

THE TRUMBULL TIMES

CELEBRATE WITH YOUR SWEETHEART AT THE CLUB!

TREAT YOUR BELOVED TO A ROMANTIC DINNER AND A CUPID'S GIFT BASKET!

VALENTINE'S DINNER AT THE CLUB!



SATURDAY, FEBRUARY 13 • BEGINNING AT 5:00 PM

Join us for an elegant evening planned especially for your beloved and you!

Executive Chef Reggie and the TCC culinary team have created a spectacular menu of incredible appetizers, exquisite entrées and delectable desserts.

SPECIAL MENU

Crab Cakes • Land & Sea • Lobster Tails • Black Angus Prime New York Strip Steak
Lobster Ravioli • Chicken Alouette • Almond Crusted Chicken • Alaskan Halibut • Vegetable Stack
Strawberry Supreme • Chocolate Tart for Two • And much, much more!

LIVE ENTERTAINMENT BY ESTO JAZZ

This sax and keys duo will create an idyllic atmosphere for this extra special night.

We're looking forward to serving you and making this most special evening memorable!

Be sure to make your reservation today by calling 330.372.4024.





NEW DRIVING RANGE PROJECT IS UNDERWAY... TO BE COMPLETED MAY 2021

The TCC Board of Directors is pleased to announce the proposed driving range project has been approved and the earth is being shaped. This exciting project will allow all of our Members and your guests to better utilize our practice facilities. This enhancement will increase the length of our driving range by up to 75 yards! The teeing area will be wider and longer, allowing for better turf conditions. Also, we will be adding new target greens so you can hone in your iron play. A strip of synthetic turf will not only allow you to practice when the weather does not cooperate, but it will also allow us to maintain the best natural surface for you by utilizing the synthetic turf for large outings.

You and your guests deserve the best and the best is exactly what we are going to provide. Stay tuned for more updates and photos as this enhancement project takes shape!











THIS MONTH AT THE CLUB WE CELEBRATE L VE!

Hello Friends,

February is upon us, and I hope this month finds you happy, healthy and full of love. While the weather may be cold, the Club is warm and wonderful. We continue to offer live entertainment every Wednesday, Friday and Saturday so be sure to bring your friends and family out to enjoy a great evening of food, drinks and music. Also, don't forget about us for any lunch plans as we are happy to deliver to your home or office if you are craving any of our wonderful soups, salads or sandwiches.

This month is highlighted with our lovely Valentine's Day Dinner on Saturday, February 13. Executive Chef Reggie and his culinary team have prepared a tremendous menu for you and that special someone in your life to enjoy. We will also continue our tradition of offering our Valentine's Day Gift Baskets via delivery to the home or office of that special someone in your life. These baskets include the best Chocolate Covered Strawberries you will ever have along with a bottle of Champagne. Having delivered these baskets personally last year, I can guarantee the recipient will be an extremely happy Valentine!

This month is about spreading the love, and we have a membership incentive that is certain to accomplish just that. Receive \$100 dues credit for each Member that you refer who is approved for membership. Referral credits are unlimited, so talk with your friends today. Please send any referrals my way and I'll be more than happy to assist.

As we slowly advance toward Spring, the Board of Directors has some wonderful plans set forth to improve the Club. These projects will enhance your experience and make your home away from home even better! The official announcement of these projects will be forthcoming and is sure to make the coming Summer season the Best One Ever at TCC!

Thank you for being a Member of the Best Club in The Valley!

See you at the Club,

Cory

Cory Pagliarini General Manager, Trumbull Country Club



TCC MANAGEMENT TEAM CONTACT **INFORMATION**



CORY PAGLIARINI

General Manager 330.372.402<u>4</u> x 1<u>05</u> cory@trumbullcountryclub.net

MARCI FORESMAN

Clubhouse Manager 330.372.4024 x 120 mforesman@avifoodsystems.com

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REGGIE GIANCOLA

Executive Chef 330.372.4024 x 118 rgiancola@avifoodsystems.com

FRANK GOMBARCIK

Sales and Event Manager 330.372.4024 x 103 fgombarcik@avifoodsystems.com

JASON HASTINGS

Head Golf Professional 330.372.5127 jason@trumbullcountryclub.net

NICK PROVINCE

Golf Course Superintendent 702.466.5565 nick@trumbullcountryclub.net

JACKIE PAKOS

Office Manager 330.372.4024 x 101

WELCOME!

Please join us in extending a warm welcome to our newest Members!

