

JULY 2014

THE LOOKOUT

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



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We Welcome New Membership Director
Sue Katsiotis – See page 2



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651.280.4120

340 Cedar Street, Saint Paul, Minnesota 55101

THE LOOKOUT

MESSAGE FROM THE PRESIDENT

Greetings, Members and Friends,

I've had the pleasure of meeting many of you over the years, but I want to take this opportunity to officially introduce myself as the President of the University Club and the Saint Paul Athletic Club. I've been humbled by the opportunity to re-open the Saint Paul Athletic Club and I'm bringing the same enthusiasm to the iconic Summit Avenue location.

One of the best parts of my job is hearing from all of you. I love hearing how much you appreciate the way we preserve the historical integrity of these properties while tastefully nudging them into the present day. I love hearing how you create memories here. I love hearing about what you think we're doing right, and what we might be able to do to serve you even better.

We're opening a new chapter at our Summit Avenue location. We're working hard to enhance the member experience, and those efforts will manifest in several different ways. Look forward to a new fitness center and new member programming, among other things.

Another in-progress effort: developing a more seamless relationship between the University Club and the Saint Paul Athletic Club. One of the greatest advantages of these Clubs is the reciprocity available to Executive and Full members. It offers more convenience, more options, and more gorgeous historic architecture to admire. To that end, this is the first newsletter that is going to University Club members as well as Saint Paul Athletic Club members.

Right now, we're in an all-hands-on-deck phase and we're excited about what's to come. If you see me, Bob Crew, or any of our other managers running around breathlessly, you'll know why.

Thank you for your continued membership and stay tuned –

Stephanie Laitala-Rupp
President

Contact info

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slaitala@TheSPAC.com

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rcrew@WAFrost.com

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Summer Dining on Deck (unless rain):

Monday: 7am – 9pm;
Tuesday – Friday: 7am – 10pm;
Saturday 8am – 10pm;
Sunday 8am – 9pm

University Club: Fitness Center:

Monday 6am – 8pm
Tuesday – Saturday 6am – 10pm,
Sunday 8am – 8pm

Summer Poolside dining:

Monday – Sunday 11am – 8pm

St. Paul Athletic Club:

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



Welcome aboard, Sue.
We're so glad you're here!

Welcome, Sue! Our new Membership Director!

Please join me in welcoming Sue Katsiotis to the University Club team. If the name sounds familiar, it's because Sue has been a member here for the last fifteen years and has been the Children's Program Coordinator for our summer program for the last five years. Under her leadership the summer program now features weekly themes with corresponding crafts, an art program with certified art teachers and the best Friday weenie roast in the city.

Sue is a graduate of The University of St. Catherine where she majored in Elementary Education. Sue's background includes teaching, serving on business and community boards, and for the past ten years working at Creative Kidstuff as the Special Sales and Event Manager.

Sue is originally from North Dakota but has called St. Paul home for the past 29 years. Sue and her husband Peter have three children 21, 19 and 13. Mari is a graduate of St. Louis University and now lives and works in St. Louis, Nick is a junior at The University of Colorado Boulder and William is an 8th grader at St Thomas More. Sue and her family live in the Mac Groveland neighborhood and enjoy all the amenities and charm the Grand Avenue area has to offer. Sue's favorite memories of the club are watching her children swim and compete in the summer months and sitting by the fire in The Fireside room reading a good book during the winter or chatting with friends.



Andy Arlotta,
Co-Owner and President
of the Minnesota Swarm

MEMBERSPOTLIGHT

Trend alert: That sport that your kids and neighbors and neighbor's kids can't stop talking about? It's lacrosse, and it's the hottest thing to hit the athletic world since LeBron.

Minnesota is well-prepared for this trend – our very own professional indoor lacrosse team, the Swarm, is reaping the benefits of the sport's ever-increasing popularity. It just so happens that the Swarm's co-owner and President, Andy Arlotta, is a SPAC Executive member. We recently sat down with Andy to ask him a few questions.

SPAC: How long have you been a Member?

AA: Since 2012—I joined pretty much when SPAC re-opened.

SPAC: Tell us about your family.

AA: I live with my wife, Brook, and our Belgian Malinois Fen.

