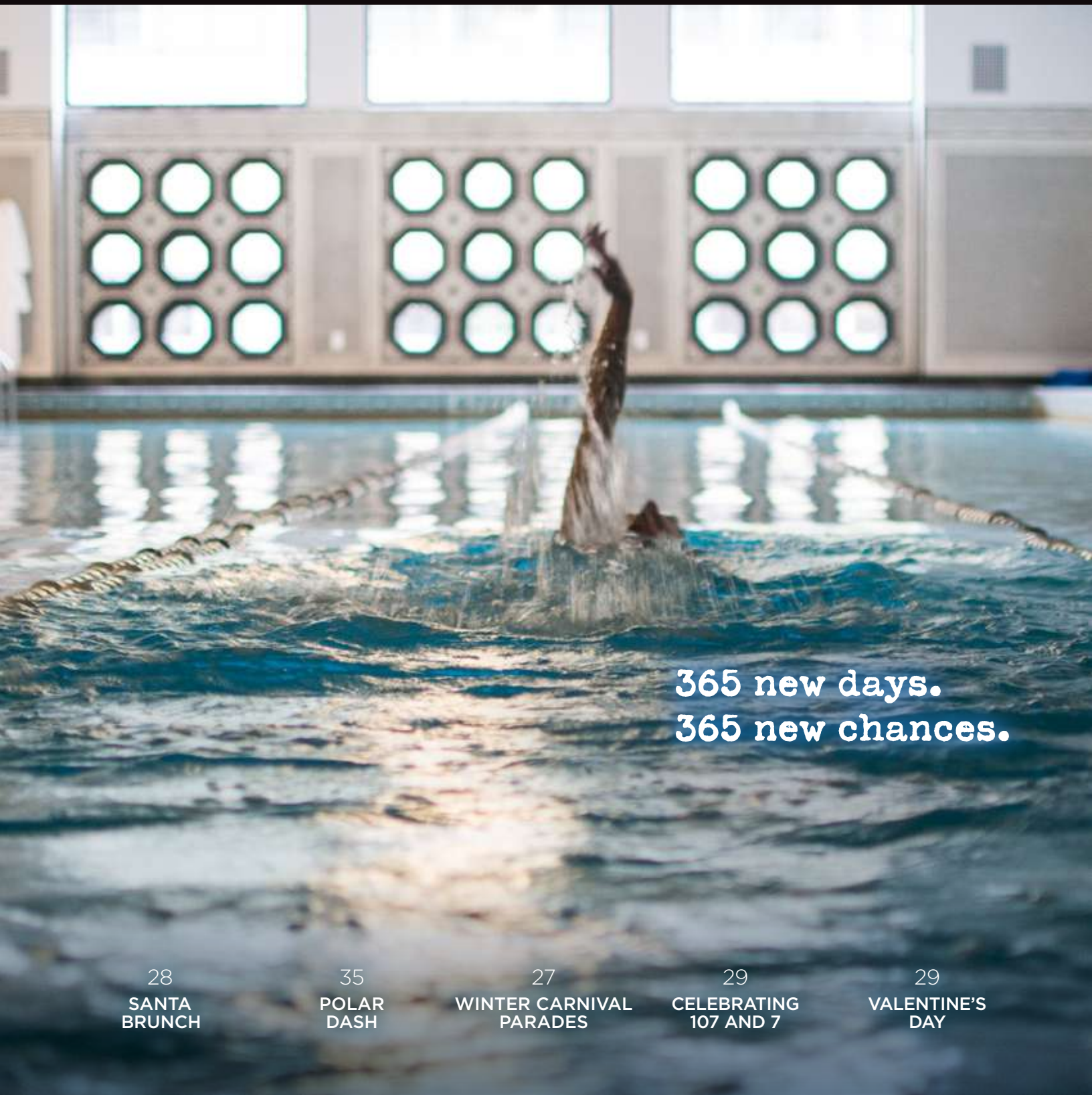


THE

DEC 2019 - FEB 2020

# LOOKOUT

THE OFFICIAL NEWSLETTER OF THE UNIVERSITY CLUB & THE ST PAUL ATHLETIC CLUB



365 new days.  
365 new chances.

28  
SANTA  
BRUNCH

35  
POLAR  
DASH

27  
WINTER CARNIVAL  
PARADES

29  
CELEBRATING  
107 AND 7

29  
VALENTINE'S  
DAY

# THE LOOKOUT

## IN THIS ISSUE:

Around the Clubs .....	4
Food + Beverage .....	12
Clubs Within the Club .....	14
Family Programming .....	22
Networking + Volunteering .....	26
Holidays & Celebrations .....	28
Literature + Learning .....	30
Fitness + Wellness .....	32
Photo Collage .....	37

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### FRONT DESK

University Club | 651.222.1751

SPAC | 651.291.7722

### DINING RESERVATIONS

651.222.1751

## CLUB HOURS

### UC BUILDING AND FITNESS CENTER HOURS

#### *Labor Day - Memorial Day*

Sunday ..... 6 am - 4 pm

Monday ..... 6 am - 8 pm

Tues - Thurs ..... 6 am - 10pm

Friday - Sat ..... 6 am - 11 pm

### UC RESTAURANT HOURS

#### *Labor Day - Memorial Day*

Sunday ..... 10am-2pm\*

*\*Second Sundays only*

Monday ..... Closed

Tues - Thurs ..... 11 am - 9 pm

Friday - Sat ..... 11 am - 10 pm

*Last seating 30 minutes before close*

### SPAC

Monday - Friday ..... 5am-10pm

Sat-Sun ..... 7am-8pm

*Hours subject to change and are  
weather dependent.*

### HOLIDAY HOURS

#### *University Club*

Christmas Eve ..... Closed

Christmas Day ..... Closed

New Year's Day ..... Closed

#### *Saint Paul Athletic Club*

Thanksgiving ..... 6:00 am - 2:00 pm

Black Friday ..... 7:00am - 8:00pm

Christmas Eve ..... 7:00am - 2:00pm

Christmas Day ..... Closed

New Year's Eve ..... 7:00am - 4:00pm

New Year's Day ..... 7:00am - 8:00pm

# LETTERS FROM OUR MANAGERS

## From Sarah's Desk

Here we go! Winter is here, and our goal is to provide an outlet for expending energy and a space to interact with community and friends. The Saint Paul Athletic Club is preparing for our biggest year yet.