NEW GOLF MEMBERS Anthony & Cynthia Adduci Jon & Anne Wike

NEW SOCIAL MEMBER Hank V. Ross

As of 2-3-21

CUPID'S GIFT BASKETS

Flowers are nice, but TCC Cupid's Gift Baskets are TWICE AS NICE!!

We will be delivering delicious gift baskets for our Members! A great surprise for your sweetheart, colleagues and precious friends.

Simply call the TCC at 330.372.4024 to place your order by Tuesday, February 9.

We will deliver them on Friday, February 12 or Saturday, February 13 at your requested time.



BERRIES & BUBBLY GIFT BASKET OPTIONS

Each basket will feature 6 Chocolate Covered Strawberries and a bottle of Champagne for \$50

12 Chocolate Covered Strawberries and a bottle of Champagne for \$75!











Full House



Chris Wintrip



Tommy Chris Trio



Esto Jazz



Richie Wilkins Trio



Nick Adduci



Dominic Reto & Doug Thomas



Party of Two

ENJOY **SMOOTH SOUNDS** BY OUR TALENTED LOCAL MUSICIANS THREE NIGHTS A WEEK!

TCC continues to offer live entertainment three nights a week beginning at 6:30 PM, featuring the area's best musicians.

> Wednesday, February 3 • JOHN REESE TRIO Friday, February 5 • FULL HOUSE

Wednesday, February 10 • TOMMY CHRIS TRIO

Friday, February 12 • RICHIE WILKINS TRIO

Wednesday, February 17 • **DOMINIC RETO & DOUG THOMAS**

Friday, February 19 • JOHN REESE TRIO

Wednesday, February 24 • ARIELLE GREEN

Friday, February 26 • TOMMY CHRIS TRIO

SATURDAY NIGHT **SOUNDS, SNACKS & SIPS!**

Slip away to TCC for fun and relaxation, leaving behind the realities of the day!

\$2 off all appetizers from 6:30 PM - 8:30 PM \$2 domestic beers • \$5 select vodka drinks • \$5 Sangria \$4 glasses of select chardonnay • 20% off all bottles of wine

> Saturday, February 6 • CHRIS WINTRIP Saturday, February 20 • NICK ADDUCI

Saturday, February 27 • PARTY OF TWO



SPECIAL EVENTS (cont'd)

FEBRUARY TCC CHEF'S TABLE: A NIGHT IN PARIS

Thursday, February 25 • 6:30 PM

In honor of Valentine's Day, invite your loved one to a romantic dinner with a beautiful French inspired 5-course extravagant meal, complete with wine pairings!

BON APPETIT!

Please note that this culinary experience is limited to 20 guests due to COVID-19 restrictions.

CALL 330.372.4024 FOR RESERVATIONS!

\$75 PER GUEST • Event cancellation policy applies







SPECIAL EVENTS (cont'd)

SAVE THE DATE!

THURSDAY, MARCH 25 • 6:30 PM

MARCH TCC CHEF'S TABLE: A TASTE OF SPAIN

Executive Chef Reggie is honoring the rich food history of Spain.

From tasty tapas to delicious dishes, he will awaken your taste buds with carefully selected seasonings and flavors. Don't miss this indulgent 5-course dinner, complete with amazing wines!

SAY HOLA TO A NEW EXPERIENCE!

Please note that this culinary experience is limited to 10 quests due to COVID-19 restrictions.

CALL 330.372.4024 FOR RESERVATIONS! \$75 PER GUEST • Event cancellation policy applies



DINING

CULINARY CORNER

Salutations TCC Food Lovers.

Valentine's Day. The day that focuses on the love in your life and the showering of gifts to show just how much you appreciate him or her. Just like most holidays, this day has a strong connection with food. The overwhelming front runner is always chocolate. I mean, the classic gift is flowers and chocolate. Chocolate is almost synonymous with Valentine's Day at this point. This holiday is also huge for dinner dates. Meaning there are plenty of other foods besides chocolate that are very popular on this day, they just don't get the recognition.

The overwhelming favorite is steak. Around Valentine's Day, people are looking up pointers on how to cook the best steak. The method, the seasoning, the temperature, etc. Steak has always been a very popular food, but because of high costs, not many people can afford to have it on a regular basis. So special occasions like Valentine's Day are the perfect time to treat yourself or your significant other.

