

# Meadow Mill Athletic Club

## Happenings...

March / April 2017



### Club Happenings

#### MAS & Yappy Hour

Join us March 7 and April 7 from 5:30 to 7:30 p.m.



Maryland Animal Sanctuary and Rescue invites you to come and meet adoptable animals and enjoy some free snacks.

#### Spring Training Season

Get yourself in shape for Spring Break! Personal training is available. Leave your contact information for Karen at the front desk.

#### Diet To Go

A great way to eat healthy and cut calories with portion control meals. MMAC members receive 20 percent off the first week of meals. An info brochure is available at the front desk.



#### Join the Challenge



Sign up to challenge yourself and meet your fitness goals with Brian. Meet for an evaluation at the beginning of your personal challenge and track your progress at the end. Sign up for a month-long program for \$60 at the front desk.

### Squash Clinics



Learn how to play squash at our FREE singles clinics Monday at 6:30 p.m. with Reagan

Intermediate clinics will be held on Thursdays at 6:30 for \$10/\$15. E-mail Reagan at [rmarti82@gmail.com](mailto:rmarti82@gmail.com) to sign up or for more information.

Omar Sobhy Clinics for advanced players will be held from 5:45 to 7:15 p.m. on Mondays and Wednesdays. Contact Omar at 516-659-6078 or [omar.sobhy@sobhyco.com](mailto:omar.sobhy@sobhyco.com)

Saturday Jr. Clinics with Coach Lucky  
March 4 - March 25  
Sign up forms are online and at the front desk

### Tournaments

Junior Silver Tournament  
April 1-2  
Adult Skill Level Tournament  
April 1-2  
Men's Team Event  
April 22-23  
College "Squash on Campus" Event  
April 29

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