SPAC: A Belgian whaa...?!

AA: Malinois.

SPAC: I'll have to Google that. (Editor's note: It's a beautiful dog.)

SPAC: What's your biggest passion?

AA: The water. Anything in or on the water.

SPAC: What's your favorite place that you've ever traveled?

AA: Jumby Bay. It's a little place off of Antigua.

SPAC: I guess that goes hand-in-hand with the water passion, S

PAC: What's your favorite place in Saint Paul—other than SPAC, of course.

AA: Other than the SPAC? The Saint Paul Hotel...and the Grill.

SPAC: Name something on your bucket list.

AA: I'd like to learn how to drive a Formula 1 racecar.



SWIMMING PROGRAMS

Benefiting Swimmers of all ages and levels



UNIVERSITY CLUB
SAINT PAUL

PERSONAL SWIM TRAINING

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- Program designed to meet your needs.
- Mastering of swim strokes.
- Cardiovascular improvements.
- Convenient pre-scheduled appointments.

MASTERS SWIM PROGRAM

- Group and individual coaching.
- Designed to improve swimming technique.
- Cardiovascular endurance.
- For intermediate & advanced level swimmers of any age.
- Fun & exciting workouts.

ABOUT THE TRAINER...

Education:

- Ph.D. in Exercise Science.
- Bachelor's Degree in Physical Therapy.
- Certified Arthritic Aqua Aerobics Instructor.
- U.S. Swimming Coach
- Spoke at U.S. Swim Coaches' Conference at the Olympic Center

Experience:

- Over 35 years of experience in Swim Coaching.
- Former Russian National/Olympic Swim Team Member.
- Multiple medal winner in International competitions.
- Former Russian Jr. National Swim Coach.
- Has successfully trained over 3,000 swimmers from beginners to national champions.
- First 12 yr old to swim at a professional level in Russia.



Elena Jacobsen
Personal Swim Trainer

TO REGISTER OR FOR DETAILS CONTACT:

Elena Jacobsen
Personal Swim Trainer
651.210.9029
ejacobsen@The SPAC.com

Masters Schedule:
Thursdays and Sundays
at 7:00 p.m.



GREAT BOOKS

Wednesday July 16th 7:30pm

R.U.R. is a 1920 Czech science fiction play by Karel Capek. It premiered on 25 January 1921 and introduced the word "robot" to the English language. Robot is derived from the Czech word *robota*, meaning forced labor.

R.U.R. quickly became famous and was influential early in the history of its publication. By 1923, it had been translated into thirty languages.

The play begins in a factory that makes artificial people, called *roboti* (robots), out of synthetic organic matter. They are not exactly robots by the current definition of the term; these creatures are closer to the modern idea of cyborgs or androids, as they may be mistaken for humans and can think for themselves. They seem happy to work for humans at first, but that changes.

The problems this play deals with are not the realities of everyday life; instead Capek is exploring the larger issues of the human condition. With technology booming immediately after the end of World War I, R.U.R. touched on the concerns of many people. The idea of a utopian society to replace the one fractured by the horror of the first World War was especially appealing to audiences, some of whom were deeply disturbed by Capek's vision of how technology might be misused.

R.U.R. is dark but not without hope.

For more information on the Great Books club, please email Margaret King at kingmuelken@q.com

Next up: Movie Night: *Death in Venice*, starring Dirk Bogard Wednesday August 20th.

(article is compiled from Wikipedia and bookrags.com.)

YOUR ROOM IS READY

Hotel 340 expands to a brand new floor at the Saint Paul Athletic Club

We know you have an epic to-do list, but we'd like to suggest just one more little thing to add—it'll be worth it, we promise. If you haven't already done so, make your way up to the 10th through 12th floors of the iconic 340 Cedar Street Building. It's home to the newly expanded Hotel 340.