A few highlights: We have focused on boosting our group fitness schedule and offering a broader variety of classes to entertain and challenge your mind and body. Exercising with a group pushes you harder and helps to create consistency – both are recipes for success in the long run. We're also adding a virtual cycle program where you can come in and use the cycle studio to your heart's content! Feeling a bit chilly this winter? (Who isn't?) Our steam rooms and saunas are hot and steamy to defrost you and can provide a slew of healthy benefits.

Ready to make a fresh, healthy start in the new year? New Year's resolutions might feel a bit cliché to some, but they are an opportunity to evaluate your goals and current habits and make improvements on your routine. We are here for you! If your goal is to get in the best shape of your

life, don't guess how to get there. Talk with our personal trainers and let them guide you in a straight line toward your goals. And don't underestimate the importance of self-care with our bodywork. Invest in yourself with monthly massages and add Vitality to your membership. Bring your friends, because meeting friends here is far more productive than meeting them at the bar. Plus, you will earn a \$25 referral bonus when they join the club! Whether it's fitness, self-care, socializing or all of the above, we want you to enjoy the club every single day.



**Sarah McClendon**  
General Manager, Saint Paul Athletic Club



## From Meghan's Desk

The fire is roaring in our grand fireplace. That means it is officially winter at the University Club! As we welcome the change of seasons, we also welcome all of you back to enjoy the newly refreshed Member Bar and Fireside Room. There are more touches yet to be made, so keep checking in to see the progress!

It was exactly this time last year that I (Meghan) began my tenure here at the University Club. December was such a wonderful introduction to this place and all of you, with the beautiful décor, incredible energy and whirlwind of activities and member events. I'm thrilled to experience it again.

Some of the highly anticipated traditions coming up include Santa Brunch, Gingerbread House, and the Dickens Fezziwig Ball. We'll also ring

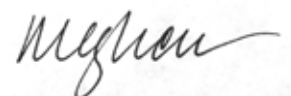
in the New Year with a delicious four-course meal crafted by our heralded Chef George Snyder.

As the January chill blankets our clubhouse, we'll bring the ice indoors to create our iconic luge for the Signature Martini Night. Beyond martinis, our winter drink cocktail menu features an array of drinks crafted by our very own Evan, Lyndsie and Liz who drew inspiration from all of you! I am confident the expanded seating in the member bar will entice you to share a cocktail (or perhaps two).

Before we know it, February will be upon us and love will be in the air. Don't forget to make reservations so you and your sweetheart can spend a romantic evening enjoying a decadent five-course meal with us while enjoying sweeping vistas of downtown

St. Paul. We will finish the month of February with the University Club's 107th and SPAC's 7th birthday celebration. This year we invite you and your whole family to join in the festivities, hosted by the University Club.

With the storied history of the last 107 years, we feel grateful to be part of that legacy and are so glad you're part of it too. We look forward to adding more history together.



**Meghan Walsh**  
General Manager, University Club



**UNIVERSITY CLUB**  
SAINT PAUL





# WANTED: YOUR BEST CLUB STORIES

Your chance to be featured in our upcoming edition of *The Lookout*

Through its many decades of operation, the University Club and Saint Paul Athletic Club have been host to countless noteworthy guests, unforgettable evenings, and legendary stories. Now, we're looking to pass these

stories on. For our upcoming feature, *If These Walls Could Talk*, we'll be sharing some of the best stories from our members. If you would like to contribute, please contact Sue Katsiotis.

## CLUB DRESS CODE

### A friendly but important reminder about dress code

As we're now into the coldest part of the year, we wanted to take the opportunity to offer a friendly but important reminder about our dress code. As a private club, we hold certain expectations of our staff as well as our members. Part of that expectation relates to the way we present ourselves each day.

We know you won't be swinging through in your tank tops and flip flops this time of year anyway (brr!) but it's a good reminder for all of us to uphold the standard that sets this extraordinary place apart.

An important takeaway: ***workout clothes are not permitted anywhere except the fitness center and locker rooms.*** If you're in need of a coffee after your workout (and who isn't?), please take advantage of the coffee station conveniently located off the membership office in the fitness center.

We're including the specifics of our dress code again below. Please don't hesitate to reach out if you have any questions.

#### Dress Code

Fireside Room:	Business Casual
The Lobby:	Business Casual
Ramsey Dining:	Business Casual*
	*Dress denim rules apply
Member's Bar:	Casual
Varsity Grill:	Casual
Outdoor Deck:	Casual
Private Event Room:	Business Casual or Casual as specified by event or host
Fitness Center:	Athletic
Outdoor grounds:	Athletic
Pool/Backyard:	Athletic

#### Business Casual Attire

Men: a collared shirt (dress shirt, golf shirt or polo) with optional jacket; turtleneck or sweater and dress pants or khakis.

Women: a collared shirt, blouse, or sweater with skirt or tailored pants

#### Casual Attire

Defined for men and women as dress denim (pants, skirt, or jacket), tailored dress shorts, smart casual shirt without collar (not a t-shirt), women's sandals and casual shoes.