Right up there next to the main attraction are the sauces and sides that will turn that steak into a spectacular dish! I love chocolate, but I think I would rather see Valentine's Day be known for eating great steaks! My favorite way to cook steak is searing it in a hot cast iron pan to create a nice crust on the outside, then throwing in some butter, garlic cloves, fresh thyme and rosemary and basting the steak to infuse these flavors. It's a relatively quick process because, for me, the perfect steak temperature is medium rare. But to each is own.

Of course, if you're not feeling up to preparing your own beautiful meal for someone special this Valentine's Day, my culinary team and I would be honored to do the cooking for you!

Gul THul, of

Reginald F. Giancola, III, Executive Chef, Trumbull Country Club "True love is rare, like a good steak. Help me cut it up."

- Jarod Kintz



SIMPLY IRRESISTIBLE SPECIALTY COCKTAILS



The Flirtini A cocktail that will make you "Absolut"-ly fall in love all over again!



Café Amore A warm, nutty and delicious hot coffee cocktail – just as any great relationship should be!



Scarlett Kiss As intoxicating as you can imagine with the pleasing essence of strawberry and Chambord!

THE TCC TEAM IS TRULY THANKFUL FOR YOUR FEEDBACK!

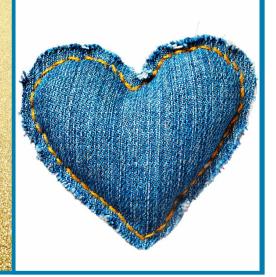
NOTES OF APPRECIATION

From a valued TCC Member regarding a carry-out order on New Year's Eve:

"What a delicious meal! Every element (and we ordered a lot of them from that great menu!) was so delicious! Compliments to Chef Reggie and the entire kitchen staff on an outstanding night. Thank you!"

From a valued TCC Member regarding a recent experience:

"Everything turned out perfect. Great weather and great food! The boxed lunch was a hit. Thank you for all your help." Vicki Ambrosy



FITNESS



WEEKLY **CLASS SCHEDULE**

MONDAY

ZUMBA 11:00 AM - 12:00 PM

MAYHEM 5:15 PM - 6:15 PM

TUESDAY

PILATES 12:00 PM - 1:00 PM

SCULPT 5:30 PM - 6:30 PM

WEDNESDAY

TOTAL BODY STRENGTH 11:00 AM - 12:00 PM

YOGA 12:00 PM - 1:00 PM

CHAOS 5:30 PM - 6:30 PM

THURSDAY

POUND 11:00 AM - 12:00 PM

NO MERCY 5:30 PM - 6:30 PM

FRIDAY

STRENGTH & STRETCH 12:00 PM - 1:00 PM

> **ZUMBA** 5:30 PM - 6:30 PM

SATURDAY

NO MERCY 8:30 AM - 9:30 AM

All classes are **FREE** for TCC Members!



YOU'LL **LOVE** WORKING OUT **WITH US!**

CLASS DESCRIPTIONS

CHAOS taught by Lori Butler

Consistently inconsistent! Chaos is a group fitness class involving a wide variety of different fitness styles every week with constantly varied movements and styles including HIIT, sculpting and more. Embrace the Chaos! All fitness levels welcome. Be strong. Be fit.

HOURS OF OPERATION MONDAY - TUESDAY 6:30 AM - 7:00 PM **WEDNESDAY - SATURDAY** 6:30 AM - 9:30 PM **SUNDAY: CLOSED**

FITNESS CLASSES ARE FREE

FOR ALL SOCIAL AND GOLF MEMBERS! Scheduling a one-on-one experience with

training needs is also available. Our VIBE

to help you meet your fitness goals. We look

forward to smiling and sweating with you!

MAYHEM taught by Lori Butler

Super sets using kettlebells and dumbbells with cardio infused for a total body workout. Be strong.

NO MERCY taught by Alaina Donadio

A full body workout incorporating cardio, dumbbells and resistance bands. Be strong. Be fit.

PILATES taught by Dorine Owens

Pilates mat exercises engage and strengthen the deeper ab muscles responsible for a sleek, flat stomach. It can also give you exceptional whole-body toning and graceful posture, plus make your daily activities easier to do. Be calm. Be fit.

NEW CLASS! POUND taught by Krystle Guerrero

This cardio dance class fuses musical rhythms, choreographed dance moves and pound/drums to create a dynamic workout that's designed for fun, calorie burning and toning! Be strong. Be fit.

SCULPT taught by Sara Hummell

Sculpt utilizes body weight and free weights with the barre and floor mats. Build strength while toning and stretching your muscles. Be strong. Be fit.