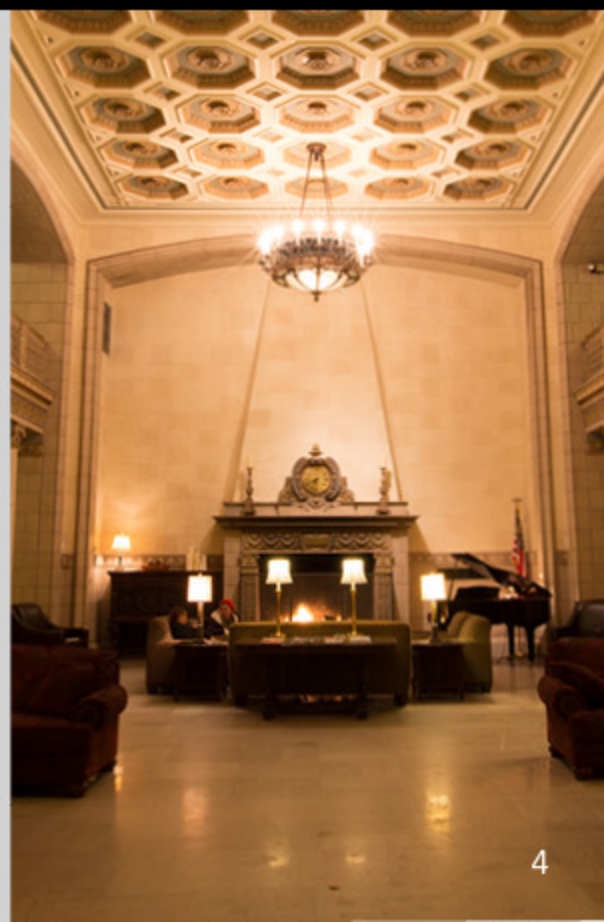
Hotel 340 is the city's only boutique hotel—and it's the first hotel to open downtown in 30 years. Hotel 340 is earning raves for a sumptuous blend of old world elegance and modern amenities.

With the 12th floor addition, Hotel 340 now encompasses 56 rooms atop the Saint Paul Athletic Club. In keeping with the sister properties (including the University Club, W.A. Frost, and the Saint Paul Athletic Club), Hotel 340 is another example of gorgeous architecture-meets-tasteful-updates.

The rooms retain original, historic detail with all of the appointments that today's travelers and revelers expect. That means historic detail coexisting with Keurig coffeemakers, flat screen TVs, and dual head shower systems. All guests enjoy free WiFi, continental breakfast, and access to the Club.

The hotel's General Manager Debbie Burgwald is growing accustomed to accepting compliments, ranging from: What a great value, to This is the coolest wedding venue I've ever seen.

Want to try it for yourself? You're in luck – members receive a 15 percent discount on stays at Hotel 340.





TWIN CITIES FILM FEST

TCFF and SPAC partner! Special guest, Kweku Mandela (grandson of Nelson Mandela) at July's event

Twin Cities Film Fest (TCFF), a Minneapolis-based 501(c) 3 non-profit arts organization, is an annual mainstream film festival that caters to the general public with one simple goal: To offer audiences access to the best films the global industry has to offer, to stimulate economic activity in the Twin Cities and to offer filmmakers a premiere venue at which to premiere their work. Their weeklong event is held in October every year at the Icon Theater in St. Louis Park.

As part of the growth of the organization, TCFF is expanding its footprint in the community and has formally partnered with the esteemed Saint Paul Athletic Club to host a monthly TCFF Insider Series. Held once a month, it includes special screenings and in-depth discussions. Both TCFF and SPAC are excited for the partnership!

On July 31st the screening is *Beyond Right & Wrong*, a story of forgiveness and reconciliation. The film follows the stories of individuals who have been able to forgive, even become friends with an individual who killed their family members. It depicts several individuals who lost family members in the Rwandan Genocide learning to forgive & coexist with those individuals who killed their children. It also follows families who have lost children in the Israeli-Palestinian conflict who are working together in a desperate plea for peace and forgiveness. And lastly it follows the story of a British woman whose father was killed by IRA member Pat McGee and how they have learned to become friends and take their story around the world to inspire others to overcome anger and hatred.

With the 20th anniversary of the Rwandan Genocide this year, Twin Cities Film Fest feels this is a moving film for us to revisit (having screened it at last year's TCFF). Kweku Mandela, though not directly involved with the filming of *Beyond Right & Wrong* has become an ambassador of the film because its message so strongly echoes that of his grandfather, Nelson Mandela. He is always eager to share his perspective on the importance of reconciliation and how to overcome the strongest of prejudices to find forgiveness.

