questions for another reason that has nothing to do with his role as a greeter. Armand doesn't just work in fitness. He lives it. He walks the walk to an extreme degree and has the powerlifting skills to prove it. You only have to look at him to know that he takes fitness seriously, but he doesn't take himself too seriously—and he's only too happy to pass the attention onto others.

"My dad has always been my biggest inspiration and supporter when it comes to fitness," Armand says. In fact, Armand credits his family for being the reason he encountered the SPAC in the first place (they're all members)—and that initial encounter changed the whole trajectory of Armand's life. Now he works out here, is employed here, and is soon to be the SPAC's newest certified personal trainer. So those questions aren't going to be slowing down any time soon. And that's just fine by him. "My favorite part of being here is watching people become fitter and stronger," Armand says. "I love seeing people come in day in and day out and watching all their hard work pay off."

If you're interested in training with Armand, please contact the Saint Paul Athletic Club at 651-291-7722. He's proof of what hard work can turn into!

MARTINI NIGHT

The name's Club. University Club.

For one wonderful night each winter, we bring in a show-stopping bar carved entirely out of ice. The accompanying festivities include a creative martini menu with several different specialty martinis, along with complimentary hors d'oeuvres.

Bring your partner for an atmospheric date night, or come alone and enjoy delicious cocktails in the company of the University Club community. This isn't an event to be missed!

WHEN - Friday, January 25th

WHERE - University Club



VALENTINES DAY

A special meal for a special someone

Bring your valentine for a memorable and romantic meal prepared by our chefs. Pair with a bottle or wine for an unforgettable evening.

Stay tuned to our member updates for time and RSVP information.



SAVE THE DATE: BIRTHDAY MASQUERADE BASH

Help mark a milestone in club history

Come help us celebrate a long legacy of the University Club and Saint Paul Athletic Club's role as a hub of St. Paul social life, family and community.

At our annual birthday celebration, we'll raise a glass to years of club history, and all the stories to come.

WHEN - March 1st, 6-9pm

WHERE - Saint Paul Athletic Club

Keep an eye on your inbox for RSVP information.

NEW FOOD AND BEVERAGE MINIMUM

Our policy update helps us deliver the quality our members deserve

We're known for beautiful dining spaces, seasonally-inspired meals, and people who know your name and your favorite beverage. Food and beverage service is an integral part of the University Club experience. In order to ensure that we are able to consistently source, prepare and serve food and drinks at the level of quality our members expect and deserve, the University Club has a quarterly food and beverage minimum of \$150 for each membership.

The \$150 quarterly minimum applies to household memberships. The minimum does not apply to non-resident memberships. Saint Paul Executive Members who wish to continue to enjoy the reciprocity of the amenities, programming and food and beverage services will need to sign an addendum with the membership department at The Saint Paul Athletic Club or The University Club. Quarters span from January to March, April to June, July to September, and October to December.

Members should have received a letter with additional details regarding this shift, but if you have not received this please call us to update your address, or contact skatsi-otis@universityclubofstpaul with any questions.

The per-person food and beverage minimum may be used all at once or spread out as much as you wish throughout the quarter. Of course, you're welcome to join us to eat, drink and be merry at your heart's content—we have members who eat nearly every available meal here!

There is a nearly endless array of fun and appetizing ways to use your minimum. Cocktails at the Member Bar? A quick bite at the Varsity Grill? A special themed night, such as pasta night, prime rib night, or Popover Thursdays? A leisurely summer lunch at our two-tiered poolside deck? An intimate dinner—or lively group meal—in the stunning Ramsey room? A holiday celebration? The choice is yours. Bon Appetit!

PIANO AT THE BAR

Classic ambiance for an elegant meal

Join us for live piano music in the Members' Bar. Bring your friends in for an appetizer and a cocktail or stay for dinner.

Reservations encouraged.

About our featured pianist

London-born pianist Roderick Phipps-Kettlewell received his musical training in England, France and at the Juilliard School in New York City, and has performed throughout Europe and the United States, most notably at Carnegie Hall and Lincoln Center in New York, as well as at the Ordway with the Saint Paul Chamber Orchestra.

Roderick's versatile musical career includes concerts as a solo pianist, also playing chamber music, songs from all over the world, and collaborating with violinists to saxophonists, and all instruments in between. He also conducts choirs, orchestras and trains singers in opera and musical



theater.