#### Athletic Attire

Defined for both men and women as workout shorts, t-shirts (with sleeves for men), athletic shoes, yoga pants, sweatshirts and pants, jogging suits, and bathing suits, flip-flops, and beach or pool wear. (Flip-flops, beach or pool wear are only permitted in the pool and outdoor play areas.)

#### Children's Attire

Children 13 or older, please comply with the adult dress code. Children under the age of 13, please comply with The University Club's standard of acceptable casual dress. Flip flops, beach or pool wear are only permitted in the pool and outdoor play areas.

#### Dress Denim

Dress denim is the only form of denim allowed throughout the University Club. Denim cannot contain holes or rips and must be accompanied by a jacket if dining in the Ramsey Room.

# WELCOME TO OUR NEW MEMBERS!

Adeola Adekunle  
Kurt Altrichter  
Abby Bachmeier  
Adam Baker  
Shelby Ballargeon  
Justin Beachnau  
Terrie-ann Benjamin  
Garrett Bluemn  
Brittany Brethorst  
Mollie Brodt  
Stephanie Carpenter  
Divya Chandramonhan  
Catheryn Cleaveland  
John Cleaveland  
Sydney Curry  
Eduardo Decache  
Jayant Dhamne  
Spencer Dorf  
Maura Dunst  
Jeremy Ellison  
Chad Fahning  
Timothy Filiowich  
Andrew Fisher  
Heidi Fisher  
Brett Fried  
Brooke Gavin  
Jonathan Gavin

Carolyn Geis  
Madeline Greene  
Nigel Hearn  
Pancho Henderson  
Robert Herman  
Anne Herman  
Tessa Herman  
Ellie Herman  
Alexander Hilderbrand  
David Hunt  
Nathan Hurliman  
Dean Hyer  
Kimberly Hyers  
Mark Johannessen  
Alex Johnson  
Jake Johnson  
Hannah Johnson  
Douglas Johnson  
Jane Johnson  
Mike Johnson  
Stacy Kaiser  
Saswata Kar-purkayastha  
Sana Sandra Karbal  
Denton Kary  
Rachel Kennedy  
Melanie Kiihn  
Tracy Knutson

Joseph Kohake  
Anne Labovitz  
John Lammers  
Dane Larson  
Sheila Larson  
Shawn Longen  
Jordan Maloney  
Len Mark  
John Mazzitello  
Brent Meyer  
Brett Miller  
Nickolas Mills  
Salesh Mishra  
Fiaz Mohammed  
Marta Mohr  
James Moran  
Katie Murphy  
Megan Nelson  
Hannah Ogburn  
Karen Oliphant  
James Oliphant  
Amelia Ollrich  
Perry Olson  
Cathryn Orme  
Carly Oszman  
Mark Peroutka  
Adam Randall

Amanda Richard  
Victor Richard  
Rheindie Richemond  
Janelle Rieland  
Dan Ries  
Andrew Ritchie  
Jason Robinson  
Rene' Roos  
William Sand  
Brett Savage  
Aaron Sweere  
Gabriel Thrasher  
Ty Tostrud  
Elsa Tostrud  
Laurie Tostrud  
Eric Tostrud  
Jenniver Vanvliet  
Jose Villalobos Espindola  
Jeanna Viramanter  
Keith Voels  
Jeffery Weiker  
Kathleen Weiker  
Ian West  
Kara Wheeler  
Jennifer Wille  
Jake Wittl  
Bradley Yankowiak



## Bring your member card

We are asking members to be sure to carry your membership card. Even though we're fortunate to know so many of you by your face and your name, it's critically important that you carry your membership card with you at all times – even if you're a daily presence here. It's essential in order to keep the Club safe for all of our members, including you and your family. It's also for logistical purposes, since you need your card to ensure that any dining or other purchases are appropriately credited to your account. If you do not have a membership card, please email us at [membership@universityclubofstpaul.com](mailto:membership@universityclubofstpaul.com) and we would be happy to print one for you.

## Please note our cell phone policy

We're proud that, unlike your noisy local coffee shop, the University Club is a haven of respite, relaxation, culture, and civil conversation (that you don't have to shout over!). Part of maintaining that experience for all of our members and guests means limiting cell phone usage in certain areas of the club.

Please kindly note that there is no cell phone usage in the Fireside Room or Member Bar. We understand that the need for calls arises frequently. If you need to make a call, you may be in the Terrace or Lobby areas provided that no other members are meeting in those spaces. We're aware that this policy is somewhat more restrictive than other gathering spaces, but that's exactly what makes the University Club so distinguished and exceptional. We're here to facilitate quiet time when you need it, and, best of all, real, face-to-face interaction which we can all admit is something we don't get enough of these days. Thank you for your cooperation.



**EPPING FOREST**  
YACHT & COUNTRY CLUB

**FEATURED CLUB:**

# EPPING FOREST YACHT & COUNTRY CLUB

Epping Forest Yacht & Country Club is one of America's legendary private clubs with a storied past. Industrialist Alfred I. duPont and wife Jessie Ball duPont built their 25-room grand estate on the banks of the St. Johns River in 1926. Mr. duPont chose this 58-acre estate in Jacksonville, Florida, because it was located on the widest point (2½ miles) of the St. Johns River and faced due west. Titans of industry, world leaders, and socialites have enjoyed the magic of the duPont Mansion. After the duPont's both passed away, a local businessman, Raymond Mason, bought the estate in 1970. He lived there with his family until 1984, entertaining world leaders such as Egyptian President Anwar Sadat and President Gerald Ford.