The evening will start at 6:30, with the screening from 7:15-8:15 followed by a Q&A with Kweku following the film. SPAC and UC members receive discounted tickets. Please go to www.twincitiesfilmfest.org/events to make reservations

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2014 RATES

Weekdays – \$235 per night

Weekends – \$325 per night

Week – \$1000

Month – \$2500

RESERVATIONS AND INFORMATION

651-261-7897

dburgwald@commonwealthproperties.com





STRAWBERRY BASIL MOJITO

1.5 oz Bacardi Light Rum
 3 slices fresh lime
 1 teaspoon sugar
 1 sprig of fresh basil
 1 sprig of fresh mint
 1 whole strawberry
 Club Soda

BEVERAGE SPOTLIGHT

With the onset of our warmer temperatures, the University Club has released its seasonally appropriate summer cocktail menu ripe with refreshing poolside options! The Club offers everything from a Pineapple and White Peach Bellini, to the classic Brazilian National Beverage, the Caipirinha, to a house made cherry, pomegranate, hibiscus grenadine featured in our Uclub Collins.

This month, we wish to spotlight what is swiftly becoming a member favorite summer cocktail, the Strawberry Basil Mojito! For those who were able to attend April's mixology event held during SPAC Happy Hour where this summer cooler was originally promised, wait no longer! This spin off of a classic mojito represents a prime example of how one can achieve seasonality and additional effervescence when the ingredients are revised slightly to give an entirely new flavor profile. When dining in a chain restaurant or an establishment with excessively high traffic, one might often receive a "watered down" attempt at a mojito, which frequently consists of no muddling, use of a premade syrup and improper measures... Please do not be dissuaded from ordering one at the Uclub this summer however, as we wish to revitalize the fantastic bright flavors that the mojito is intended to contain when made-to-order with the proper preparation. See below for this mixologist's recipe...

Begin your mojito creation by selecting a Collins glass as your vessel, then filling the base of your glass with two slices of lime, a teaspoon of granulated sugar, two slices of fresh strawberries, a pinch of mint and a pinch of basil (additional sugar to taste). Once all ingredients are present, then the important process of muddling is essential. Muddling is the action of mashing ingredients with a small pestal in order to break down the cell walls of the basil mint and lime to release their fresh flavor and effervescence. The University Club refrains from using simple syrup in this process, but rather opts for to use the sugar granules to assist in breaking down the ingredients by grinding more effectively than the use of the non-abrasive simple syrup. Once your muddling is completed, add 1.5 oz of Bacardi and ice to your glass. Use a pint glass, inverted over your Collins glass to seal the ingredients within the glass and then shake vigorously to infuse the basil, mint and lime flavors into your spirit. Finish by topping the glass with club soda for spritz and garnish with a slice of fresh strawberry, a sprig of mint and a sprig of basil. If you wish to present a cocktail without the fragments of your muddled ingredients for a cleaner presentation, then elect to muddle your ingredients in a martini shaker, add your Bacardi and ice, shake well, and strain the infused spirit into an ice filled Collins glass and garnish. Please stop by the University Club soon and enjoy our Strawberry Basil Mojito poolside or on the Varsity Grill Deck on our next balmy day.

GREASE SING ALONG AT THE ORDWAY

Who doesn't like Grease!?!? Olivia Newton and John Travolta all dolled up, falling in love, and singing their hearts out...

The only thing better is having full permission to sing along with them!

If you're interested in joining fellow SPAC and U Club members in the Grease sing along at The Ordway please email Kristin at kmontpetit@TheSPAC.com

Wednesday, July 30th at 7:30 pm

Tickets for as little as \$25.30.

Costumes are encouraged and crowd participation is a must.