Roderick has also produced and sold over a million recordings, and he is currently writing a book for Calumet Editions about how to develop more imagination, creativity and expression in the performance, teaching and learning of music.

WHEN - 1/12, 2/2, 3/2, 4/6, 6:00-9:00pm
WHERE - University Club

FRIDAY FISH FRY

The return of a favorite

Bring the family for a traditional Lent Friday fish fry, featuring delicious battered fried fish, potatoes and all the proper fixings. We're happy to bring this seasonal favorite back to our annual menu, and we hope you'll join us for a memorable meal.

WHEN - Friday, March 8th

WHERE - University Club



SUNDAY BRUNCH

Give your weekend a highlight

Start your Sunday off right with brunch and a breath-taking view of the Mississippi River Valley. New for fall 2018, the University Club is offering a brunch menu, served family-style. Our delicious dishes will be brought to your table to share and enjoy.

Reservations encouraged.

Sunday Brunch is served on the second Sunday of each month from 10am to 2pm.

PASTA NIGHT

That's Amore

The University Club is reopening their dining room on Tuesday nights, and Pasta Night returns to its featured night. Enjoy time with friends and family as our chefs create signature pasta dishes just for you at this member favorite event. Come back time and again for a taste of our enticing rotating menu.

WHEN - Jan. 8th and Feb. 12th, 5:30-7:30pm

WHERE - University Club

SERVICE ANNOUNCEMENT

Our restaurant gets a schedule update, with new extended dining hours

In 2019, we're committed to giving you the best meal experience possible. We are opening our dining service again on Tuesday nights, giving you more time to enjoy our delicious menu with friends, family and colleagues. See you there!

PRIME RIB NIGHT

Perfect for a cold winter's night

Come warm yourself by the fireplace and treat yourself to a delicious, hearty supper prepared by our house chefs: A 12-ounce prime rib, baked potato and seasonal vegetables.

Reservations required.

WHEN - January 26th and February 22nd

WHERE - University Club

CLUB 101

Find your people

We're known for an incredible list of "Clubs within the Club." These gatherings span an impressive variety of interests: Scotch, wine, books, travel, languages, clubs devoted to specific authors, writing, investment club, a club for entrepreneurs, and more.

If you've ever considered joining a Club within the Club, this is your chance!

This event gives members the opportunity to meet with a representative from each of our Clubs within the Club. Explore your passions or find a new one; meet new people; expand your horizons; and make the most of your membership! Club 101 helps us make new connections within the University Club.

January 11th, 5:00 pm - 7:00 pm
University Club

CLUB ENTREPRENEUR

Get clued in on the latest insights in the professional world

Club Entrepreneur (St. Paul) is a community of business professionals who meet on the third Wednesday of each month at the University Club for networking, idea sharing and presentations from some of the Twin Cities' most respected innovators, catalysts and thought leaders.

During each lunch hour session, guests will have the chance to enjoy a meal, chat with peers and strengthen their network of personal and professional relationships. The purpose behind each session is to provide attendees with the encouragement to go back to their offices more inspired, savvy and energized.

VOLUNTEERING OPPORTUNITIES IN 2019

New good causes in the new year

Over the years, members of all ages from the University Club and SPAC have come together in supporting good causes around the Twin Cities area. This commitment gives us a chance to work collaboratively to make a positive impact in our communities, and to learn new stories and perspectives about the city we live in.

Do you know of a group, community organization or foundation in the area that could use our support? We're listening – Email skatsiotis@universityclubofatpaul with suggestions.

Stay tuned to upcoming memberships for information on volunteer opportunities in 2019.

The details: Club Entrepreneur (Club E) meets monthly at the U Club, and lunch is included.

January's topic:

What is Neuromarketing?

Dr. Terry Wu, Ph.D. in neuroscience, Vanderbilt University

For information on each topic and to purchase tickets, please visit the below link:

<https://clube.com/events/>

WHEN - January 16th, 11:15am-1:00pm

WHERE - University Club

TRAVEL CLUB

Plan your next adventure

Happy New Year to all from the Travel Club! We hope one of your resolutions for 2019 will be to travel more and also join us at Travel Club to share your fun adventures and learning experiences with new friends. What a great time we had this last month at our Holiday Party sharing favorite travel stories and enjoying "sips and bits" from around the world. One couple recounted their unexpected encounter with the Queen Mother while visiting a UK Castle, another told us of his serendipitous conversation and photo op with Fidel Castro while working in Cuba, and another highlighted her learning experiences while traveling internationally through displaying some of the beautiful rocks she has collected at castles and gardens around the world.