In 1984, the duPont Mansion and estate were converted into a private membership club. Today the club has a marina, fitness center, six swimming pools and six tennis courts along with dining rooms and private meeting rooms.

The Epping Forest Yacht Club is owned by the same group that owns the River Club in downtown Jacksonville, the Lodge and Club at Ponte Vedra Beach, and the Ponte Verde Inn and Club, providing AAA 5-star accommodations on the beach.







Modern amenities.  
Relaxed luxury.  
15% VIP Discount.

As part of your membership, you receive a 15% discount to the iconic Hotel 340, which occupies the top floors of the Saint Paul Athletic Club building in downtown Saint Paul. Hotel 340 is Saint Paul's only independent boutique hotel and is a favorite among travel experts and reviewers. It's hailed as a "hidden gem"—but as a member, you're already an insider.

**Here are just a few of the reasons to plan your next stay here:**

Upscale design featuring a striking two-story lobby with fireplace and sweeping marble staircases

**Free Continental Breakfast**

*includes breakfast sandwiches, waffles, hard boiled eggs, fresh cut fruit and more*

**Complimentary Wi-Fi**

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**Lobby Bar**

*Open 7:00 am - 1:00 am*

**Complimentary access to The SPAC for guests ages 18+**

Proximity to the light rail

Skyway access to the Xcel Center, Union Depot and RiverCentre

Award-winning dining options, nightlife, and cultural attractions in the heart of downtown Saint Paul

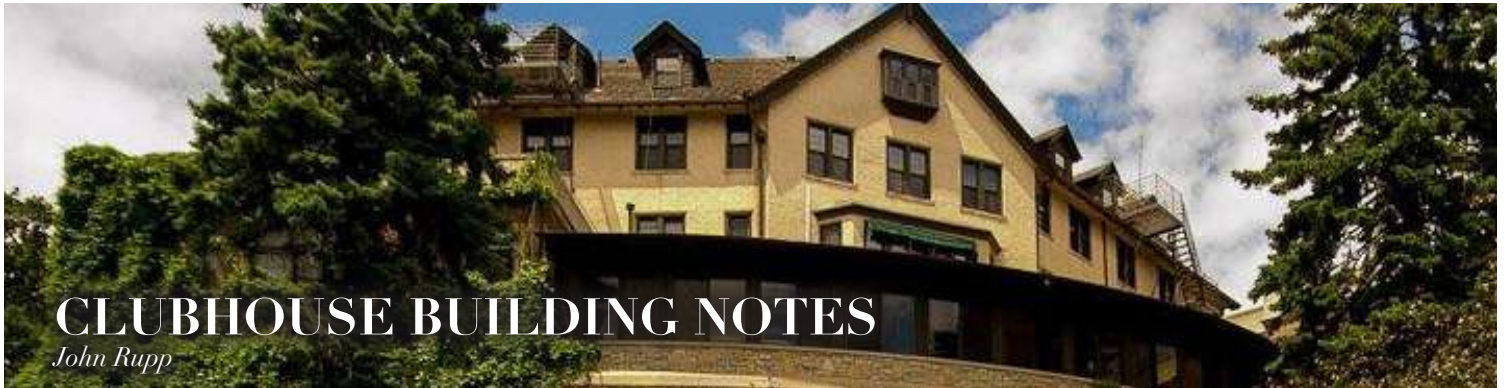
Steps from the Mississippi and Rice Park

**Whether you need a staycation, have guests coming to town or want to turn an evening into an adventure, we look forward to having you.**

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The University Club's Summit Avenue Clubhouse is undergoing some changes and long overdue maintenance. These projects follow the complete remodeling of the Ramsey Room Dining Room that was recently completed. The work described below will continue until completed sometime next year.

Before describing the work being done, the reasons behind it are important. The projects will both add beauty to the interiors by in large part restoring the original interiors, but also new functionality and amenities for the members. One of the objectives is to create spaces that will attract more members who are looking for their "third place." For more about what "third places" are visit <http://brook.gs/2cx0Xxx> There will be many more options for work and social spaces, in part inspired by the proliferation of collaborative works spaces like WeWork and others.



*The following summarizes the major projects:*

## A BRIEF HISTORY

When the club was built in 1913, the Summit Room (on the left above) was used as the Member Dining Room and Sun Room, separated by sliding glass doors (now missing, but to be returned). The Terrace was open to the outside and the Members' Bar was in the Varsity Grill on the lower level. The area on the right contained a lounge and sun room separated by three sets of sliding doors, in three openings in the wall that separated the two rooms. The overall wall that separated the two rooms. The overall clubhouse plan provided for expansive views, and light into the building from all sides!

In the 1960's, it was determined that events and catering were financially needed in addition to member dining. The Ramsey Room was built on a terrace that had been built after the image above to contain squash courts below. A roof & windows were installed to enclose the outside terrace. When the current owner took over ownership of the club in the 1980's, the squash courts area was converted into the current fitness center and studio below, with the addition of an intermediate floor.

## CURRENTLY PLANNED PROJECTS

### Member Offices

Private member offices are located on floors two, three, and four and will remain as is. These are essentially always full, with a waiting list.

### Member Kitchen

For members who spend extended time in the clubhouse, a small kitchen will open next year on the second floor between the Library and the Overlook Room. Office tenants on the upper floors have their own on floor three.

### Presidents Room

The Presidents room will receive a facelift, new furniture and will remain available for both member drop in use and private events. An LCD Projector and monitor have been installed in this room.



### Varsity Grill

This room will also receive a facelift and new furniture.

### Outside Terrace

The Terrace – weather permitting, of course - welcomes members year round to use it for both dining and as a drop in work/social place – even on a sunny warm day in winter!



