

March/April 2017

# THE LOOKOUT

*The official newsletter of the University Club and the Saint Paul Athletic Club*

## **Chef's Dinner**

Page 7

## **Fusion by SPAC 8 week intro challenge**

Page 18

**ALSO INSIDE:** Scotch Tasting *page 8* | Easter Brunch *page 11*

# THE LOOKOUT

If you wanted to, you could spend most of your waking hours at the Clubs without getting bored. Think: Coffee and newspaper by the fire. Exercise. Steam room or sauna. Massage. Shower. Lunch. Focused work (or reading) time. Happy hour. Dinner. Club class or event. Night cap.

We're not suggesting that you move in, but this list proves a point: There's always something to do here. We offer an endless calendar of activities and programming along with all of our regular amenities.

And here's the thing: It's all up to you. The Saint Paul Athletic Club and University Club of Saint Paul are exactly what you make them to be.

For one person, this may be strictly a workout facility. For others, it's a social club. For still others, it's a source of cultural enrichment or a place to eat or a place to conduct business or host a celebration. For many, it's a combination of all these elements.

What does your Club look like?

With such a vast array of options at your fingertips, you get out of the Clubs exactly what you put into them.

Whether you want to meet people, learn something, get fit, relax, be productive, create memories, or all of the above, the most important factor is you. Show up. Engage. Make it everything you want it to be.

This message might be empowering, but it could also be a little intimidating—especially if you're a new member. If we can help you take full advantage of the Club in the way that's perfect for you, please let us know. That's why we're here. And if you're a "veteran" member, we encourage you to introduce yourself to unfamiliar people and welcome them in.

Speaking of showing up, here are a few upcoming activities that might get you started:

- **March 14<sup>th</sup>** Kick-off of our Fusion by SPAC 8-week Intro Challenge. The program meets on Tuesday and Thursday nights and spots are extremely limited. Contact us now if you're interested!
- **March 15<sup>th</sup>** Chef's Dinner—contact us for more information
- **March 24<sup>th</sup>** Our annual Scotch Tasting! This extremely popular event features a selection of single malt scotches from several notable distilleries. Knowledgeable representatives guide participants through the history of scotch. Hors d'ouerves will be served. Contact us to sign up.
- **April 16<sup>th</sup>** We'll host our annual Easter Brunch, featuring a petting zoo! Make your reservation now.

Of course, this is just a snapshot. Our calendar is as packed as ever, and there's something for everyone. Even the kiddos: Camp U Club registration opens March 1<sup>st</sup>. Sign up early so you don't miss out.

See you at the Club!  
Stephanie Laitala-Rupp  
President



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## Hours of Operation

### UC: Fitness Center:

Monday 6am - 8pm  
Tuesday - Saturday 6am - 10pm  
Sunday 6am - 8pm

### UC: Dining:

Tuesday - Friday 11am - 10pm  
Saturday 10am - 10pm  
Sunday 10am - 2pm

### SPAC:

Monday - Friday 5am - 10pm  
Saturday - Sunday 7am - 8pm

## MEET THE TEAM

In order to join the SPAC team, Tiffany Torres didn't have to shake things up too much. After all, her previous job was at the hotel located directly across the street. Since that day in April 2013, however, she has undergone a total transformation. The fact that she has worked her way up from Guest Service Representative to Director of Membership is just the beginning. Being in a job that was so focused on promoting a supportive, wellness-focused atmosphere inspired Tiffany to walk the walk.

"Before I started here, I ate poorly and rarely exercised," says Tiffany. She soon found herself deeply inspired by the dedication of the SPAC members she saw every day, and that changed everything. "It made me want to make lifestyle changes." She also had the encouragement (or "harassment," as Tiffany jokes) of well-intentioned coworkers who wanted to see her make a healthy change. It worked. Tiffany is now committed to a new lifestyle. When she's not working, you can still find her at the Club, often taking one of our super-popular, super-challenging new Fusion by SPAC classes. "The workouts are pretty intense, but when you finish there is a huge sense of accomplishment."

Tiffany's not the only one who is inspired by the SPAC way of life. Her world revolves around her three children, and while they always had a loving, involved mom, now they also have a healthier role model to look up to. "I'm pretty lucky to have two amazing things—my work and my family— to juggle," she says.

The next time you see Tiffany, say hello—and know that you're inspiring her just by being here.



## CONTACT LIST

President:

Stephanie Laitala-Rupp  
slaitala@TheSPAC.com

Chef:

George Snyder, III  
chef@UniversityClubofStPaul.com

Catering Director:

Julia Struve  
jstruve@UniversityClubofStPaul.com

Front of House Manager:

Andrew Barrett  
abarrett@universityclubofstpaul.com

Membership Director at SPAC

Tiffany Torres  
Ttorres@thespac.com

Director of Membership and Programming:

Sue Katsiotis  
skatsiotis@UniversityClubofStPaul.com

Executive Assistant

Kelli Tucker  
ktucker@universityclubofstpaul.com

Dining Reservations: 651-222-1751

Front Desk:

University Club: 651-222-1751  
SPAC: 651-291-7722

## CLUBS WITHIN THE CLUB CONTACT LIST

### Alliance Francaise

bonjour@afmsp.org

### Book Club

Holly Weinkauf  
Holly@RedBalloonBookshop.com

### Bridge Club

Stephen Rocheford  
Rocheford@lavendermagazine.com

### Casa de España

Marisa Parzenczewski  
De\_madrid@hotmail.com

### Cass Gilbert Society

Ted Lentz  
Ted@TedLentz.com

### Croquet Club

Michael-Jon Pease  
wicketkeeper@gmail.com

### Documentary Night

Robert Byrd  
RByrd@JeromeFdn.org

### F. Scott Fitzgerald Roundtable

Jeannie Hanson  
jkhans913@gmail.com

### GK Chesterton Society

Dale Ahlquist  
Dale@chesterton.org

### Great Books

Meg King  
KingMuelken@q.com

### Investment Club

Gene Mason  
Eugene.Mason@comcast.net

### John Adams Society

Joshua Regnier  
(651) 321-8414

### Knitting Club

Patricia Herrera  
chelajewelry@gmail.com

### Readings by Writers

Carol Connelly  
CarolMConnolly@aol.com

### Travel Club:

Sharron Pelham  
sharronpelham@gmail.com

### Wine Club

Cory Biladeau  
CoryBiladeau@gmail.com

Have a passion? Have a hobby? Want to start your own Club within the Club? Contact Sue at [skatsiotis@UniversityClubofSt.Paul.com](mailto:skatsiotis@UniversityClubofSt.Paul.com)

# MEMBER SPOTLIGHT



SPAC member Joseph Courtemanche is a published author, but it's his life story that reads like a scintillating novel. Just a few excerpts: he was a cryptologic technician interpretive and Arabic linguist for the United States Navy. He'd tell us more, but that's classified. Really, *really* classified. His wife is also a veteran, and they speak six

languages between them. He holds degrees from four different institutions. And he now has three jobs. All of them very cool.

Intrigued? So were we. So we caught up with Joseph to find out more about his extraordinary life.