STRENGTH & STRETCH taught by Dorine Owens or Sharon Jarvis

This class strengthens and stretches your entire body by using body weight, free weights, pilates, yoga and stretching relaxation exercises to leave you feeling strong and relaxed! Be calm.

TOTAL BODY STRENGTH taught by Sharon Jarvis

A body sculpting workout targeting all the major muscles by using various types of equipment to build long, lean muscles. Be strong. Be fit.

YOGA taught by Dorine Owens

A moderately paced Vinyasa flow class where you build yoga foundations and are pushed to your "edge." Modifications offered to make the practice accessible to all. **Be calm.**

ZUMBA taught by Krystle Guerrero

Love to dance? Zumba combines music with dance moves incorporating interval training with alternating fast and slow rhythms. Be fit.



FROM THE PRO

Warm Greetings to our Golfers,

INSTRUCTIONAL TIPS

Often, I find that golfers either set themselves up for success or failure before they even begin to take the golf club back. Therefore, I would like to use this article to outline 5 preswing flaws that I often see, and if corrected, will increase the likelihood of a solid shot. The good news is that all of these can be rehearsed inside our homes, in front of a mirror to prepare us for the 2021 golf season.

(All illustrations assume right-handed player.)

Neutral to Slightly Strong Grip

The grip we take at setup has the largest impact on the clubface, which inevitably controls where the golf ball goes. Therefore, it is crucial that we grip the club correctly in our fingers so that we can control the flight of the golf ball. Notice how the right index finger knuckle should be seated comfortably right of center.

Sidebend

Most golfers tend to have too much spine tilt at address, causing their body to want to stand up (our natural walking position) throughout the swing sequence. My preference is to see a more vertical address position (Armpits over balls of feet) which will then promote more spine tilt and rotation in the downswing and through impact.

Trail Arm Position

It is vital to make sure the hands, arms and shoulders are all in sync at setup so that the golf club can swing back and thru on its natural plane, absent of unnecessary forces. The biggest flaw I see in golfers is when the trail arm is higher than the lead arm. This will promote an open upper body and swing path that is steep and outside to in. Notice in the illustration that the left (lead) hand, arm, and shoulder should be higher that the right (trail) hand, arm, and shoulder.

Sole of Club Flat on the Ground

It is quite common to see amateur golfers overextend their arms at setup (pushing the grip downwards) which produces a clubhead the has the heel digging and toe skyward. I would encourage anyone who might suffer from this pre-swing fault to work on getting those hands a little higher at address, so that the entire sole of the club can rest comfortably on the ground. This correction will help the club swing more naturally on plane and increase your centeredness of contact.

Ball Position

Perhaps the easiest to fix and the most overlooked! Generally, you cannot go wrong with the ball in the center of the stance. As the club gets longer, we should gradually inch the ball position further forward until the driver that is played just inside our front heel. Unless you are playing a specialty shot, such as a low chip and run or a pinch out of the woods, the ball should never be back of center. Playing the ball back will promote a steep angle of attack and club path too much from the inside.

Jason Histinge

Jason Hastings Head Golf Professional Trumbull Country Club



PLAN YOUR GOLF OUTINGS AT TCC!

TCC offers competitive golf outing rates for companies, fundraisers and special events!

Our 2021 calendar is ready to take your reservation!

FEBRUARY GOLF SHOP HOURS OF OPERATION

By Appointment Only Please contact Jason Hastings for assistance. Email: jason@trumbullcountryclub.net

We are deeply saddened by the passing of

Dr. Thaddeus D. McGuire, a long-time valued and committed Member of the Club. During the last year Dr. McGuire, usually accompanied by his daughter Molly, would lunch at the Club, enjoying every moment of the atmosphere, the food and having a "real beer" on his last visit in December. Our heartfelt condolences to the McGuire family, and we will keep them in our thoughts and prayers.

NEWS & NOTES

FOURTH QUARTER CLUBHOUSE DINING SURVEY RESULTS

A special thank you goes out to all Members who completed our most recent Clubhouse Dining Survey. We appreciate your open and honest feedback. Highlights from the Fourth Quarter 2020 Clubhouse Dining Survey are as follows:

Friendliness of TCC Service Staff (4.8/5 stars)

Responsiveness of TCC Service Staff (4.4/5 stars)

Quality of Meal (4.5/5 stars)

Variety of Dining Menu Options (4.0/5 stars)

Variety of Drink Menu Options (4.3/5 stars)

Speed of your Dining Experience (4.3/5 stars)

Cleanliness of Dining Area (4.8/5 stars)

Overall Dining Experience (4.5/5 stars)

Members were likely to recommend dining at Trumbull Country Club to a friend with a rating of 9/10.