## CURRENTLY PLANNED PROJECTS

### The Terrace

The Terrace has had new carpet installed and moveable screens are available to replace the fixed wall, that was removed, that formerly divided the Terrace into two sections (one the "Casual"). A large antique board table is located adjacent to the Members Bar. The Terrace is subject to periodic private events but is entirely available to members at other times. New windows with shades are coming, that will give the room twice the number of operable windows and a classic sun porch feeling.



### The Overlook Room

The Overlook is being repurposed to provide a "WeWork" like space Sunday through Friday, with periodic private use as Bride's Room on Saturdays. It will not be booked for private events and will be private refuge within clubhouse – complete with fireplace.



### Fireside Room and Members' Bar Restoration

The ambition is it return these rooms to, as close as possible, their original design.

The 1960's remodel negatively impacted the Members' Bar and the Fireside Room in many ways, both functional and aesthetic. The valley facing windows in the then sun room (now members' bar) were almost completely ripped out and covered with a sheet rock wall, with a small entry into the Ramsey Room. The sheetrock also concealed the decorative brick work on the east wall of the former sunroom. An open wall, with three openings with folding doors, separated the sun room from the Fireside Room. It was also covered on both sides with sheetrock, destroying the open light filled space, and in the process destroying the beauty of the original design.

The current restoration project restores the open sun filled feeling of the original Clubhouse design. The sheetrock covering the wall separating the Members Bar and the Ramsey Room was removed. The window design and brickwork were restored, beveled mirrors will replace the clear glass windows, which will reflect the view out the west facing windows in the Fireside Room to brighten, sparkle and add light again to these rooms. Additional

seating and "plug ins" have been added (to make using various devices more convenient). The feeling of these rooms will come as close to the intent of the original design as possible. The wall separating the Members Bar and the Fireside Room has been reopened, the brickwork & transom windows restored, and the original ceiling also restored with removal of unsightly ductwork.

The original interior design of the Clubhouse that existed from its opening in 1913 until sometime in the 60's, was a symmetric plan with both the north and south sections having windows on all sides, and an open interior plan to preserve their beauty with both section having views of the neighborhood, Summit Avenue, and the valley. To get a sense of how the Fireside Room and the Members bar looked in the past you need only to go into the Summit dining room – identical except for the three openings. The Summit Dining Room originally had sliding doors that separated its sun room from the main dining area. A future project to reinstall. The light and views in both the north and south ends of the main floor took in the entire panorama of the site.

### Business Services, Technology, and Associated

Services such as copy machines and projectors will be (and are now) available to members. Additional plugins and enhanced internet are in the works throughout the clubhouse.

### Food Service

A new low-cost option starting January. Ring a button at the Varsity Grill Bar for takeout from an, admittedly somewhat limited menu - with no service charge or tips, bus yourself. Enjoy wherever our sit-down (restaurant) meals are not being served.



### The Library

The lending library, formerly located in the Fireside Room, will be located both in a new bookcase to be installed below the Summit Avenue side bay window and in the Library on second floor. There is a new operational plan for the Library, which like the Terrace, will be available to members at times it is not booked for private events. It has a spectacular view of the river valley.



### Ramsey Room

As mentioned above, the Member Dining has recently been remodeled. Members are now welcome to use it throughout the day – outside of dining hours (unless eating, of course).

**Thank you for your patience during the remodel. We hope you enjoy the new space!**



## TEAM PROFILE

### Emilia Björk Perkins

*Barre/Zumba Group Fitness Instructor*

A native of Sweden, Emilia Björk Perkins is fluent in multiple languages, but perhaps the way she communicates best is through dance and movement. Emilia has been teaching Barre at the SPAC since early 2019 and is adding Zumba to her repertoire. While she's relatively new to the SPAC team, she's no stranger to this world. Emilia holds a certification through the International Ballet Fitness Barre Association and is also licensed as a Zumba instructor. She also has five years of professional training in theater, movement and dance, specializing in physical theater.

If you're interested in trying Barre or Zumba but are worried that you'll be out of your comfort zone, Emilia is the person to see. She has spent her life pushing out of her comfort zone, learning to express herself in creative and challenging ways. Today she lives on the other side of the world from her family and keeps challenging herself every day, while inspiring her students to push out of their comfort

zones. "I have clients say they have never been a dancer before, but now they feel like one and that dance and movement has brought something new and positive into their life. That's just the most amazing thing to hear as an instructor."

When Emilia isn't instilling joy and confidence in her students, she's active in a local theater troupe that she cofounded, and she also enjoys writing music and spending time in nature. And you can often find her in Butler's café when there's an event going on.

Ready to shake things up with Zumba or Barre? Emilia will be teaching both Barre and Zumba twice per week in the new year. Challenge yourself!

## Yes. You can.

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FUSION<sub>BY</sub>SPAC





## MEMBER PROFILE

### Martin Ryan

Minnesota as a flyover state? Not according to Martin Ryan. The respected entrepreneur and artist relocated here from New York specifically because of the convenience of being centrally located in the country so he could better serve clients of his capital markets creative and advisory business. (And he wants to point out that he specifically chose St. Paul after evaluating both here and Minneapolis.) We caught up with this jetsetter to learn more about his work and how he found a home here.

**SPAC:** We understand that you chose this area based on the ease of getting around the country, but what prompted you to join the SPAC?

**MR:** In New York, I was a member of the Downtown Athletic Club and the NYAC [editor's note: both famed institutions!] when I lived there, so I sought out the equivalent here and found the SPAC.