This month: a favorite dish from our Summer Menu, **CARAMELIZED SCALLOPS**

We start with the Diver Scallop. This mollusk is the larger of two subspecies, trumping the smaller bay scallops (which are bite sized) and although tasty, do not hold a candle to the beautiful alabaster hued, buttery and rich Diver Scallop plate. When seared in hot oil, butter and herbs, a scallop achieves a beautiful crust and caramelization which lends a nice savory aspect and textural contrast to the creamy flesh of the scallop's interior. But that's not enough for Chef! Taking a page from the molecular gastronomy technique book, Chef uses a binding agent, commonly referred to as "protein glue" to adhere round coins of pork belly to both caps of the scallop. He pan sears and caramelizes resulting in two beautiful crispy, salty end caps to a succulent buttery center of scallop. These scallops are arrayed around a crunchy cool salad of snow peas and radishes tossed with a citrus vinaigrette. Chef uses these raw summery ingredients in the salad to offer a refreshing texture and temperature that contrast beautifully with the salty scallop/pork belly flavors. The acidity of the citrus vinaigrette assists in cutting the richness of the dish so it can remain a well-balanced, clean, summer oriented option for you on your next visit to the deck!

Price: \$15.00, for four lovely diver scallops

Pairing suggestion: Les Pouches Chenin Blanc - a white wine from the Loire Valley in France which adds a vibrant acidity and stone fruit flavor which assists in cutting through the sinfully rich scallop and bacon combination.

INVESTMENT CLUB

The June meeting may be personified as the "culling of the herd". There are times when the portfolio of investments needs to be measured against the overall investment goals — one of which is to invest in companies that have the potential of increasing revenues and profits by 15%. Two companies (JCPenney and 3D) were failing to measure up to that standard. As a consequence (but not after a very exuberant discussion) the members present at the meeting voted to sell both investments albeit at a loss.

Lessons learned, Never fall in love with an investment. Take losses early. Stand by investment goals. Many investors struggle with the decisions on when to sell an investment. But the lessons learned certainly prompts the early recognition of losses.

Now the other side of that coin is the timing of when to recognize portfolio gains. It is axiomatic (not an original but nevertheless axiomatic) that "Pigs get fat, hogs get slaughtered". Taking profits in many respects may be more challenging than recognizing losses. Consider for a moment that all investments currently are near the 15% goal or they exceed it, prompting the question, "when does the club harvest its profits?" This may be a topic at the July or future meeting.

After a review of the portfolio no other sell decisions were made; nor were any decisions made to add new investments.

The Investment Club meetings are always open to guests. The club meets (in the second floor library) on the second Wednesday of every month.

All meetings start at 5:30 PM and adjourn at 7:00 PM.

Contact Gene Mason ateugene.mason@comcast.net for information concerning membership or club operations.

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651-261-7897

dburgwald@commonwealthproperties.com

BEING WELL

A healthy lifestyle can have benefits over and above a longer life. In fact, the payoffs can be almost immediate. The basic elements of controlling stress, eating right, regular exercise and avoidance of nicotine, caffeine, alcohol and drugs can have positive effects from day one. In fact research shows that the environment and the influence of those around you (family, friends, and coworkers) have a direct impact on your personal health. The University Club and the Saint Paul Athletic Club prides itself in providing healthy dietary choices, exercise opportunities, and social activities in a positive and supporting environment. It is not always easy to choose a healthier lifestyle. If you make the personal effort, our staff can help and support you in reaching your goals and you will begin to reap the benefits immediately. The more frequently you make health supporting choices, the better you'll feel. It is not just about living longer, but living better.

For a fitness assessment or orientation please call:
 University Club: Donna Fink 612 940 8872
 Saint Paul Athletic Club: Jill Winegar 651-260-8126

Donna Fink, personal trainer University Club

5 Fun Facts:

- An average adult of normal weight has approximately 30 billion fat cells – as you gain or lose weight the number of fat cells do not change; but the size of the cells increase or decrease.
- A heart beats on average 2.5 billion times in a 70 year life span – this is the only muscle in the body that never gets a rest from the time your born until death. Do aerobic conditioning to ensure a strong heart muscle
- There are 642 skeletal muscles in the Human Body or 320 pairs – add variety to your exercise routine to ensure all your muscles maintain strength.
- There are 206 bones in the Human Body – weight bearing exercises improves bone density.
- The average adult head weighs 12-15 pounds – muscle balance, posture exercises and flexibility maintains spine health and correct posture.

CAMP UCLUB UPDATE



Camp U-Club is in full swing and campers are having a great time. July is packed full of fun. On July 11th the University Club welcomes The Bazillions, kid friendly rock-n-roll, at 6:30 poolside this is a night not to be missed.