We invite any prospective new members to join us for our annual Champagne Brunch on January 20 when we ring in

the New Year together at the Women's Club of Minneapolis. It is a trek across the Mississippi but well worth the trip! Our February 27 meeting promises to be quite special as a few members who traveled together this fall to Prague, Budapest, and Vienna share stories and photos from their adventures. Who knows, they may even have samples from wine tastings at small vineyards they visited outside Budapest!

For more information, email
sharronpelham@gmail.com

WHEN - Jan. 20th and Feb. 27th

WHERE - University Club



SPANISH CLUB

A global language experience

WHEN - Jan. 8th and Feb. 12th, 7-8pm

WHERE - University Club

Are you vacationing in a Spanish-speaking country?

If so, Spanish Club is your opportunity to meet fellow members and new friends while expanding your language abilities that will prepare you for your travels. University Club members will have the opportunity to practice Spanish beginning with a 5 minute presentation and transitioning into conversational Spanish.

CLUBS WITHIN THE CLUB

WINE CLUB

Because wine is best when shared

With the great food of the Holidays you should have great wines as well. Have something special this year. Look at some of the wines we've been having in the Wine Club, there are many excellent wines to choose from.

As November rolled in with winter, we enjoyed a fantastic evening tasting wines from Washington & Oregon. Oregon offers world-class Pinots, outstanding Chardonnays and superb Syrahs. With over 720 wineries & 72 Varieties of grapes, Washington is the 2nd largest wine producer in America. The Cascade Mountains keep eastern Washington-where the bulk of the vineyards are-very dry. Chardonnay, Riesling, Syrah, Merlot, and Cabernet Sauvignon make up the bulk of Washington plantings.

So please, have your wine and drink it too.

Cheers!

-Cory

For more info, contact:

corybiladeau@gmail.com

Due to popular demand, there is a waiting list to join Wine Club. Reach out soon to reserve your spot!

GREAT BOOKS CLUB

Read up on the classics

On January 9th, the Great Books group will discuss Thom Jones's short story "The Pugilist at Rest," in which a cynical recruit is challenged by a stretch in the Marine Corps and a boxing career.

On February 13th, it's a double header! Our readers take on both "Greasy Lake," by the verbally inventive T. Coraghessan Boyle, and "The Baby", by Mary Gordon, which follows the changing fortunes of a newlywed Irish couple in America.

Join the discussion! All are welcome.

WHEN - Jan. 9th and Feb. 13th, 5pm

WHERE - University Club

THROUGH THE GRAPEVINE

For all aspiring sommeliers

Back for a fall season after its popular debut this summer, Through the Grapevine is a brand new club (separate from our Wine Club) for people who want to know more about wine. It's hosted by Chuck Kanski, the wine expert behind Solo Vino. Through the Grapevine will be an exclusive group, limited to 20 people to make sure everyone can ask questions and participate. Whether you're an experienced wine connoisseur or a total beginner, you'll be sure to expand your wine horizons. Sign up now, before it's full!

WHEN - Dates TBA

WHERE - University Club

Stay tuned to our member updates or contact Sue Katsiotis for upcoming dates.



READINGS BY WRITERS

Hear authors' perspectives on contemporary and classic literature

We have a wonderful collection of insightful and talented artists coming to the Club. Meeting every third Tuesday of the month, the diverse topics range from writers bringing their personal cultural truths to light and Bob Dylan, to Somali poetry and reflections on the holiday season.

Readings by Writers is a club by members and for members, and seeks to engage literary curiosities with discussions of familiar genres and encouragement to explore something new.

For updates on upcoming topics for the next Readings by Writers session, please contact: skatitotis@universityclubofstpaul.com.

In 2019, Readings by Writers will meet at 7:30pm on the following dates:

Tuesday, January 15, 2019

Tuesday, February 19, 2019

Tuesday, March 19, 2019

Tuesday, April 16, 2019

Tuesday, May 21, 2019

Tuesday, June 18, 2019

OFF JULY AND AUGUST

Tuesday, September 17, 2019

Tuesday, October 15, 2019

Tuesday, November 19, 2019

Tuesday, December 17, 2019

FITZGERALD ROUND TABLE

A tribute to St. Paul's very own

The F. Scott Fitzgerald Roundtable is a literary society based out of the Twin Cities that meets at the club once a month, six months out of the year, to discuss Fitzgerald's writings as well as works by his wife Zelda and his other contemporaries.