**SPAC:** About those three jobs...fill us in, please. For starters, you're a published author.

**JC:** Yes; my first novel, *Assault on Saint Agnes*, is a thriller set in St. Paul. The sequel is in the works and I have two other complete novels awaiting editing. I'm also a blogger, and I'm working on a confidential writing project for a client.

**SPAC:** Confidential, classified—it's all deliciously mysterious. And also, all that is only one of your jobs? That sounds like more than enough right there.

**JC:** I'm also a professional Santa Claus. I've been the Minnesota Vikings Santa for a long time, and the "Home" Santa for Midtown Global Market in Minneapolis. Being multilingual helps with that! I do a lot of corporate work and have been in a number of television commercials as both Santa and a biker-type character. Finally, I work steadily as a voice-over actor and audiobook recorder, and I really enjoy that work, too.

**SPAC:** The next time someone complains that they don't have time to get to the gym, we're going to tell them about you and your ten million jobs. You do manage to get here on a regular basis, don't you?

**JC:** I walk from my home to the club to get a workout in on the way to work. I shower and change there. I lift weights, or hit the treadmill if the weather is below zero.

**SPAC:** Below zero, eh? Those sound like the standards of a native Minnesotan.

**JC:** Yes, I was born in St. Paul and have spent the majority of my life within the city limits. My wife of 32 years and I have spent a lot of hours rehabbing and updating our old Victorian house here.

**SPAC:** To what do we owe the pleasure of your membership?

**JC:** It's the nicest facility around. My favorite part is the cleanliness, and I commend the staff—every one of them is friendly. I plan on showing up regularly for the next several years.

**SPAC:** We're happy to have you. We feel like your whole life is an interesting tidbit, but is there anything fun you want to add?

**JC:** My dog Stormy is "Miss September" on the Minnesota Sheltie rescue calendar this year. She's way more photogenic than I am.



*Note from SPAC: You can find Joseph's book, Assault on Saint Agnes on Amazon.com. You can read his blog at [commotioninthepews.com](http://commotioninthepews.com).*

## A friendly reminder to respect the dress code at the University Club of St. Paul

We want you to feel comfortable here at the University Club of St. Paul. We also want everyone *else* to feel comfortable, which means we all need to adhere to a few basic standards of etiquette, including a dress code. A few reminders for both members and guests:

- 1) **Hats.** Please remove hats when entering the club house (even if just passing through to get to the fitness center).
- 2) **Fitness Attire.** Fitness attire is *only* permitted in the fitness center and may not be worn at any time in other areas of the club.

- 3) **Denim.** Dark wash, non-distressed, dressy denim is permitted in the Fireside Room and Member's Bar. Dressy denim is permitted in the Ramsey Room but must be complimented by a jacket for men, and a dressy blouse or blazer for women.

Thank you so much for helping us maintain the standards that have served us so well for so many years. If you have any questions or concerns about the dress code, please reach out to the Manager on Duty at the University Club at 651-222-1751.

# MARCH AND APRIL MEMBER NIGHTS AT THE CLUBS

**Member Nights at the University Club** all member nights are held on Fridays from 5:00pm - 7:00pm and include complimentary appetizers and cash bar unless otherwise noted. Executive SPAC members are welcome and encouraged to join:

- March 3<sup>rd</sup>:** Complimentary appetizers and cash bar
- March 10<sup>th</sup>:** Complimentary appetizers and cash bar
- March 17<sup>th</sup>:** St. Patrick's Day Party with live music from 5:00pm-6:00pm
- March 24<sup>th</sup>:** Complimentary appetizers and cash bar
- March 31<sup>st</sup>:** Karaoke in Summit
- April 7<sup>th</sup>:** Kentucky Derby Hat Sale
- April 14<sup>th</sup>:** Complimentary appetizers and cash bar
- April 21<sup>st</sup>:** Complimentary appetizers and cash bar
- April 28<sup>th</sup>:** Complimentary appetizers and cash bar

**Member Nights at SPAC** all member nights are held on Thursdays from 5:30pm - 8:00pm and include complimentary appetizers and cash bar unless otherwise noted. Executive U Club members are welcome and encouraged to join:

- March 2<sup>nd</sup>:** Complimentary appetizers and cash bar
- March 9<sup>th</sup>:** Solo Vino Wine Tasting
- March 16<sup>th</sup>:** St. Patrick's Day Themed Party
- March 23<sup>rd</sup>:** Poker Night
- March 30<sup>th</sup>:** Complimentary appetizers and cash bar
- April 6<sup>th</sup>:** Complimentary appetizers and cash bar
- April 13<sup>th</sup>:** Solo Vino Wine Tasting
- April 20<sup>th</sup>:** Complimentary appetizers and cash bar
- April 27<sup>th</sup>:** Mixology Night

## COMMONWEALTH PROPERTIES

Architecturally distinguished office, retail and residential space from \$350 monthly.

- THE EXCHANGE BUILDING
- THE DACOTAH BUILDING (above W.A. Frost)
- SAINT PAUL ATHLETIC CLUB
- THE SAINT PAUL BUILDING

UNIVERSITY CLUB  
CONDOMINIUM OFFICES  
Now available for sale.

For more information contact Debbie Burgwald

**651-261-7897**

[dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

# JANUARY AND FEBRUARY AT THE CLUBS

The last couple of months have been full of fun winter events at the clubs. We channeled our St. Paul Spirit for the St. Paul Winter Carnival. Members from both SPAC and the University Club marched in the Grand Day Parade and the Torch Light Parade. Members from both clubs attended Sno-Yoga at SPAC. The University Club of St. Paul hosted Martini Night and Valentine's Day Dinner. SPAC hosted a black and white ball to celebrate the U Club's 114<sup>th</sup> and SPAC's 4<sup>th</sup> Birthday.



Torch Light Parade



Martini Night at the U Club



Grand Day Parade



SPAC and U Club Birthday Bash



Valentine's Day Dinner

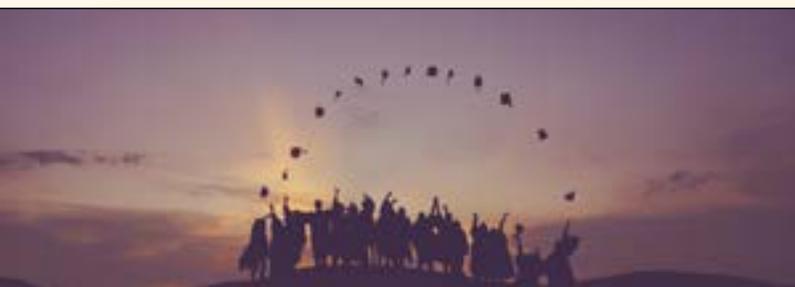
## WELCOME TO THE MEMBERS WHO JOINED IN JANUARY/FEBRUARY

Stephanie Adams  
Mudassar Ahmed  
Barbara Appleby  
William Armstrong  
James Bates  
Jennifer Bates  
Christine Bauer  
John Paul Bennett  
Jennifer Bjorklund  
Barbara Bly  
David Brooks  
Emmanuelle Brusson  
Ryan Burkhardt  
Madeline Carey  
Arne Carlson  
Julie Carlson  
Nathan Carroll  
Tony Chiodi  
Megan Cole  
Patrick Cole  
Emily Connolly  
Jim Craig  
Ruth Dantuma  
Kurt Daudt  
Cynthia Di Giandomenico  
Barry Doerscher  
Chere Doerscher  
Anne Donohue  
Peggy Sue Dunigan  
Brandt Elkin  
Kristin Engebretsen  
Russell Faschingbauer  
Jen Faschingbauer  
Christopher Fitzgerald  
Evan Fletty