DIRECTLY FROM OUR MEMBERS...



"There has been a marked improvement in service....great to see it again...thanks!"

"A great chef along with John make for a fantastic dining experience."

"Pick up items are packaged very nicely and it's a nice, convenient option to get a few great meals for my family."

"Dining experience is amazing.- Food is incredibly delicious."

"Service and staff are sensational."

"Brought my best friend and her husband to late lunch/dinner.

The service and quality of the food was great. My friends were impressed."

"We have never enjoyed the club more than we do now!"

"Everything is always wonderful! The staff is professional, and courteous. We are always made to feel genuinely welcome and the staff does an excellent job of neither rushing nor ignoring us. We always look forward to dining at the club because we know what a great experience we'll have...it feels like we're visiting friends."

"French dip sandwich, meatball/hot pepper pizza, and lemon artichoke chicken are fantastic!"

"Cory & Staff do a great job!"

As a reminder, we warmly welcome your feedback at any time. Please call our 24-HOUR SERVICE HOTLINE at 330.647.6465. All messages to the Service Hotline are sent directly to Cory Pagliarini, General Manager. WE'RE LISTENING!

FEBRUARY CLUBHOUSE DINING HOURS



WEDNESDAY - SATURDAY

Open at 12 Noon
Kitchen Closes 9:30 PM

SUNDAY - TUESDAY

Clubhouse Closed

Available for private events.

We also offer Carry-Out, Curbside Pick Up and Delivery.

Service charge will be waived for carry-out and curbside pick up orders.

Service charge will apply for delivery only.

Reservations are preferred. Thank you! Call 330.372.4024.

TCC OFFICE HOURS

MONDAY - FRIDAY: 9:00 AM - 5:00 PM • 330.372.4024

Our friendly office team is available to assist you in any way, whether it be to make dining or event reservations, answer membership or billing questions or simply to field any general inquiries!

For questions, comments and concerns, please call TCC's

24-HOUR SERVICE HOTLINE! 330.647.6465

EVENT RESERVATION CANCELLATION AND FOOD AND BEVERAGE MINIMUMS POLICY REMINDERS

It is TCC policy that all Members make advanced reservations for all Club events to ensure the best possible experience for all. We also appreciate an advanced courtesy call should your plans change if you are unable to attend. Please note if you do not call to cancel 12 hours prior to the event and therefore do not show up for a Club event for which you had a reservation, your account will still be charged for the cost of the event.

Your membership at TCC requires very modest food and beverage minimums. The minimum amount is \$155 per quarter excluding tax and gratuity. All food and beverage purchases made through carry-out, curbside pick up, delivery or Clubhouse dining, as well as Club events, are applied to the \$155 quarterly minimum.

Thank you for your understanding.



Get Social@TrumbullCountryClub!

Visit TCC's Facebook page and follow us on Instagram! We're posting Club updates, special events, Member information, photos and more! Like us and share us with your friends and followers.

MAKE YOUR SPECIAL OCCASIONS MEMORABLE AT TCC!

Looking for that perfect place to host your next one-of-a-kind event? Look no further than TCC to make your events memorable! We offer exquisite dining that is second to none, inspiring views of our beautiful grounds and an incredible service team. Our expert team takes the time to plan and meticulously execute the finest details to ensure that your event is outstanding!

When planning your upcoming family gatherings and special occasions, think TCC! It's never too early to plan for every season's holiday events! Prime dates are available, but call today because the Club is the hottest place around for hosting special events!

Call TCC'S Sales and Event Manager, Frank Gombarcik, at 330.372.4024 x 103 to get started!

TCC's creativity, attention to detail and event planning expertise will bring your vision to life!



KEEP CURRENT WITH CLUB EVENTS!

We want you to be informed about upcoming Club events, dining specials, Club news, announcements and so much more!

Please be sure that we have your most up-to-date email address so we can keep in touch! Also, if you would like to submit additional email addresses for receiving Club information, just let us know!

Contact the TCC office at 330.372.4024 to submit or update your email address.