The Fitzgerald reading schedule is as follows:

| | |
|----------|-----------------------------------|
| Jan 19 | Man and Superman by GB Shaw |
| Feb 16 | Major Barbara by GB Shaw |
| March 16 | Caesar & Cleopatra by GB Shaw |
| April 20 | A Handful of Dust by Evelyn Waugh |

WHEN - Nov. 17th + Dec. 15th, 9:30-11:30am

WHERE - University Club



HANDS ON SUNDAYS

Families come together over creative seasonal crafts

All families are invited to join us one Sunday each month for activities that include science experiments, dance and movement workshops and constructing ginger-bread house masterpieces.

Guided by University Club staff as well as guest instructors, Hands On Sundays provides an opportunity for the whole family to come together to enjoy a creative kinetic activity. Each Hands On Sunday is sure to teach children new practical skills in crafting, culinary and creative skills.

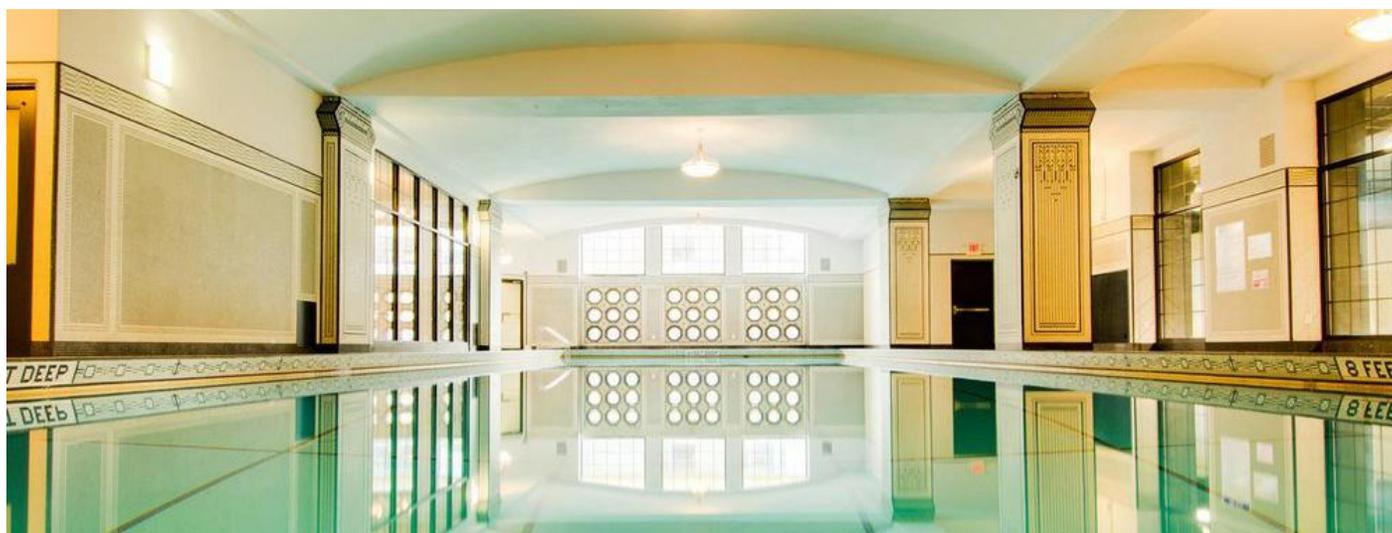
Hands-On Sundays are on the first Sunday of every month, and each has its own unique theme and focus.

January 13th: Snapology

Snapology brings LEGO and robotics together – Bring the family for an educational and exciting afternoon learning the basics of robotics and programming.

February 10th: Valentines Workshop

The perfect opportunity to prepare for a classroom Valentine's Day celebration. Children should bring a copy of their homeroom class list – We'll have all the supplies for creating memorable homemade valentines.



DIVE IN MOVIE

Enjoy a film from the comfort of your own pool noodle

The summertime classic doesn't have to stop when the summer ends. Join us at SPAC pool for a memorable evening of aquatic cinema, featuring some of the latest and greatest family-friendly movies. Noodles and pool floaties encouraged!