Jody Gabbert  
Dan Galles  
Jennifer Gehlhar  
Mark Geldernick  
Laura Gisler  
Fred Gray  
Bo Gronseth  
Dan Groshan  
Matthew Grossell  
Michael Grotzer  
Scott Hand  
Kyle Hansen  
Zayda Harsha  
Marcella Hartman  
Lucas Heffron  
Ryan Hinderaker  
Laura Houghtaling  
melissa Houghtaling  
Matthew Hourigan  
Ann Ivey  
Megan Johannes  
Valerie Johnson  
Brandon Jorgensen  
Laura Joyce  
Nia Kalema  
Matthew Kelsey  
Alexander Kim  
Soumya Komatti  
Mahanth Kondreddy  
Nels Larsen  
Benjamin Lee  
Diane Lunderborg  
Dale Majerus  
Barbara Majerus  
Scott Malm

Ann Malm  
Robert Marhefke  
Shannon Massaro  
Bruce McFarlan  
Anne McFarlan  
Fayneese Miller  
Eric Miller  
Jasmine Miller  
Jessica Mraz  
Austin Neese  
James Nelson  
Matthew Nelson  
Amanda Nonnemacher  
Joseph Novik  
Christine Nsajja  
Tanya O'Brien  
Linda Olson  
Ashok Paleti  
Elizabeth Patty  
Sejal Peckosh  
Matthew Peckosh  
Katya Pilling  
Des Neiges Pool  
Belinda Quick  
Tom Radke  
Faris Rashid  
Ashley Rashid  
Adam Ratzlaff  
Derek Reed  
Stephanie Reed  
Susan Reynolds  
Allison Robbins  
Christopher Robbins  
Annie Salmen  
Anita Sanchez

Sarah Santagelo  
Kenneth Schweiger  
Terrence Shaughnessy  
Colleen Sheehy  
Chelsey Siverling  
Kathrine Skor  
Douglas Skor  
Julie Smith  
Ken Smith  
Robert Sparrow  
Olivia Sparrow  
Lorae Stahley  
Daniel Stahley  
Leo Stewart  
Ali Stucky  
Kristine Szczeczn  
Elizabeth Tinucci  
Scot Torkelson  
Owen Truesdell  
Bhavana Veluvolu  
Thomas Von Berge  
Michael Walker  
Todd Walker  
Danielle Wang  
Julie Wearn  
Michelle Webster  
Bill Webster  
Julia Weinkauff  
Susan Westbrook  
Bill Westbrook  
Rochelle Westlund  
Andrzej Zalasinski



### Calling graduates, friends, and family from the class of 2017!

We want to celebrate all the graduates among our members and their families. If you or a family member will be completing high school or college this spring, please let us know. We'll feature graduates' names and future plans in the May/June issue of The Lookout. To be included, contact Kelli Tucker at [ktucker@universityclubofstpaul.com](mailto:ktucker@universityclubofstpaul.com) and include:

- Graduate's name
- Where he or she is graduating from
- Any future plans you want to share

Congratulations!

## SAVE THE DATES:

### Kentucky Derby Party

Saturday, May 6<sup>th</sup>

### Mother's Day Brunch:

Sunday, May 14<sup>th</sup>

### Memorial Day Pig Roast and Pool Opener:

Monday, May 29<sup>th</sup>

### Member's Weekend at Stout's Island:

May 19<sup>th</sup>-May 21<sup>st</sup>

### Weenie and Smore Roasts by the Pool:

Fridays: June 2<sup>nd</sup>- September 1<sup>st</sup>

### First Day of Camp U Club 2017:

Monday, June 12<sup>th</sup>

### Terry the Turtle Guy by the Pool:

Friday, June 16<sup>th</sup>

### Saint's Game with SPAC and the U Club:

Thursday, June 22<sup>nd</sup>

### Reggae Pool Party:

Thursday, June 29<sup>th</sup>

# WINE EDUCATION CLASSES

## Coming Soon to the University Club!!

Time for each session: 6:00pm | Reception  
6:30pm | Presentation

### Wednesday April 5<sup>th</sup>

Ultimate Intro to Wine ("Winespeak")

Join Sommelier and Wine Educator Jason Kallsen for a night of demystifying wine and learning the terminology of wine communication. Through tasting a series of six wines, he'll cover the way that sommeliers and wine professionals "talk the talk" of wine, and by learning this you will increase your batting average of wine buying success. This is a class for wine amateurs and experts alike, and everybody will leave with increased wine confidence, guaranteed. Presented in partnership with Solo Vino wine shop.

### Wednesday June 7<sup>th</sup>

Rosé Wines: Dry, Pink, and Awesome

Join Sommelier and Wine Educator Jason Kallsen for a night of learning about the hottest category in the wine world: dry Mediterranean style pink wines. Rosé wine is produced in a number of styles and with a range of techniques. In this class you'll learn what to look for in terms of color, varieties, and countries of origin in order to better achieve success in your wine buying. Presented in partnership with Solo Vino wine shop



All classes will be \$45 with a 25% discount available to University Club and SPAC members with the code "SummitAvenue"

### Save the Date!!!

Wednesday, August 2<sup>nd</sup>: Sauvignon Blanc Masterclass | Wednesday, October 4<sup>th</sup>: Understanding the Wine of Portugal

## THE HISTORIC DACOTAH BUILDING



Architecturally distinguished, this building is located at Western & Selby Avenues in Saint Paul's Historic Cathedral Hill neighborhood. Woodburning fireplaces, hardwood floors and views of the St. Paul Cathedral and above W.A. Frost & Company.

Rates from \$450 per month.

**Dacotahbldg.com**

Contact: Debbie Burgwald

**651-261-7897**

dburgwald@commonwealthproperties.com

PREMIUM OFFICE SPACE  
NOW AVAILABLE

## SEVEN FISH FOR SEVEN FRIDAYS



Join us on Friday nights during Lent for a delectable fish special created by Chef George and his culinary team.

**Friday, March 3:**

Baked Walleye with fresh dill and lemon -Price: \$26

**Friday, March 10:**

Almond crust rainbow trout with a citrus butter sauce -Price: \$19

**Friday, March 17:**

Guinness Beer Battered Fish and Chips- Price: \$18

**Friday, March 24**

Seafood Bouillabaisse- Price: \$24

**Friday, March 31**

Snapper Crusted with Potato and Horseradish served with lemon butter- Price: \$20

**Friday, April 7**

Tilapia stuffed with Spinach and Artichoke served with lobster butter- Price: \$18

**Friday, April 14**

Salmon stuffed with crab shrimp and brie served with a chive butter sauce- Price: \$28

*Seven Fish for Seven Fridays* is available for dinner service only starting at 5:00pm. And don't forget to make your reservation for Easter Brunch!