Campers will end with the month with annual swim banquet at The Saint Paul Athletic Club on Friday July 25th make your reservations now. This annual event is filled with summer stories, great food and of course trophies and awards.

July 11th - Field Trip St. Croix 10:00 – 5:00
 July 18th - Dive In Movie - dusk
 July 25th - Book Clubs Gooney Bird Greene 3:00 and The False Prince 4:00

Camp Celebrations

July 23rd - Poolside pasta feed and team building activities (make team signs and decorate the annual club balloon)

July 25th - End of Season Summer Banquet at the Saint Paul Athletic Club

Save the Dates

August 8th - The University Club's 1st annual "One Club One Book" celebration with guest author Margi Preus discussing Heart of a Samurai.

August 11th – 13th - Stout's Island 6th annual camping trip!

July Swim Meets

July 1st - University Club vs Pool and Yacht at The University Club (1:00 start)

July 8th - University vs Dellwood at Dellwood. The camp bus will leave The University Club at 10:00 am meet starts at 11:30

July 10th - University Club, Pool and Yacht at Town and Country. The camp bus will leave The University Club at 8:00 am meet starts at 9:00 am.

July 24th - Inter-Club Final meet at Town and Country . The camp bus will leave The University Club at 7:30 meet begins at 9:00 am

SPAC SMALL GROUP TRAINING

Small Group Training is a great way to get in shape, keep healthy, or just add a new twist to your workout. Taught in small classes by personal trainer you get personalized attention – which means faster and safer results. Six week classes are \$108. Classes started last week but there are still a couple spots available. Call right away to book your spot for this week!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 am					Gold Theory Jill (5)	
9:00 am						Body Blast Michael (7)
4:45 pm				Kettlebell Jill (7)		
6:00 pm	Body Blast Michael (7)		Body Blast Michael (7)			
6:30 pm		Boot Camp Georgene (5B)				

Body Blast | This class is designed to melt away fat layers and build lean muscle by putting your body through a metabolic muscle shock. Implementing upper, lower and full body exercises mixed with active recovery, you're sure to leave looking and feeling trimmed and shredded. Body Blast uses both strength and muscular endurance movements to give you that tight, lean body. Using both functional and isolated exercises, this class targets every inch of your body. The class is open to all fitness levels from beginner to expert.

Boot Camp | Intense and exciting class utilizing body weight, free weights, and drills that will keep your heart pumping! Great class to jump start a weight loss program and keep you accountable to your fitness goals.

Kettlebell | Kettlebells deliver extreme all-around fitness, great cardiovascular benefits and blasts fat from your frame! Learn why this has become the most popular form of training in the fitness industry.

Gold Theory | This popular treadmill class utilizes your heart rate and zone training to help you become an efficient fat burning machine. 30 minutes of intense cardio on the treadmill followed by strength and core conditioning.

SPAC BIKE AND RUN CLUBS

Need a little motivation to put on some miles, or maybe you just want to meet some friendly fellow members, then this is a great opportunity! **The SPAC Bike Club** is organized by Fitness Director Jill Winegar and biking enthusiast (and member) Todd Guerrero.


Rides will alternate between Monday and Tuesday nights at 6:00 pm, and will start from SPAC or a close destination downtown. An email will go out to registered members weekly detailing the ride route and mileage (generally between 15 - 25 miles). All rides are no drop, and roll about a 14 - 16 MPH pace.

\$15 registration covers your 16 week membership starting May 10, includes a SPAC tee shirt, and special social events for Bike Club Members over the summer. Non-members are invited to register with a SPAC or U Club member. Stop by the front desk, register and sign a waiver. For more information contact jwinegar@thespac.com or todd.guerrero@kutakrock.com

The **SPAC Run Club** meets Tuesday at 6pm by the check-in desk on fifth floor. This is an informal run club and everyone is invited. So grab your running shoes and join people who share your passion! For more information, please call Kristin Montpetit at 651-260-9146.