WHEN - January 12th, February 9th

WHERE - Downtown St. Paul

Stay tuned to your inbox for movie announcements.

DATE NIGHT

We'll take the kids – You enjoy the evening

Join us for fun-filled and rejuvenating evenings – We'll watch the kids, and you and your partner can enjoy the evening with one another.

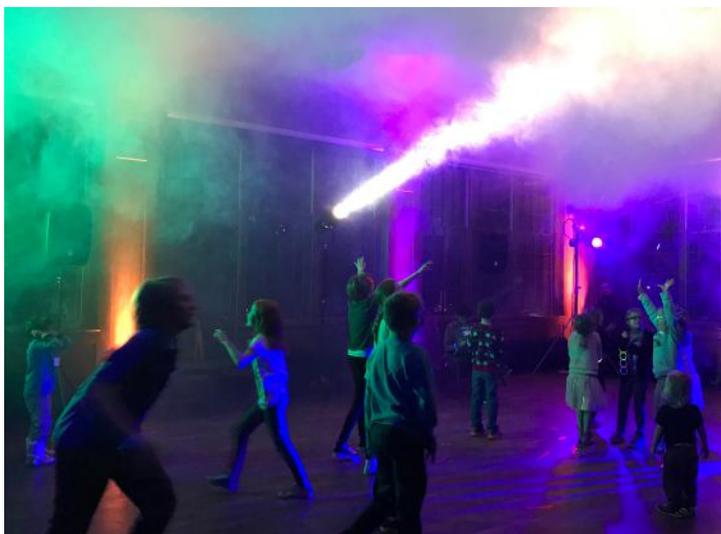
Date Night childcare activities are as follows:

January 18th – Let It Snow!

Welcome to a winter wonderland! Children will enjoy indoor snowball fights, sugar cube ice castles, holiday treats and more.

February 22nd – Kids Dance Party

Kids get the chance to hit the dance floor with their best moves, featuring a live DJ, strobe lights and fog machines. Doors open at 5:00 pm.



WINTER CARNIVAL PARADE

Take part in a winter tradition

Join other Club members in this annual celebration of Minnesota's wintry heritage and outdoor spirit. The parade takes place on **January 26th**, and participants should meet in downtown St. Paul at 1 pm.

Contact skatsiotis@universityclubofstpaul.com for more details.

VULCAN VICTORY TORCHLIGHT PARADE

Countering King Boreas

Under Vulcanus Rex, SPAC members will parade for the end of the winter. The parade takes place on **February 2nd**, from **5:30 to 7:30 pm**.

Email Sarah McClendon at smcclendon@TheSPAC.com for more details.





YOUTH SERVICE TEAM

Making friends while making change

This year, the University Club is working harder than ever to support service projects and give back to the community. Our new service team leader will coordinate youth participants in a wide range of charitable cause - The service team is a great opportunity to build community, practice teamwork, and continue the friendships formed over the

summer.

All eligible members who are in 6th grade or above are encouraged to come together on these specialized projects which benefit and give back to the community. Learn more about our upcoming project in the "Networking and Volunteering" section.

YOUTH SWIM TEAM

There's never ice on the eighth floor pool

Summer may be over but with the 8th floor pool at Saint Paul Athletic Club, swim team continues! This indoor swim team is a great opportunity for your child to maintain and develop their stroke, build endurance and stay active during the colder months.

To register, contact

membership@universityclubofstpaul.com.

Winter Swim Team (12-1pm on Sundays)

January 13, 20 & 27

February 3, 10, 17 & 24

Spring Swim Team (12-1pm on Sundays)

March 3, 10 & 31

April 7, 14 & 28

May 5

Cost is \$90 per season.





60 DAY FITNESS CHALLENGE

Build the best possible you

Emerge from the winter in a new fitter form. Our 60 day fitness challenge inspires members to work with our team of trainers on a competitive, community-focused journey to better shape.

An all-access fitness pass allows participants access to unlimited fusion training, two 30-minute personal training sessions, strength club membership, nutrition consultation, 3 InBody body assessments, and one 60 minute massage.

The winner of this challenge, judged by the greatest percentage of body mass change, will in a one year club membership.

Prizes will also be given for participation and personal successes.

Register at the SPAC front desk to commit to a better you.