## WINE CLUB by Cory Biladeau

Think of the great wines you could try this year!

Jumping into 2017, Justin and Mallory brought an excellent presentation on Spanish wines.

We started off with a couple of Cava Bruts, Wine Folly & Torre Oria. Sipping the Cavas, our lessons on the Spanish wines began on the varietals of wines/grapes and the regions in Spain and how this effects their naming and brand standards for their wines.

Then we proceeded by venturing into the reds, which were just smashing wines, we started off with 2 different Senorio De P. Pecina Rioja's of differing "qualities" comparing them side by

side. They were followed by a delicious Sembro Ribera del Duero. Then we finished off with an amazing Camins Priorat.

Now that we all have a new year together plan a wine tasting of your own, with friends and family. There are so many interesting aspects to wine that there is literally an entire life's amount of learning available. It is learning that repays handsomely with the enjoyment of splendid wines shared with very close friends.

Cheers!

Cory Biladeau



COMMONWEALTH  
PROPERTIES

## Commonwealth Properties Chef's Dinner

This exciting event brings together the executive chefs from all Commonwealth Properties; The University Club of St. Paul, St. Paul Athletic Club, The Commodore, and W.A Frost to create a lavish and unforgettable dining experience.



Wednesday, March 15<sup>th</sup>  
Welcome Reception 6:00pm  
Dinner 6:30 pm  
The University Club of St. Paul

Limited Seating ~ Reservations ~ 651-222-1751

6 course dinner  
\$70.00 per person

6 course dinner with wine paring  
\$110.00 per person



THE  
COMMODORE  
BAR AND RESTAURANT

W.A  
FROST  
AND  
COMPANY

## PASTA NIGHT



### Reservations required

Pasta Night continues this spring! Enjoy time with friends and family as our chefs create signature pasta dishes just for you at this member favorite event.

**When:** Tuesdays, March 14<sup>th</sup> and  
April 11<sup>th</sup> from 5:30pm-7:00pm

**Where:** University Club

**Price:** \$10 per person

## SCOTCH TASTING



### Reservations required

**When:** Friday, March 24<sup>th</sup> at 7:00pm

**Where:** University Club

**Price:** \$40/person \$45/person for walk-ins

Our annual Scotch Tasting features a selection of single malt scotches from several notable distilleries. Multiple knowledgeable experts will guide participants through the history of scotch while they taste each type and enjoy hors d'oeuvres.

## BEVERAGE SPOTLIGHT

Hello, all!

The snow is melting, flowers are blooming and the weather is warming up, finally! Let's leap into Spring with a fresh, fun cocktail. The Pimm's Cup, also known as the gardener's cocktail, is the perfect drink to sit outside and relax with. It's full of flavor and very versatile. Check it out below!

### Pimm's Cup

1 ½ oz Pimm's No. 1 Cup

Lemonade (or ginger ale or lemon-lime soda)

Cucumber slices

Lemon slices

Optional: use orange slices, strawberries, or mint

We highly recommend using mint, it is very refreshing. The Pimm's Cup is a wonderful cocktail and we hope you enjoy! Cheers!

## DRINKABLE



Learn the insiders' secrets to making the perfect cocktail. Discover the nuances to wine pairings and experience the latest trends in craft beers. Each month brings and exciting new focus.

**When:** Wednesday, April 19<sup>th</sup> at 7:00pm

*\*Drinkable on March 15<sup>th</sup> is cancelled for the Chef's Dinner*

**Where:** University Club

**Topic:** Aromatic Cocktails

**Price:** \$20 per person



**Monday- Friday 8:00am-12:00pm**

**June 12<sup>th</sup> - August 18<sup>th</sup> 2017**

Children ages 5 - 15 are invited to join our legendary 10 week summer program. Parents rave about the high quality educational, cultural, and recreational activities; kids just want to know how soon they can come back. The University Club's Camp U Club has been a tradition for over 50 years, and we are excited for another

amazing summer. We're bringing back old favorites like ukulele and pickle bucket drumming and some new fun activities. Of course it wouldn't be Camp U Club without swim team, tennis, and crafts on the art porch.

Registration begins March 1<sup>st</sup>. We encourage you to register early, not only because space is limited, but also so you can take advantage of our **Camp U Club Early Registration Specials**

**Registrations Received March 1<sup>st</sup> - April 1<sup>st</sup> 2017**

Price: \$650 per child

If you register before April 1<sup>st</sup> 2017, you will pay the lower \$650 per child fee plus have the option of financing the cost over 3 months (3 payments of \$216.60)

**Registrations Received April 1<sup>st</sup> - May 1<sup>st</sup> 2017**

Price: \$650 per child

If you register between April 1<sup>st</sup> and May 1<sup>st</sup>, you still receive the special early registration pricing, but the full amount of the fee will be due at time of registration.

**Registrations Received after May 1<sup>st</sup> 2017**

Price: \$700 per child

If you register after May 1<sup>st</sup> you will pay the standard fee of \$700 which is to be paid in full at the time of registration.

Pick up your registration packet at the U Club today or contact Sue Katsiotis at 651-222-1751 for more information.

## CAMP U CLUB KICK OFF BREAKFAST

Join us for this delicious breakfast to help set the summer fun in motion! Come and register for Camp U Club, order team swimsuits and gear, and meet our brilliant coaching and camp staff. This is the last day to get the best price on your Camp U Club 2017 enrollment before the early registration specials end

**When:** Saturday, April 1<sup>st</sup> at 10:00am

**Where:** The University Club

## Save the Date!

**9<sup>th</sup> Annual Camp U Club Stout's Island Camping Trip**

Campers entering 2nd grade and older are invited to join us for the highlight of the summer, the Stout's Island camping trip!

**When:** Monday June 19th- Wednesday June 21<sup>st</sup>

Registration begins April 1<sup>st</sup> at the Camp U Club Kick off Breakfast!!

## DIVE-IN MOVIE AT SPAC



Join us at the SPAC pool for a memorable evening of aquatic cinema. The price of admission is one or more canned food goods, which will go to the local food shelf. Noodles and pool floaties encouraged!

**When:** Saturday March 11th at 7:00pm

**Where:** Saint Paul Athletic Club.

*Movies To Be Announced....*

## YOUTH SERVICE TEAM



Club members age 6<sup>th</sup> grade and older work together on special projects that benefit and give back to the community. Youth Service Team meets on the 3<sup>rd</sup> Friday of the month during Family Fun Night.

**When:** Friday, March 17th

Friday April 21<sup>st</sup> at 6:00pm

**Where:** University Club

**Price:** \$10 per child

(to cover the cost of dinner, if eating)

Interested in learning more? Reach out to Sue at [skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com)



## FAMILY FUN NIGHTS

### St. Patrick's Day Party

Kids will enjoy a St. Patrick's Day themed dinner, a fitness activity, St. Patrick's Day crafts and a movie! Be sure to wear your best green outfit.

