

August 2010

Salsa Dancing Class with Tracy Everitt

Saturday, August 14th from 4:00pm-6:00pm

Tracy Everitt has appeared and danced prominently in several hit Broadway shows. He is known also as a choreographer for Liza Minnelli and for performing as a featured ballroom dancer at the NY State Theater in Lincoln Center. In addition to teaching in several studios in NYC, Europe and Asia, *his own Tracy Everitt Ballroom Dance Group teaches private students and wedding couples in NYC right in their own apartments and condos.* His domain includes all Ballroom and theatrical types of dance as well as wedding dances and includes tap dancing; these are all taught at all levels, beginner through professional. Check out Everitt's performances on Youtube as well as his history in the theater in online Broadway archives and published celebrity biographies. If you want to Salsa this summer - join us for a professional lesson and a great time!

One on One Tarot Card Readings

Sunday, August 29th from 6:00pm-8:00pm

Marcy Currier will be in the Lounge for one on one, personal Tarot card readings. Sign up for a time slot in the Manager's office and let Marcy assist you in creating your destiny.

Complimentary Personal Training Sessions & 10% PT Package Discount for August

Wednesday, August 18th from 6:00pm - 8:00 pm

5's Personal Trainers will be in the Gym ready, willing and able to design a comprehensive workout program for you. Book your appointment in the Manager's office and they will assess your health and map out a fitness program that best suits you and your goals. Personal Training packages will be 10% off for the Month of August.

COMING UP IN SEPTEMBER

Movie Madness

Labor Day

Music with Karly Jurgensen

Health Fair

Healthy Cooking

5 will have Open Theater Night Wednesday's @ 7pm.

Bring us your own DVD or Pick one from 5's DVD Library and we'll play the movie for you!

Membership Rates

ONE YEAR @ \$745
 SIX MONTH @ \$405
 THREE MONTHS @ \$225
Bonus: With the purchase of a NEW Membership package, each member will receive a FREE personal training session or 10 FREE guest passes.

Personal Training Rates

1 session @ 85
 5 sessions @ \$400
 10 sessions @ \$760
 20 sessions @ \$1480

Reminders - Updates

Guests **MUST** register in the Manager's office.
 There is a **TEN DOLLAR** fee for all Guests.
 Day passes can be purchased in the office.
 Alcohol is prohibited in the Club and on the terrace.

5's Additional Amenities



Private Rentals

Did you know you could rent the Lounge, the Terrace and the Screening Room for a Private Party? Give us two weeks notice and we can help you plan a special Private event at 5 for you and your friends and family. Call us for all the details.

Rent a Movie from 5

You can take two movies per rental.

Movies must be returned within three days!

See a Lifestyle Specialist for a list of our movies or browse our selection in the office.

Open Theater

Bring a movie of your own or pick one from our library and we'll play it for you in the Screening Room. You may reserve the evening's title in advance by contacting the Manager or a Lifestyle Specialist.



Scheduled Classes	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Monday Full Body Makeover 8:15 PM	1 6PM Movie Green Zone	2 Full Body Makeover 8:15PM	3 Yoga 6:45PM	4 Open Theater 7:00pm	5 Full Body Makeover 7:15PM	6 Pilates 6:45AM	7 Treadmill Burn 9:00AM Pilates 10:30AM
Tuesday Yoga 6:45pm	8 6PM Movie Clash of the Titans	9 Full Body Makeover 8:15PM	10 Yoga 6:45PM	11 Open Theater 7:00pm	12 Full Body Makeover 7:15PM	13 Pilates 6:45AM	14 Treadmill Burn/Pilates Salsa Dancing 4-6pm
Thursday Full Body Makeover 7:15PM	15 6PM Movie The Losers	16 Full Body Makeover 8:15PM	17 Yoga 6:45PM	18 Open Theater 7:00pm Personal Training Sessions	19 Full Body Makeover 7:15PM	20 Pilates 6:45AM	21 Treadmill Burn 9:00AM Pilates 10:30AM
Friday Sunrise Pilates 6:45 AM	22 6PM Movie Date Night	23 Full Body Makeover 8:15PM	24 Yoga 6:45PM	25 Open Theater 7:00pm	26 Full Body Makeover 7:15PM	27 Pilates 6:45AM	28 Treadmill Burn 9:00AM Pilates 10:30AM
Saturday Treadmill Burn 9AM Pilates 10:30AM	29 6PM Movie Chloe Tarot Card Readings 11am - 1pm	30 Full Body Makeover 8:15PM	31 Yoga 6:45PM				
CLUB 5 HOURS Weekdays 6:00AM-10:00PM Weekends 8:00AM-10:00PM							
FITNESS CENTER Open 24 Hours							