Price: \$500 for the 60-day all access pass

PILATES REFORMER

Try something new in 2019

In the new year, there's a new opportunity to improve your pilates skills. Trainers Georgene Gray and Jennifer Hildebrandt offer private training sessions and group classes tailored to individual goals and skill levels. The perfect option for the pilates veteran or interested amateur.

For more information and sign-up, contact Fitness Director Michael Zuehl at MZuehl@TheSPAC.com, or stop by the front desk desk at The Saint Paul Athletic Club.





Sunday Jan. 12th, 11am

NEW YEAR YOGA NIDRA

The perfect setting to reflect on resolutions

Join Dana and Paula for a special New Year Yoga Nidra on Sunday, January 12th!

Paula will teach her regular Saturday 11am yoga class and Dana will lead a yoga nidra practice starting at noon.

What is yoga nidra, you ask?

Yoga nidra or yogic sleep is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage.

It is a state in which the body is completely relaxed, and the practitioner becomes systematically and increasingly aware of the inner world by following a set of verbal instructions. It's kind of like a really deep savassana and is the perfect mental state for setting an intention deep in your consciousness. So bring your New Year's resolutions! You are welcome to join either, or both, practices.

FUSION AT THE SPAC

Your one-stop-shop for the full-body workout

Fusion is a multifaceted workout program designed to get you in the best all around shape possible.

Some people want to be strong, some want to be fast, some want to lose fat, some want to get trim and some want more mobility. We say " Why not have it all?"

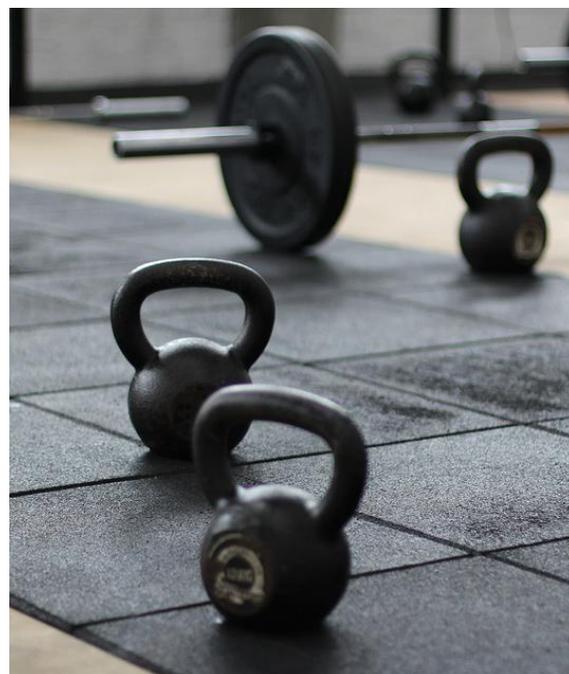
This program is built to make you stronger, faster, leaner, more mobile all in one. Every workout is different and targets specific movements to get you there effectively, safely and efficiently.

WHEN - Mon-Fri at 6am and 12pm daily, Sat at 9am

WHERE - SPAC

TRAINING PACKAGE - 4 week sessions, 24 classes per session

For more information and sign-up details, contact Fitness Director Michael Zuehl at MZuehl@TheSPAC.com.



PRIVATE YOGA TRAINING

Bringing yoga to the next level

As a yoga teacher, Sarah Baumer works to facilitate whole body alignment in her students, both physically and energetically. Sarah's teaching focuses on flowing in and out of poses with ease and finding variations that work for each individual body.

She teaches from her own experience and practice of modern dance, Feldenkrais, Body Mind Centering, Tuning Scores, Material for the Spine, Contact Improvisation and Dance Improvisation Structures. She guides students to deepen their own learning process through her imaginative sensory rich movement experiments.

For more information and sign-up, contact sbaumert@thespac.com.

STRENGTH CLUB

Make 2019 your strongest year yet

In Strength Club, athletes will gain a working knowledge of high-power movements like the deadlift, squat, and olympic-style presses. Strength Club creates a bond between participants, a friendship where everyone involved is improving becoming stronger, more confident, and in better shape. Participants will get 2 hours of work every week in a small group with local Strength and Conditioning Coach Matt Hanson.