**When:** Friday, March 17<sup>th</sup> at 5:30pm

**Where:** University Club

**Price:** \$15 per child with a reservation  
\$20 per child for walk ins.

### Beach Party

Summer is right around the corner and we can't wait! Wear your shorts and sunglasses as we welcome the summer in style with our indoor beach party.

**When:** Friday, April 21<sup>st</sup> 5:30pm

**Where:** University Club

**Price:** \$15 per child with a reservation  
\$20 per child for walk ins

## INDOOR SWIM TEAM AT SPAC

*Ages 5 and older (must be able to swim one length of the pool) - reservations required*

Winter can be swim season, too - just take a look at SPAC's 8<sup>th</sup> floor pool! Year-round swim programs are a great opportunity for your child to maintain and develop their stroke, build endurance and stay active during the cooler months. Several sessions are available:

Session 2: January 8<sup>th</sup> - March 5<sup>th</sup>

Session 3: March 12<sup>th</sup> - May 8<sup>th</sup>

**When:** Sundays from 11:00am - 12:00pm

**Where:** SPAC

**Price:** \$90 per session

Call 651-222-1751 to sign up



## KIDS IN THE KITCHEN

*Ages 8 and older - reservations required*

### Easter Cookies and Egg Dyeing

Our Kids in the Kitchen cooking classes give children a chance to create and experiment with culinary arts. Kids will learn culinary techniques and have a chance to create and sample exciting themed dishes. Each session focuses on different dish

**When:** Sunday, March 26<sup>th</sup> from 2:00pm-4:00pm

**Where:** University Club

**Price:** \$25 per child.



## HANDS ON SUNDAYS

*Ages 3 and up - reservations required*

All families are invited to join us one Sunday each month for hands-on, educational activities. See below for our spring schedule:

### YoYo Tricks with Dazzling Dave: YoYo Master

Sunday, March 5<sup>th</sup> from 2:00pm -4:00pm

Dazzling Dave is a nationally recognized YoYo Master and the creator of "The Science of Spin" programs for youth. Kids will learn how to do yoyo tricks and the science behind the tricks. Then they will enjoy Dazzling Dave's spectacular yoyo show!

### Textile Center: Wool Geodes

Sunday, April 2<sup>nd</sup> from 2:00pm-4:00pm

Kids will learn about different fibers, how different fibers can be used in art and how to turn wool felt into wool geodes.

**Where:** University Club

**Price:** \$20 per family with reservation  
\$25 per family for walk ins

## EASTER BRUNCH



In addition to our ever-popular Easter brunch, we host kid favorites including a petting zoo and an egg hunt next door at the Griggs' Mansion. Bring the whole family for an afternoon of great food and lots of memory-making activities.

**When:** Sunday, April 16<sup>th</sup> from 10am - 2pm

**Where:** University Club

**Price:** \$40 adults  
 \$18 children 10 and under  
 FREE children 5 and under

## UNIVERSITY CLUB OF ST. PAUL'S SIGNATURE KENTUCKY DERBY PARTY



*Reservation Required: ages 21+ event*

**All members of both the University Club and SPAC are invited!**

Don your best hat and your most dapper ensemble and join us on race day at the University Club for southern-inspired food and drink and a live race feed of the Kentucky Derby.

**When:** Saturday, May 6<sup>th</sup> from 3:00pm - 7:00pm

**Where:** University Club

**Price:** Special Early Bird Pricing for Members of the University Club and SPAC. \$40 per person if registered before March 31st. Tickets open to the public starting April 1st for \$45 per person

*\*price for members of the University Club and SPAC members that register after March 31st is \$45 per person.*

# MACBETH

By William Shakespeare; Adapted and Directed by Jef Hall-Flavin



in photo: Vanessa Wasche\* and Michael Ooms\*

**MAR 17 - APR 9** Tragedy / Andy Boss Thrust Stage  
*Raw ambition and greed that seems ripped from the headlines.*

# THE (curious case of the) WATSON INTELLIGENCE

By Madeleine George; Directed by Leah Cooper



in photo: Adam Whisner and Kathryn Fumie

**APR 7 - 30** Comedy-Drama / Proscenium Stage  
*A brilliantly witty, time-jumping story.*

\*member, actors' equity association  
 photos by Petronella J. Ytsma



**PARK SQUARE**  
 THEATRE

**parksquaretheatre.org | 651.291.7005**

**Historic Hamm Building, Downtown Saint Paul**

**theatre for you. (yes you.)™**



FitzFirst@Four is a monthly discussion group, focused on the short stories of F Scott Fitzgerald. It meets at 4:00pm on the first Sunday of every month at the University Club of St. Paul. Events are free and open to the public. For the March, April and May FitzFirst@Four programs, we are taking a look at authors who were Fitzgerald's contemporaries and the notion of the "Midwestern" voice in literature.

### March Meeting Topic: Zona Gale

**When:** March 5<sup>th</sup> at 4:00pm

**Where:** University Club

Wisconsin native Zona Gale was a novelist, playwright and the first woman to win the Nobel Prize for Drama for her work *Miss Lulu Bett*.

### April's Meeting Topic: Ernest Hemmingway

**When:** Sunday, April 2<sup>nd</sup> at 1:00pm \*please note that this is a time change from our usual 4:00pm meeting time.

**Where:** University Club

Guest speaker Robert K. Elder will discuss his book *Hidden Hemmingway*. Born in 1899 in Oak Park, Illinois, Hemmingway had a strong influence on 20<sup>th</sup> century fiction, thanks impart to his unique economical style of writing, which can be seen in works such as *For Whom the Bell Tolls* and *The Old Man and the Sea*.

Guests will be able to purchase a copy of **Hidden Hemmingway** afterwards from our partner Common Good Books for \$39.95

For more information, contact *Fitzgerald in Saint Paul* at [info@fitzgeraldinsaintpaul.org](mailto:info@fitzgeraldinsaintpaul.org), or visit [www.fitzgeraldinsaintpaul.org](http://www.fitzgeraldinsaintpaul.org).

*Fitzgerald in Saint Paul* is dedicated to celebrating the life and literature of F. Scott Fitzgerald, the revered American author and cultural icon, in his hometown of Saint Paul.

## SPRING FRENCH CLASSES

### La France d'aujourd'hui: current events and conversation

For students with extensive French experience (B1 and higher). For example, can use the conditional, imparfait, subjunctif etc. Conversation will be based on current events topics. Once a week for 2 hours, for a duration of 5 weeks Saturday 2-4 pm April 8-May 13 (no class April 22)

**Beginner Conversation** no textbook used. For students with some French experience (A2). For example, can use the present tense, passé compose, etc.

Once a week for 2 hours, for a duration of 5 weeks Friday morning 10 am-12 pm April 14-May 12

**French for Travelers** no textbook used (booklet provided) Need a crash course in survival French? For students with no prior French experience.