**SPAC:** We're so glad you're here. Where will people bump into you at the Club?

**MR:** I visit both the SPAC and the University Club as an executive member, and I participate in classes, swim, do workouts, and I also attend

the winter happy hour events. I really enjoy the culture here as well as the facilities and the timeless feel.

**SPAC:** Your work really evolved after you arrived in this region and you've definitely made a name for yourself in your adopted home. Can you tell us a little more about what you're working on and how it came to be?

**MR:** I was quickly impressed by the art community both in St Paul and the Twin Cities in general. It became apparent nobody had effectively localized or democratized art here, hence I founded twincitiesartist.com. Our data tells us there is the need to both harness and strengthen the economic potential of the gallery or 'professional' community, as well as the need to create a channel for local artists who are not yet represented or otherwise do not have a means of reaching patrons. The twincitiesartist.com model addresses both.

**SPAC:** And you're also the founder of stpaulartist.com and you write and market songs as well. You've accomplished so much; is anything left on your bucket list?

**MR:** To have one of my songs picked up and produced by a current artist.




VOTED  
Best Fitness/Yoga  
Studio in Saint Paul  
SAINT PAUL MAGAZINE  
MARCH 2016  
651-291-SPAC



THE HOLIDAYS ARE COMING.  
**BE STRONGER  
THAN COOKIES.**

MONTH-TO-MONTH  
CONTRACTS FROM \$89

*Membership options that include  
University Club of St. Paul available.*



## FOOD SPOTLIGHT

Chef George Snyder III

There are many varieties of squash which offer a wide array of health benefits. Squash is versatile in that, if stored properly, it can be enjoyed all winter long. To ensure your squash lasts 3-4 months store it between 50-55 degrees! The nutritional benefits of squash cannot be over stated. While a serving has approximately the same calorie count as a potato, squash has twice the potassium and a plethora of vitamins, including A, B6, and C. Additionally, the high levels of fiber and anti-inflammatory properties found in squash are thought to reduce the risk of certain cancers. Squash is a valued member of the cucurbit family, keeping good company with pumpkins, melons, and a diverse selection of gourds. In the summer, sweet potato, yellow, and spaghetti squash thrive. Throughout these winter months we will turn our attention to acorn, carnival, and butternut squash! This trio will provide the perfect combination of warm, hearty, and nutritious cold weather delights.



## Sunday Brunch Second Sunday of every month

Start your Sundays off right with brunch and a breathtaking view of the Mississippi River Valley. Turn your Sundays into Fundays at the Club!

**Reservations Encouraged: 651-222-1751**

**Jan 12, Feb 9, March 8**



## Prime Rib Night:

When faced with the bitter winter winds, few things fend off the chill quite like a warm, hearty meal. Our Chef will prepare a delicious plate filled with a 12-ounce prime rib, a baked potato, and seasonal vegetables!

**Dec 14, Dec 28, Jan 11, Jan 25, Feb 8, Feb 22**

**Reservations encouraged 651-222-1751**



## Popover Thursday:

Join us on Thursdays for a surprise in your meal's bread basket: Warm, handmade popover rolls straight from our oven. The perfect pairing for soups, steaks, salads and more; a welcome addition to any dining experience.



## Fish Fry

Friday, February 28th marks the return of our weekly Fish Fry. Throughout lent Chef George Snyder III will be frying up fish and complimentary side dishes. As fish is limited, this event will operate on a first come, first served basis.

**Fridays, beginning February 28**



## DRINK SPOTLIGHT

Meghan Walsh

### Apple Ginger Sidecar

Over the recent years there has been a return to the classic cocktails made famous by previous generations, but sometimes the story behind a drink is worth the tell!

The exact origin of the sidecar is unclear, but it is thought to have been invented around the end of World War I in either London or Paris. You may have already guessed, but it is named for the sidecar of a motorcycle. The Ritz Hotel in Paris claims origin of the drink but a bartender at The Buck's Club in London states the same.

Sounds a bit like the Juicy Lucy debate we have in the Twin Cities, right?

In each version the original recipe contains cognac, sweet liqueur and lemon juice. Here at the University Club we've elevated the basic recipe to bring you arguably one of the best Sidecar variations you'll taste! Laird's Apple Brandy, Domaine De Canton Ginger Liqueur, Grand Marnier and Lemon Juice finished with a candied ginger rim. It's not only delicious, it's a pretty spectacular looking drink! I invite you to stop in and enjoy one soon!



SAVE THE DATE:

## SCOTCH TASTING

Wednesday, March 25th

Save the date for our annual Scotch Tasting! This refined event features a selection of single malt scotches from several notable distilleries. Multiple knowledgeable representatives guide participants through the history of scotch while they taste each type and enjoy hors d'oeuvres.



## INTRODUCTION TO CLUBS WITHIN THE CLUB

Croquet? Tennis? Pickleball? Bridge?  
What's your fancy?

The University Club offers a wide variety of "Clubs within the Club" that provide the opportunity to meet people with shared interests and pursue a favorite hobby or discover a new passion. Why? Because we believe in lifelong learning, in building community, and in fostering relationships.

These clubs are all member-hosted. Since everyone who participates is already a member of the University Club, the convenience and comfort level simply can't be beat. There is an exceptional range of topics, and if you can't find an existing Club within the Club that matches your interests, you're more than welcome to start your own. You might be surprised at how many people share your passion.

Adding to the convenience, Clubs within the Club have regular meeting times, pre-arranged with the University Club. Members are welcome to invite a non-member to drop in on a meeting as a one-time guest – and it's not uncommon for these guests to fall in love with the space and want to become active members themselves so they can keep coming!

Contact us today to learn more about our Clubs within the Club to make the most of your experience as a University Club member.