GROUP FITNESS *Schedule*

For the month of: **June 30th – August 3rd 2014**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15	Barbell Strength Ex. Jason (9A)	Warrior Sculpt Ali (4A)	Cycle Ex. Karren (5C)		Barbell Strength Ex. Jason (9A)		
8:00	<div><p>I wish I could lose weight as easy as I lose my keys, pen, cell phone, my temper, and even my mind!</p></div>				Cycle Ex. Georgene (5C)	Insanity Susan (9A)	
9:00						Insanity (8:30am) Nichole (9A)	
9:30						Vinyasa Yoga Nick (4A)	Vinyasa Yoga Angie (4A)
10:00							
11:00							Gentle Yoga Jill A. (4A)
11:45	Cycle Ex. Jason (5C)	Barbell Strength Ex. Jason (9A)		Barbell Strength Ex. Jason (9A)	Cycle Ex. Jill W. (5C)		
Noon	Gentle Yoga Libby (4A)	Total Barre Jill W. (4A)	Vinyasa Yoga Lauri/Cara (4A)	Total Barre Jill W. (4A)	Vinyasa Yoga Lauri/Cara (4A)		Barbell Strength Ken (9A)
4:30	Cardio Fusion Jason (9A)		Cardio Fusion Jason (9A)			<div>Class Locations: 4A = Yoga Studio 4th Floor 5A = Reformer Studio A 5th Floor 5B = Small Group Training Studio 5th Floor 5C = Cycle Studio 5th Floor <i>Schedule subject to change.</i></div>	
5:30	Barbell Strength Jason (9A)	Cycle Ex. (5:15pm) Karren (5C)	Barbell Strength Jason (9A)	Cycle Terrance (5C)	Barbell Strength Rotation (9A)		
6:00	Insanity Georgene (4A)	Vinyasa Yoga Jill A. (4A)		Vinyasa Yoga Jared (4A)			
6:30			Warrior Sculpt (4A)		Candlelight Yoga Every 3 rd Friday (4A)		
7:00		Total Barre Jill V. (4A)					

July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 Art Exhibit & Cocktail Reception 5pm UClub Run Club 6pm SPAC Yoga 6pm UClub	2	3	4 Member Night & Weenie Roast 5pm UClub	5
6	7	8 Run Club 6pm SPA Yoga 6pm UClub C	9 Investment Club 5:30 UClub	10 L'Apéritif en Français 6pm UClub\ Cass Gilbert 7pm UClub	11 Member Night & Weenie Roast 5pm UClub	12
13	14	15 Run Club 6pm SPAC Yoga 6pm UClub	16 Great Books 7:30 UClub	17	18 Member Night & Weenie Roast 5pm UClub Dive in Movie (dusk)	19
20	21	22 Run Club 6pm SPAC GK Chesterton 7pm UClub Yoga 6pm UClub	23	24	25 Member Night & Swim Team Banquet 5pm UClub	26
27	28	29 Run Club 6pm SPAC Yoga 6pm UClub	30	31 Twin City Film Fest Insider Series 6:30, SPAC		

Please see Summer Program Schedule for Swim meets
Please see the Group Fitness Schedule for classes offered at SPAC
For more information or questions about anything listed, please contact
Receptionists@UniversityClubofStPaul.com or call 651-222-1751

2014

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 Member Night & Weenie Roast 5pm UClub	2
3	4	5 Run Club 6pm SPAC Yoga 6pm UClub	6	7	8 Member Night & Weenie Roast 5pm UClub	9
10	11	12 Run Club 6pm SPAC Yoga 6pm UClub \	13 Investment Club 5:30 UClub	14 L'Apertif en Français 6pm UClub Cass Gilbert 5:30pm UClub	15 Member Night & Weenie Roast 5pm UClub	16
17	18	19 Run Club 6pm SPAC Yoga 6pm UClub	20 Great Books 7:30 UClub John Adams Society 7:30 UClub	21	22 Member Night & Weenie Roast 5pm UClub	23
24	25	26 Run Club 6pm SPAC Yoga 6pm UClub G.K. Chesterton 7pm UClub	27	28	29 Member Night & Weenie Roast 5pm UClub	30

Please see Summer Program Schedule for Swim meets.

Please see the Group Fitness Schedule for classes offered at SPAC

For more information or questions about anything listed, please contact
Receptionists@UniversityClubofStPaul.com or call 651-222-1751

2014