Once a week for 2 hours, for a duration of 5 weeks Tuesday 6 pm to 8 pm May 9-June 6

### Reading Le chien jaune de Simenon by Georges SIMENON

Read a classic « polar » with AF instructor Denis Dépinoy this Spring. This French language mystery novel by Belgian author Georges SIMENON is part of the *Commissaire Maigret* series. It recounts a series of mysterious murders in Concarneau that awakens the fear of the city's population, symbolized by the arrival of a strange yellow dog...Solve a mystery *en français!*

For students with extensive French experience (B1 and higher). For example, can use the conditional, imparfait, subjunctif etc. The book is available online at <http://www.albertine.com/books/factsheet/?sku=97822531429280000000> and is not included in the class price.

Once a week for 2 hours, for a duration of 5 weeks Wednesday 6:30-8:30 pm April 5-May 10 (no class May 3)

**All classes are \$190 registration open to AFMSP or University Club members by calling the AFMSP office at 612 332 0436.**



UNIVERSITY CLUB  
SAINT PAUL

# SAINT PAUL COLLECTION

*benefiting*



**Gillette  
Children's**

*Specialty Healthcare*

An evening filled with the best Saint Paul has to offer.  
Your favorite local Saint Paul boutiques will send their fresh  
new spring looks down the runway.

April 22<sup>nd</sup>, 2017

600-700pm VIP Cocktail Hour

700pm-800pm Fashion Show

800-900pm Mingle

Registration through Event Brite

<https://www.eventbrite.com/e/the-saint-paul-collection-tickets-31938642339>

**ATELIER** 957



**VALISE**  
BOUTIQUE & APOTHECARY

# GREAT BOOKS DISCUSSIONS

PLEASE NOTE: OUR MEETING NIGHT HAS CHANGED

Great Books Discussions will now meet at 7:00 pm on the second Monday of each month.

**In March:** On Monday, March 13 at 7pm the group will discuss two short poems dealing with the theme of War.

The poems are:

"Ode 3.2" by the Roman poet Horace. Hear it read aloud in Latin while you watch this interesting Youtube of it!

[www.youtube.com/watch?v=7qE0TUslyU](http://www.youtube.com/watch?v=7qE0TUslyU)

- and -

"Dulce et Decorum Est" by Wilfred Owen. In the best-known poem of the First World War, Owen uses one of Horace's Latin phrases as the title of his scathing critique of the valorization of war.

<http://www.warpoetry.co.uk/owen1.html>



**In April:** On Monday, April 10 at 7pm the group discusses a poem and an essay offering opposing opinions on the theme of Literature.

Ben Jonson's poem "To the Memory of My Beloved, the Author Mr. William Shakespeare", argues that the writer and his work are inseparable. Conversely, philosopher Michel Foucault's essay "What is an Author?" asserts that the interpretation of a work lies solely in its meaning for the reader; thus, the author no longer owns the story. So should we switch from revering to not acknowledging an author?

Links:

<https://www.poetryfoundation.org/poems-and-poets/poems/detail/44466>

<https://www.scribd.com/doc/10268982/Foucault-What-is-an-Author>

These selections also appear in the anthology *Counterparts*, published by the Great Books Foundation.

<http://store.greatbooks.org/colleges-book-groups/literature-anthologies/counterparts.html>

Join us for these lively discussions!

Call/text 651-285-7550 or

email Margaret King at: [kingmuelken@q.com](mailto:kingmuelken@q.com).

## BOOK CLUB

### March's Meeting:

The Invention of Wings

**When:** Tuesday, March 7<sup>th</sup> at 7:00pm

**Where:** University Club

### April's Meeting

A Thousand Splendid Suns

**When:** Tuesday, April 4<sup>th</sup> at 7:00pm

**Where:** University Club

*Books are available at the Red Balloon Bookstore - mention the U Club Book Club and receive a 20% discount!*



## COFFEE CONCERT AT THE CLUBS

Featured artists from around the Twin Cities will perform for members at both the University Club of St. Paul and the Saint Paul Athletic Club. Fresh coffee and pastries will be served.

### Flying Forms

*Flying Forms* is a baroque chamber ensemble that will perform an assortment of sonatas by Bach.

**When:** March 1<sup>st</sup>  
from 12:00pm-1:00pm

**Where:** University Club of St. Paul

### Jay Hildebrand

Jay Hildebrand is a local guitarist who will be performing a series of classical guitar suites

**When:** April 5<sup>th</sup>  
from 12:00pm- 1:00pm

**Where:** University Club



## COCKTAILS WITH PICASSO



### Mistresses and Muses

Pablo Picasso transformed 20th-century art and created some of the greatest masterpieces of his era. He found inspiration everywhere, but especially in the women that filled his life. Picasso had two wives, seven serious mistresses, and countless lovers that populate his paintings and sculptures. In this entertaining and lively talk Lisa Michaux will explore Picasso's relationships and look at the artwork that resulted from all that love!

Before and after the presentation please have a signature Picasso cocktail and browse the many artworks that Lisa brings back from Paris. she will have a wide selection of pieces in many price ranges, styles, and techniques. Look for the next Picasso to bring home and enliven your life!

**When:** March 2, 2017  
5:30 to 8:30 p.m. Art Exhibition and Sale  
6:30 p.m. Presentation

### Find out more at:

michauxfineart.com  
michauxfineart@gmail.com  
on Facebook and Instagram at Michaux Fine Art

## PAINT AND SIP

Spend the afternoon enjoying light bites, sipping a beverage and creating a watercolor landscape. Sheila Elie, an experienced art educator, will guide participants in exploring the wonderful medium of watercolor paints. This workshop requires no previous experience with watercolors, and everyone will leave with their very own work of art

**When:** Sunday, March 26<sup>th</sup>  
**Where:** University Club  
**Price:** \$30 for U club and SPAC members;  
\$40 for non-members.

Space is limited so make your reservation today by calling 651-222-1751!

## The Art of Cooking and Entertaining With Susan Ritts: Hosting a Spring Cocktail Party

Learn the tips, tricks and recipes to throw a fresh and fun spring cocktail party. Host Susan Ritts, Founder and CEO of *Susan's Sustainable Solutions* and author of *Cooking and Entertaining with Ease* will demonstrate how to create her favorite some of her favorite recipes:

*Seared scallops with  
Susan's tartar sauce*

*Mini Stuffed potatoes*

*French roasted veggies  
with tahini dip*

*Mushroom/brie crostini*

*Caprese bites*

*Mustard breadsticks*

*Mini Shrimp tacos*

*Fig & goat cheese  
bruschetta*

*Tenderloin horseradish  
dollar roll sandwiches*

*Sea salt chocolate cookies*

*fruit/cheese platter*

This class is ideal for those looking for a night to sample delicious food, sip wine and socialize with friends. Space is limited! Make your reservation today by calling 651-222-1751.