## Club 101

We're known for an incredible list of "Clubs within the Club." These gatherings span an impressive variety of interests: Scotch, wine, books, travel, languages, clubs devoted to specific authors, writing, investment club, a club for entrepreneurs, and more. If you've ever considered joining a Club within the Club, this is your chance!

This event gives members the opportunity to meet with a representative from each of our Clubs within the Club. Explore your passions or find a new one; meet new people; expand your horizons; and make the most of your membership!

**January 10th**

*During Member Happy Hour*

## GREAT BOOKS

*Welcome to the University Club's  
Great Books Discussion Group!*

**Second Wednesday, 5:00 pm**

The Great Books Discussion group meets monthly to share observations and insights that we find in the Great Books that still change the world. It's always a good time to read the greatest books, stories and essays of all time; and better times are enjoyed when discussing these works with convivial fellow readers. These classic literary works offer insights into human experience and challenges to living a good life well. Join us soon.

During our winter discussions we'll continue our foray into the short story genre. Short stories may just be the perfect literary form for today's busy lifestyles.

There's no Great Books meeting in December, as we lay aside deep themes and celebrate the holidays.

On Wednesday, January 8 we'll discuss Jack London's classic Klondike adventure story "To Build a Fire."

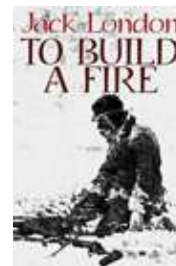
On Wednesday, February 12 our selection will be "Community Life" by Lorrie Moore.

Read, think and express your opinions.

We hope to see you at the table!

## WINTER 2020 SCHEDULE

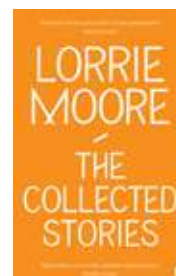
Wednesdays at 5:00



January 8

"To Build a Fire,"

Jack London's classic  
Klondike adventure story



February 12

"Community Life"

Lorrie Moore

For questions please contact Margaret  
King at: [kingmuelken@q.com](mailto:kingmuelken@q.com)





## HEY, PLAYER

*Meet Hump Day Games*

**Second Wednesday, 6:00 pm**

*'til the last card has been played*

Meet Hump Day Games, a happy-go-lucky club for the big kid in all of us. If you're 21 or older and interested in turning an ordinary Wednesday into a romp of a good time, this club is for you. We have an endless roster of games, like Drunk, Stoned or Stupid?, Pictionary and Giant Jenga. We've got a bunch of great board games. And, we're not afraid to bring out the Twister mat.

Hump Day Games takes place the second Wednesday of every month, which happens to coincide with half price bottle night (just plain smart budgeting). Invite your friends. Coerce your neighbors. Or, come by yourself. Anyone is welcome (absolutely) and anything goes (almost).

If you have questions, email one of the Hump Day hosts:

[lisa@culturebrokers.com](mailto:lisa@culturebrokers.com)

[shashacporter@gmail.com](mailto:shashacporter@gmail.com)

[rosemaryu@nekacreative.com](mailto:rosemaryu@nekacreative.com)

[sherijellis@gmail.com](mailto:sherijellis@gmail.com)

Like us on Facebook.

And by all means, join in on the fun.

Non-members are welcome.

**Dates:**

**Dec 11, Jan 8, Feb 12**

## CROQUET

**Coming March 2020**

The croquet team will be taking a hiatus during the winter months. But stay tuned for our March 2020 sign-up session!



## BALLROOM DANCE

**Thursdays, 5:30 pm**

Walk-ins \$10 per person

Tricia Wood, Owner & Dance Instructor at Dance and Entertainment Studios, will be leading a series of dance classes at the University Club. Now's your chance to polish up your skills or learn something new to impress on the dance floor!

**December - Foxtrot**

**\*No class Christmas week**

**January - Waltz**

**February - Swing**

**\*No class on Feb 20**

For details and other questions, please contact Tricia:  
[tricia@danceandentertainment.com](mailto:tricia@danceandentertainment.com)

## KNITTING FOR A CAUSE



All are welcome to join Knitting Club, a new club that offers the chance for social sessions of knitting, trading advice and ideas, and building our skills. While just beginning, Knitting Club has just one mission: To help those in need in our community. Watch the weekly updates for more information.

If you are interested in joining, please email  
[membership@universityclubofstpaul.com](mailto:membership@universityclubofstpaul.com)

## FITZGERALD ROUND TABLE

**Third Saturday, 9:30 am**

The Fitzgerald Society welcomes new members to discuss Fitzgerald's works and a broad range of nonfiction history/culture and fiction of his period. No membership fees, no web site, no outside speakers, we're a book club.

**Dates: Dec 21, Jan 17, Feb 15**

Contact: [jkh913@gmail.com](mailto:jkh913@gmail.com)



## BRIDGE CLUB

**Saturdays, 1:30 pm**

(except holiday weekends)

Bridge Club welcomes all ability to come and play! If you are interested in joining us, please watch the weekly ups for RSVP information.

For more information, Stephen Rockefeller:  
[stephen@lavendermagazine.com](mailto:stephen@lavendermagazine.com)



## THROUGH THE GRAPEVINE

*It's always a great time with wine*

**Fourth Tuesday, 7:00 pm**

Through the Grapevine (separate from our Wine Club) for people who want to know more about wine. It's hosted by Chuck Kanski, the wine expert behind Solo Vino. Through the Grapevine will be an exclusive group, limited to 20 people to make sure everyone can ask questions and participate. Whether you're an experienced wine connoisseur or a total beginner, you'll be sure to expand your wine horizons. Monthly meetings limited to 20 guests.