WHEN - Mon + Wed. 11am, starting Jan. 7th

WHERE - SPAC, Floor 7

PRICE - \$199 per person for 4-week sessions, meeting twice weekly



GOLF LESSONS WITH PRO ANGIE AUSE

Develop, correct and perfect your swing this winter

It is often hard to decide what is applicable to your golf game, and to figure out how to take the steps toward improvement. Resident Golf Pro Angie Ause will help establish goals, diagnose game issues and develop a personalized improvement plan. Under Angie's instruction, students will learn the steps for technical improvement of their golf game, as well as guidance on how to apply these tweaks to the

golf course. Angie's winter training program allows students to work with indoor hitting nets, chipping nets, putting greens and advanced digital swing analysis and correction technology to put the golf game in top form for the season.

For more information, contact Angie at aause@thespac.com or stop by the front desk at The Saint Paul Athletic Club.

COMING SOON: CAMP U CLUB 2019

Another season of fun under the sun returns to the University Club



The University Club is known for its incredible summer program, Camp U Club. Camp U Club combines educational, cultural, and recreational activities for children to explore and develop new skills and hone existing talents. With the warm weather comes summertime splashing by the pool, volleys on the tennis court, sunset weenie roasts, field trips, and much more.

Camp U Club is excited to return for the summer 2019 season, with an updated activity roster that brings back camp staples and introduces some special new surprises. For campers in early grade school to graduating teens, Camp U Club provides the opportunity to learn new skills, make new friends, and enjoy a summer in the sun.

Camp U Club sign-up opens on February 1st – Make sure your campers have their spots for this summer!



WHEN - Summer 2019
WHERE - University Club

Contact skatsiotis@universityclubofstpaul.com for camp details and sign-up information.



JANUARY 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|--|--|---|--|
| | | 1 | 2 | 3 SPAC Happy Hour Cass Gilbert Society | 4 Member Appreciation Night | 5 |
| 6 | 7 | 8 Conversational Spanish Pasta Night | 9 Investment Club Hump Day Games | 10 Conversational French Wine Club | 11 Member Appreciation Night Club 101 | 12 Yoga Nidra at the University Club Piano in the Bar |
| 13 Winter Indoor Swim Team Hands-on Sundays | 14 | 15 Readings by Writers | 16 Club E | 17 | 18 Date Night Member Appreciation Night Youth Service Team | 19 F. Scott Fitzgerald Round Table |
| 20 Winter Indoor Swim Team | 21 | 22 | 23 Travel Club | 24 | 25 Member Appreciation Night | 26 Winter Carnival Parade Prime Rib Night |
| 27 Winter Indoor Swim Team | 28 | 29 GK Chesterson Society | 30 | 31 | | |

FEBRUARY 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|--|
| | | | | | 1 Camp U Club Registration Opens Member Appreciation Night | 2 Vulcan Victory Parade Piano in the Bar |
| 3 Winter Indoor Swim Team | 4 Cocktails and Conversation | 5 Cocktails and Conversation | 6 Investment Club Hump Day Games | 7 SPAC Happy Hour Cass Gilbert Society | 8 Member Appreciation Night | 9 F. Scott Fitzgerald Round Table |
| 10 Winter Indoor Swim Team Hands-on Sundays | 11 Conversational Spanish Pasta Night | 12 Conversational Spanish Pasta Night | 13 Investment Club Hump Day Games | 14 Conversational French Wine Club | 15 Member Appreciation Night | 16 F. Scott Fitzgerald Round Table |
| 17 Winter Indoor Swim Team | 18 Readings by Writers | 19 Readings by Writers | 20 Club E Through the Grapevine | 21 Club E Through the Grapevine | 22 Kids Dance Party Member Appreciation Night | 23 Prime Rib Night |
| 24 Winter Indoor Swim Team | 25 GK Chesterson Society | 26 GK Chesterson Society | 27 Travel Club | 28 Travel Club | | |

HOTEL 340 WA FROST SAINT PAUL BUILDING SAINT PAUL ATHLETIC CLUB STOUT'S ISLAND LODGE
 THE COMMODORE BAR THE DAVIDSON THE SUMMIT CENTER FOR ARTS & INNOVATION VILLA MARIA HOTEL
 340 VILLA MARIA UNIVERSITY CLUB OF SAINT PAUL DACOTAH BUILDING SAINT PAUL ATHLETIC CLUB
 THE COMMODORE BAR WA FROST BURBANK-LIVINGSTON-GRIGGS MANSION SAINT PAUL BUILDING STOUT'S
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