**When:** Thursday, March 30<sup>th</sup> at 6:30pm

**Where:** University Club

**Price:** \$65 per person

## JOIN US FOR CLUB ENTREPRENEUR (CLUBE)!

**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.

**Please visit the below site to RSVP (also made available in the Weekly Member Update email):**

**The details:** Club Entrepreneur (Club E) meets monthly at the U Club, and lunch is included. Please see below for details regarding the next meeting:

**When:** Wednesday, March 15<sup>th</sup>  
Wednesday, April 19<sup>th</sup>  
from 11:15am - 1:00pm (11:15am check-in, 12:00pm start)

**Where:** University Club

**Topics:** March: Mastering the Vital FEW (Focus. Execute. Win) | April TBA:

**Price:** \$25 U Club and SPAC members with code CLUB  
\$35 registration within 24 hours and at the door

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

**[www.clubesaintpaul.eventbrite.com](http://www.clubesaintpaul.eventbrite.com)**



## TOUGH MUDDER



**SPAC is gearing up for fun in the sun this summer!**

**Join the SPAC Attack team for Tough Mudder**

Saturday, July 15<sup>th</sup> in Hugo, MN

**Not quite ready for Tough Mudder?**

Join the SPAC Attack Team for *The Bad Ass Dash*

June 3<sup>rd</sup> at US Bank Stadium

If you have questions or would like to join either team, e-mail Kristin [kmontpetit@thespac.com](mailto:kmontpetit@thespac.com)

## BOSS BEATS CYCLE CLASS



Join us for an exciting intro to this class format.

**When:** Friday, March 10<sup>th</sup> at 5:30pm

**Where:** SPAC

Happy Hour to follow class; No cycle cinema for March.

*We Value your input! We are looking at adding another cycle format and we want your opinion. E-mail Jason with your ideas [jrebeck@thespac.com](mailto:jrebeck@thespac.com)*

# Vitality

Don't Make time for Massage, Make time for yourself

## 6 Months of Massage for \$62.00 a month.

Increase your sense of self with  
1 hour of Bodywork a month for 6 months.

Email [Dbrown@thespac.com](mailto:Dbrown@thespac.com) for more  
information.

### Massage Therapy Hours

Monday 9:00AM–2:00PM

Wednesday 11:00AM–7:00PM

Thursday 11:00AM–9:00PM

Friday 10:00AM–5:00PM

Saturday 10:00AM–3:00PM

Now accepting same day and walk-in appointments.  
based on availability. Open to the public.



## FUSION BY SPAC

### 8 WEEK INTRO CHALLENGE

*Begins March 14th*  
TUESDAY & THURSDAY @5:30pm  
\$200.00 per Person

Interested in trying Fusion, but aren't quite ready to jump right into class?

#### **THIS CHALLENGE IS PERFECT FOR YOU**

This 8 week challenge is for INTRO to Fusion ONLY. We dedicate all our attention to helping you learn at comfortable pace to ensure CONFIDENCE, QUALITY, and PRECISION when exercising

#### **Sign up at the front desk today**

Call **(651) 291-7722** for more details,  
OR Email Michael at [mzuehl@thespac.com](mailto:mzuehl@thespac.com)

#### **Program Includes**

- Exercise Prescription based on goals
- Learning proper form and function of the most beneficial exercises
- Hands on help with professional training
- Nutritional guidance and lectures
- Before and After body scans to track progress
- Before and After pictures to show progress (optional)

#### **Benefits on FUSION**

- Lose Fat Percentage
- Build Lean Muscle
- Increase Strength and Joint Mobility
- Increase Athletic Ability
- Community and Social Support
- Variety of exercises to increase muscle adaptation

### SUMMIT AVENUE'S HISTORIC BURBANK-LIVINGSTON-GRIGGS MANSION

Situated high on a bluff commanding breathtaking views of the Downtown St. Paul skyline and the Mississippi River Valley is Minnesota's most beautiful example of mid-19th century Italianate architecture, a magnificent mansion modeled after villas constructed in Florence in the early eighteenth century.

Unit Three is on the top floor of the mansion, and features sweeping views of Summit Avenue, downtown Saint Paul, and the Mississippi River Valley. This beautiful unit features old-world sophistication with modern updates, including beautiful hardwood floors, ornate tiling, elegant antique furniture and custom artwork. The floor plan features an open kitchen and living room configuration and access to the cupola, including sun porch.

On the river valley side of the apartment are located a fabulous stone terrace, private garden and gazebo. Amenities include wireless internet, security system, satellite/cable television, a complimentary Executive membership to both the University Club of St. Paul (located next door) and the Saint Paul Athletic Club, and three two-night stays at historic Stout's Island Lodge.



For more information and to schedule a showing, please contact  
Debbie at [dburgwald@commonwealthproperties.com](mailto:dburgwald@commonwealthproperties.com)

**651-261-7897**



# WELCOME TO THE UNIVERSITY CLUB CROQUET TEAM!

Dear Friends,

Welcome to the University Club Croquet Team!

We're glad you can spend some of your summer Sundays with us. You're joining a decades-long sporting & social tradition. As the sport may be new to you, rest assured our goal is to make a fun, positive and educational experience.

Please save the date for our Croquet kick-off Social Hour on Thursday April 20<sup>th</sup> 6pm. Meet fellow team members and other new players like you while enjoying a signature cocktail and hors d'oeuvres in the member bar.

First year members are also asked to join in two training days on Sundays April 23<sup>rd</sup> & May 7<sup>th</sup>. We all come from different background levels, and for your season to be a success, it's important that you get caught up on the basics of play. The classes offer lessons on technique, complimentary refreshments and lots of social comradery.

Here is what you will need before the season begins:

- One 'stop traffic' white outfit. Linen, seersucker and light cotton khaki are all good choices. Remember you're the star of the show out on Summit Avenue! Shirts should have collars. Pants or midi to floor length skirt.

- Men should have a straw 'boater' or similar hat.
- Women should have a white/light sun hat that 'out-classes the competition.'
- All black outfit for our end-of-year party in October.
- Practice clothing should also be light colored, but need not be formal. Shorts OK

No clothing need be expensive, but should fit well and be comfortable in summer temperatures. Feel free to have fun with your accessories!

The team will make mallets and balls available to rent for the season, but you are welcome to purchase your own equipment for play. Mallets should be 32-36" tall and balls 12 oz.

We have also enclosed the team schedule for the year. Please mark the dates on your calendar.

If you have questions, please feel free to contact the front desk or the team at [uclubcroquet@gmail.com](mailto:uclubcroquet@gmail.com)

Sincerely,  
Edward Piechowski  
Varsity Coach

The University Club of Saint Paul	Sundays ON		NOTES
<p><b>2017 CROQUET CALENDAR</b></p> <p>First years meet at 2pm at Overlook Park, Varsity at 4pm.</p> <p>A practice is noted with 'p', Match with 'm'</p> <p><b>Important Dates:</b></p> <p>Kick-Off Social Thursday April 20<sup>th</sup> 2017</p> <p>FEZZIWIG BALL Friday December 15<sup>th</sup> 2017</p> <p>AWARDS BANQUET Thursday January 18<sup>th</sup> 2018</p>	Apr. 23	p	<b>First Years (JV) only</b>
	May 7	p	<b>First Years (JV) only</b>
	May 21*	p	<b>*May 19-22 Stout's Island Getaway</b>
	June 4	p	
	June 25	m	<b>GREAT GATSBY PARTY- Kick-off Match</b>
	July 9	p	
	July 23	m	
	August 6	p	
	Aug 20	m	
	Sept 10	m	
Sept 24	m		
Oct 8	m	<b>EDWARD GOREY PARTY (Dirge Match)</b>	

