

# WHAT'S UP ON

May 2008



THE BILTMORE

271 W. 47<sup>TH</sup> St., New York, NY 10036  
Tel 212.245.3600 Fax 212.245.3606  
[www.thebiltmoreny.com/theclub.php](http://www.thebiltmoreny.com/theclub.php)

## THE LOWDOWN ON WHAT'S UP!

5 is relaxing this Memorial Day with a picnic on our outdoor terrace. It's the ultimate opportunity to enjoy the terrace serenity right in the middle of fast paced NYC. Enjoy hot dogs, hamburgers and summer salads along with tangy concoctions from 5's **NEW Juice Menu**.

This is **Levitate Yoga's** last month indoors before they take on the NYC sunset on 5's outdoor terrace. Start with the beginner routine inside to be ready to strut your stuff outside come June. You will look and feel 2 inches taller and 10 pounds lighter.

5 is **BEACH READING READY**. We have restocked our lending library with the latest mystery, drama and romance bestsellers. Get a head start and enjoy the spring sunshine out on 5's terrace.

Own a **BLACKBERRY**? Know **ALL** the features it has? Come down Tuesday, May 20<sup>th</sup> to learn the ins and outs of this palm computer. If you don't own one, now is the time to see if you should.

Yours in health and leisure,  
Stephanie Knepp, 5 Lifestyle Manager

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5 will close @ 4 PM on Monday, May 26<sup>th</sup> in observance of Memorial Day.

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## EVENTS @ 5

### Memorial Day Picnic

MONDAY, May 26<sup>th</sup> @ 11 AM – 3 PM

5 is relaxing this Memorial Day on our serene outdoor terrace. Spend time with neighbors and friends while enjoying hot dogs, hamburgers and summer salads along with crisp fruity concoctions from our **NEW JUICE MENU**.



### Get To Know Your Gadgets: The Blackberry

TUESDAY, MAY 20<sup>th</sup> @ 7 PM

5's newest lecture series kicks off this month with the Blackberry. Learn the ins and outs of your device, (not just email) that this palm computer can do. If you don't own a blackberry, come down and see if you should.



## MEMBERSHIP RATES

ONE YEAR \$745

SIX MONTHS \$405

THREE MONTHS \$225

*(Group discount rates available.)*

## REMINDERS & UPDATES

When you join or RENEW you will receive **10** guest passes or a **COMPLIMENTARY** one-on-one personal training session with one of our certified personal trainers.

### Children are not permitted in 5.

Members and Guests MUST be 16 years of age or older to visit 5.

**NO SMOKING** or alcohol consumption within 5, including the terrace. The cigarette butts on the terrace are making the space unattractive; please respect the club and other members by not smoking.

## ON THE GO!

Weekday Breakfast:

Monday - Friday

Starting @ 6:30AM



# EVENTS @ 5

## Relax and Roll

THURSDAYS @ 7 PM

Join Stephanie with this new combination class of stretch and toning while using a gymnastic ball. This 45 minute class will get you ready for cardio blast workout JUMP SNAP that follows @ 8 PM. Thursdays are total body workout nights. Getting in shape has never been this fun and relaxing.



## Levitate Yoga

MONDAYS @ 7 AM

Connie is back to get you looking two inches taller, 10 pounds lighter and feeling GREAT! The outdoor terrace yoga season begins next month. Get ready with these beginner classes indoors so you can strut your stuff outside in the sunshine. Start your morning off with the right stretch!



## 5 is Beach Reading Ready

5's library has been restocked with the latest mystery, drama and romance best sellers to get you ready for the beach reading season. Get a head start and enjoy the sunshine on 5's outdoor terrace.



### THE FIVE AT 5

Sunday, May 4<sup>th</sup> 7:00 PM  
Sweeney Todd

Sunday, May 11<sup>th</sup> 7:00 PM  
Over Her Dead Body

Sunday, May 18<sup>th</sup> 7:00 PM  
Mad Money

Saturday, May 24<sup>th</sup> 7:00 PM  
Cloverfield

Sunday, May 25<sup>th</sup> 7:00 PM  
National Treasure 2

### COMING UP IN JUNE

- OUTDOOR TERRACE YOGA
- 5's PIZZA CHALLENGE

Scheduled Classes	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Monday Levitate Yoga 7 AM Sculpt! 7 PM					1 Relax and Roll 7:00 PM  Jump Snap 8:00 PM	2 7PM MOVIE 30 Days of Night (SR)	3 7PM MOVIE American Gangster (SR)
Tuesday Sunrise Pilates 7 AM Belly Buster 7:30 PM Jump Snap 8 PM	4 7PM MOVIE Sweeney Todd (SR)  Wii Competition 7PM	5 Levitate Yoga 7:00 AM  Sculpt! 7:00 PM	6 <b>No Belly Buster or Jump Snap Class tonight.</b>	7 Sculpt! 7:00 PM	8 Relax and Roll 7:00 PM  Jump Snap 8:00 PM	9 7PM MOVIE August Rush (SR)	10 7PM MOVIE The Assassination of Jesse James (SR)
Wednesday Sculpt! 7 PM							
Thursday Relax and Roll 7 PM Jump Snap 8 PM							
Friday Sunrise Pilates 6:45 AM	11 7PM MOVIE Over Her Dead Body (SR)  Wii Competition 7PM	12 Levitate Yoga 7:00 AM  <b>No Sculpt! Class tonight.</b>	13 Belly Buster 7:30 PM  Jump Snap 8:00 PM	14 Sculpt! 7:00 PM	15 Relax and Roll 7:00 PM  Jump Snap 8:00 PM	16 7PM MOVIE Awake (SR)	17 7PM MOVIE I Am Legend (SR)
Saturday Sunrise Pilates 10:30AM							
Club Hours WEEKDAYS 6:00AM-10:00PM Fitness Center 24 hours	18 7PM MOVIE Mad Money (SR)  Wii Competition 7PM	19 Levitate Yoga 7:00 AM  Sculpt! 7:00 PM	20 Get To Know Your Gadgets: The Blackberry 7:00 PM	21 Sculpt! 7:00 PM	22 Relax and Roll 7:00 PM  Jump Snap 8:00 PM	23 7PM MOVIE Beowulf (SR)	24 7PM MOVIE Cloverfield (SR)
WEEKENDS 8:00AM-10:00PM Fitness Center 24 hours TEL: 212-245-2266	25 7PM MOVIE National Treasure 2 (SR)  Wii Competition 7PM	26 <b>No Yoga Class this morning.</b>  Memorial Day Picnic 11AM - 3PM	27 Belly Buster 7:30 PM  Jump Snap 8:00 PM	28 Sculpt! 7:00 PM	29 Relax and Roll 7:00 PM  Jump Snap 8:00 PM	30 7PM MOVIE Enchanted (SR)	31 7PM MOVIE Juno (SR)