600 Golf Drive NE Warren, OH 44483

330.372.4024 • TrumbullCountryClub.com

2021 BOARD OF DIRECTORS

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Budget Committee Co-Chair

FEBRUARY 2021 AT-A-GLANCE CALENDAR

SUNDAY Clubhouse Closed. Available for private events.	MONDAY Clubhouse Closed. Available for private events.	TUESDAY Clubhouse Closed. Available for private events.	WEDNESDAY Open at 12 Noon Kitchen Closes at 9:30 PM	THURSDAY Open at 12 Noon Kitchen Closes at 9:30 PM	FRIDAY Open at 12 Noon Kitchen Closes at 9:30 PM	SATURDAY Open at 12 Noon Kitchen Closes at 9:30 PM
	1	2	3 Live Entertainment: JOHN REESE TRIO 6:30 PM Prime Rib Special TOTAL BODY STRENGTH 11:00 AM - 12:00 PM YOGA: 12:00 PM - 1:00 PM CHAOS: 5:30 PM - 6:30 PM	4 Pizza Special POUND 11:00 AM - 12:00 PM NO MERCY 5:30 PM - 6:30 PM	5 Live Entertainment: FULL HOUSE 6:30 PM Fish Special STRENGTH & STRETCH 12:00 PM - 1:00 PM ZUMBA 5:30 PM - 6:30 PM	6 Saturday Night Sounds, Snacks & Sips 6:30 PM CHRIS WINTRIP Comfort Food Special NO MERCY 8:30 AM - 9:30 AM
7	8 ZUMBA 11:00 AM - 12:00 PM MAYHEM 5:15 PM - 6:15 PM	9 PILATES 12:00 PM - 1:00 PM SCULPT 5:30 PM - 6:30 PM	10 Live Entertainment: TOMMY CHRIS TRIO 6:30 PM Prime Rib Special TOTAL BODY STRENGTH 11:00 AM - 12:00 PM YOGA: 12:00 PM - 1:00 PM CHAOS: 5:30 PM - 6:30 PM	POUND 11:00 AM - 12:00 PM NO MERCY 5:30 PM - 6:30 PM	12 CUPID'S GIFT BASKET DELIVERIES Live Entertainment: RICHIE WILKINS TRIO 6:30 PM Fish Special STRENGTH & STRETCH 12:00 PM - 1:00 PM ZUMBA 5:30 PM - 6:30 PM	13 CUPID'S GIFT BASKET DELIVERIES VALENTINE'S DINNER Live Entertainment: ESTO JAZZ 6:30 PM NO MERCY 8:30 AM - 9:30 AM
Saledines Day	ZUMBA 11:00 AM - 12:00 PM MAYHEM 5:15 PM - 6:15 PM	PILATES 12:00 PM - 1:00 PM SCULPT 5:30 PM - 6:30 PM	17 Live Entertainment: DOMINIC RETO & DOUG THOMAS 6:30 PM Prime Rib Special TOTAL BODY STRENGTH 11:00 AM - 12:00 PM YOGA: 12:00 PM - 1:00 PM CHAOS: 5:30 PM - 6:30 PM	POUND 11:00 AM - 12:00 PM NO MERCY 5:30 PM - 6:30 PM	19 Live Entertainment: JOHN REESE TRIO 6:30 PM Fish Special STRENGTH & STRETCH 12:00 PM 1:00 PM ZUMBA 5:30 PM - 6:30 PM	20 Saturday Night Sounds, Snacks & Sips 6:30 PM NICK ADDUCI Comfort Food Special NO MERCY 8:30 AM - 9:30 AM
21	22 ZUMBA 11:00 AM - 12:00 PM MAYHEM 5:15 PM - 6:15 PM	23 PILATES 12:00 PM - 1:00 PM SCULPT 5:30 PM - 6:30 PM	24 Live Entertainment: ARIELLE GREEN 6:30 PM Prime Rib Special TOTAL BODY STRENGTH 11:00 AM - 12:00 PM YOGA 12:00 PM - 1:00 PM CHAOS: 5:30 PM - 6:30 PM	25 TCC CHEF'S TABLE 6:30 PM Pizza Special POUND 11:00 AM - 12:00 PM NO MERCY 5:30 PM - 6:30 PM	26 Live Entertainment: TOMMY CHRIS TRIO 6:30 PM Fish Special STRENGTH & STRETCH 12:00 PM - 1:00 PM ZUMBA 5:30 PM 6:30 PM	27 Saturday Night Sounds, Snacks & Sips 6:30 PM PARTY OF TWO Comfort Food, Special NO MERCY 8:30 AM - 9:30 AM
12		Pad toyt indice	tes FREE classes at TCC's	Viha Fitnass Studio		