# March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Camp U Club Registration Begins Coffee Concert: Flying Forms 12:pm (UC) John Adams Society 7:30pm	2 SPAC Member Night 5:30pm Cass Gilbert Society Meeting 5:30pm Cocktails with Picasso 6:30pm (UC)	3 7 Fish for 7 Fridays U Club Member Night 5pm	4
5 Fitz4 on Sunday 1pm Hands on Sunday: Dazzling Dave: Yoyo Master 2pm	6	7 Book Club 7:00pm	8 Knitting Club 2pm UC Investment Club 5:30pm	9 SPAC Member Night 5:30pm Wine Club 7pm UC	10 7 Fish for 7 Fridays U Club Member Night 5pm	11 Dive in Movie 7pm(SPAC)
12	13 Great Books 7pm	14 Pasta Night 5:30pm	15 Club E 11:15 UC Chefs' Dinner 6pm(UC)	16 SPAC Member Night 5:30pm Conversational Spanish Group 6pm UC	17 7 Fish for 7 Fridays U Club Member Night 5pm Family Fun Night: Saint Patrick's Days 5:30pm Youth Service Team 6pm	18
19	20	21 Readings By Writers 7:30pm	22 Travel Club 7pm	23 SPAC Member Night 5:30pm	24 7 Fish for 7 Fridays U Club Member Night 5pm	25
26 Paint and Sip 2pm Kids in the Kitchen: Easter Cookies 2pm	27	28 GK Chesterton Society Meeting 6:30pm	29	30 SPAC Member Night 5:30pm Art of Cooking and Entertaining with Susan Ritts 6:30pm	31 7 Fish for 7 Fridays U Club Member Night: Karaoke 5pm	

# April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Camp U Club Kick Off Breakfast 10am
2 Fitz4 on Sundays 1pm Hands on Sunday: Textile Center 2pm	3	4 Book Club 7:00pm	5 Coffee Concert: Jay Hildebrandt 12pm(UC) Wine Education Class 6pm	6	7 7 Fish for 7 Fridays U Club Member Night 5pm Kentucky Derby Hat Sale 4-7pm	8
9	10 Great Books 7pm	11 Pasta Night 5:30pm	12 Knitting Club 2pm Investment Club 5:30	13 Wine Club 7pm	14 7 Fish for 7 Friday U Club Member Night 5pm	15
16 Easter Brunch 10am-2pm	17	18 Readings by Writers 7:30pm	19 Club E 11:15pm Drinkable 7:00pm	20 Conversational Spanish Group 6pm	21 U Club Member Night 5pm Family Fun Night: Beach Party 5:30pm Youth Service Team 6pm	22
23	24	25	26 Travel Club 7pm	27	28 U Club Member Night 5pm	29
30						



# GROUP FITNESS

## Class Schedule

March 6<sup>th</sup> – April 2<sup>nd</sup>, 2017

**YOGA 101** For beginners who are interested in learning about yoga, and for anyone who wants to deepen their understanding of the practice.  
*Duration:* 55 Minutes  
*Level:* All Levels

**VINYASA YOGA** Yoga flow style takes you through sun salutation series and works on flexibility, strength, power and balance coordinated with breath.  
*Duration:* 55 Minutes  
*Level:* All Levels

**POWER YOGA** This Vinyasa-style yoga class blends breath, yoga postures and strength training to increase flexibility, improve cardiovascular capacity and strengthen both major and minor muscle groups for a complete mind and body workout that is challenging yet gentle. Light weights are optional throughout class as we move through certain postures to further challenge yogis and increase strength. All levels welcome.  
*Duration:* 55 Minutes  
*Level:* All Levels

### MORE INFORMATION

- Group fitness classes at the University Club are included free of charge to Executive Members who have athletic and pool privileges.
- Classes are taught by professional SPAC group fitness instructors and are held in the Group Fitness Studio.
- Unless otherwise stated, classes are adult only.
- Schedule is subject to change.
- Pre-registration is not required, but appreciated. Please call 651-222-1751.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 am	<b>Vinyasa Yoga</b> Dana Bedingfield					
9:00 am		<b>Power Yoga</b> Sophie Rupp		<b>YOGA 101</b> Dana Bedingfield		
6:00 pm	<b>Vinyasa Yoga</b> Jennifer Palmer		<b>Vinyasa Yoga</b> Jennifer Palmer			



# GROUP FITNESS *Schedule*

MARCH 6 – APRIL 2, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 AM Total Body Fitness Georgene (9A)		6:15 AM Cycle Georgene (5C)	5:45 AM Turbo Kick Mandy (9A)	6:15 AM Total Body Fitness Georgene (9A)	8:00 AM Cycle Georgene (5C)
					9:00 AM Barbell Strength Jason (9A)
11:45 AM Cycle Ralph (5C)	11:45 AM Barbell Strength Ex. Linda (9A)	11:45 AM Triple Threat Jerry (9A)	11:45 AM Barbell Strength Ex. Jerry (9A)	11:45 AM Cycle Ralph (5C)	9:00 AM Vinyasa Yoga (75 min.) Paula (4A)
NOON Vinyasa Yoga Barie (4A)		11:45 AM Cycle Ralph (5C)	12:00 PM PiYO Linda (4A)	NOON Vinyasa Yoga Cara (4A)	
		NOON Vinyasa Yoga Dana (4A)			
5:00 PM STEP Jason (9A)	4:30 PM Vinyasa Yoga Kara (4A)		4:30 PM Vinyasa Yoga Kara (4A)	4:30 PM Vinyasa Yoga Sarah (4A)	SUNDAY
5:30 PM Barbell Strength Jason (9A)	5:30 PM Total Barre Kara (9A)	5:00 PM Step Jason (9A)	5:30 PM Vinyasa Yoga Kristina (4A)	5:30 PM Barbell Strength Jerry/Jason (9A)	9:00 AM Vinyasa Yoga (75 min.) Jen (4A)
6:00 PM Cycle Ralph (5C)	5:30 PM Cycle Jason (5C)	5:30 PM Barbell Strength Jason (9A)	6:00 PM Total Barre Stefanie (9A)	6:00 PM Candlelight Yoga Every 1 <sup>st</sup> & 3 <sup>rd</sup> Friday Sandra (4A)	10:30 AM Gentle Yoga Jen (4A)
6:00 PM Triple Threat Georgene (4A)	6:00 PM Vinyasa Yoga Cara (4A)	6:00 PM Cycle Ralph (5C)	6:30 PM P90X Georgene (4A)		3:30 PM Warrior Sculpt Stefanie (9A)
6:30 PM Mat Pilates Georgene (9A)	6:30 PM Yoga Nidra Jason (9A)	6:30 PM Gentle Yoga Ex. Sandra (4A)			
7:00 PM Vinyasa Yoga Sandra (4A)					

**Class Locations:**

**4<sup>th</sup> Floor:** 4A = Yoga Studio | **5<sup>th</sup> Floor:** 5A =Reformer Studio A | 5B = Small Group Training Studio | 5C = Cycle Studio | **9<sup>th</sup> Floor:** 9A Group Fitness Studio | 9B=Meditation