**Dates:**

December - club does not meet

Jan 28, Feb 25

If you are interested in joining, please email  
[chuck@solovinowines.com](mailto:chuck@solovinowines.com)

## INVESTMENT CLUB

**Second Wednesday, 5:30 pm**

The UClub Investment Club meets the second Wednesday of the month, from 5:30 to 7:00 PM in the Library. Our investment portfolio has some large cap stocks, like Amazon, and some much smaller stocks like PAWZ. Actually PAWZ is an ETF.

Curious about what we're talking about - join us! The educational topics for the coming months are:

**December** – Plant-based protein stocks

**January** – Marijuana stocks

**February** – Renewable energy stocks

For more information, please contact Mike Ryan:  
[michaelpatryan@gmail.com](mailto:michaelpatryan@gmail.com)

**Dates:** Dec 11, Jan 8, Feb 12

## COCKTAILS AND CONVERSATION

*Literature in good company*

**First Tuesday, 7:00 pm**

Sip on a specialty cocktail created to go along with the book of the month, as you discuss the latest literature in good company. All book club books are available for purchase at Red Balloon Bookshop, 891 Grand Avenue. Mention the University Club Book Club to receive a 20% discount.

For more information, please contact:

[membership@universityclubofstpaul.com](mailto:membership@universityclubofstpaul.com)

December 3



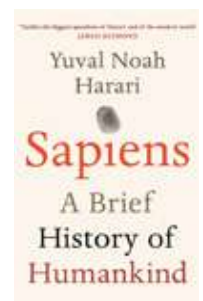
**Holiday Party and Book Exchange**

January 7



**Under Ground**  
Megan Marsnik

February 3



**Sapiens, A Brief History of Humankind**  
Yuval Noah Harari



## TRAVEL CLUB

### Laughter is the best medicine!

For those of us who remember reading that monthly column in the Reader's Digest, an alarming tidbit of trivia reported recently is that children laugh an estimated 120 times a day while adults manage only 6 laughs in most days. Shocking isn't it! We members of Travel Club are out to help cure this deficit. We invite you to join us if you want to boost your laugh quota and improve your health!

We get together every 4th Wednesday to share travel stories, many of which include humorous incidents and misadventures outside the safety of the University Club. We also make trips together every 6 months or so for more opportunities to grab a few laughs and make new friends.

We're planning our next trip to New Orleans at the end of February when we know we will need to escape the snow and freezing temperatures of St. Paul, especially if we want to have a laugh! What better place to go than to New Orleans where we can listen to Jazz and eat gumbo with friends! I can't wait.

Join us January 19 when we begin 2020 with our annual Holiday brunch, journeying across the Mississippi to the Minneapolis Women's Club where we'll sip Mimosas and eat a luscious array of delicacies guaranteed to bring on the giggles and maybe even hearty laughter to chase away the winter doldrums!

January 22 we'll continue the new year with a presentation from one of our members who recently traveled to Bulgaria, Romania, and Moldova. Then in February we'll all want to be present for a trip down memory lane with a member who traveled to Cuba on a trade mission and ended up getting his photo made with Fidel Castro!

We are a warm and welcoming group, so join us for Travel Club meetings or activities and find yourself healthier as your laugh quota gets a boost!

### NEW ORLEANS TRIP 2020

*Escape for fun in the sun with friends and enjoy jazz, gumbo, gardens & more!*

**February 28 – March 2, 7:00 pm**

If you want any information about the meetings or the New Orleans Winter Escape just email Sharron: [sharronpelham@gmail.com](mailto:sharronpelham@gmail.com).



### Upcoming Events

#### January 19

Annual Holiday Brunch at the Minneapolis Women's Club

#### Jan 22, 7:00 p.m.

Presentation on Bulgaria, Romania, and Moldova by Pat Plonski and Judy Hawkinson

#### November 20, 7:00 p.m.

Presentation on Cuba by Jon Jacobson





Image courtesy of Fred LeBlanc

## SAILING THE ATLANTIC ON A WINDJAMMER SCHOONER

*Todd P. Walker*

Being St. Paul born and raised, a sailing adventure on the Atlantic can cause a bit of trepidation, but for this guy from the 651 it turned out to be an epic adventure of a lifetime.

When a Boston based travel writer colleague of mine presented me with the opportunity to fill his spot sailing the Atlantic for 5 days on a 125ft windjammer, I jumped at the chance. My journey began with a flight from Minneapolis to Boston, for an overnight stay in the wonderful and historic "City on the Hill". It had been a number of years since I explored the streets of Beantown, so I put on my walking shoes and set out to be a sightseeing tourist for 24 hours. During my quick visit I hit the city highlights on a "Hop on Hop off" tour. I indulged in New England clam chowder and an order of fish and chips at the infamous circa 1826 Union Oyster House, and tipped back a Guinness at "The Bell in Hand Tavern," one of the oldest bars in the city.

My schooner sailing trip was scheduled to depart out of Rockland, ME. After tackling every way known to man on how to get to my destination in Rockland, I decided to be a frugal traveler and depart Boston by bus. My \$67.00 round trip decision on Concord Coach Lines, was the right call. I relaxed and enjoyed the beauty of the New England coast on my 5-hour trip to Rockland. The comfortable coach included free WIFI, water, snacks and movies. When I arrived in Rockland I was pleased to discover that the bus terminal was walking distance to the boat.... convenience my friends!

The Heritage Schooner would be my home for the next 5 days, with husband and wife team captain Doug and Linda as my hosts. The duo have been sailing the Coast of Maine together for over 30 years. Sailing on the Heritage is an authentic experience from bow to stern. The Heritage doesn't even have an inboard motor for those - "just in case moments." An interesting side note about the Heritage: Doug and Linda, along with a few neighboring sailors, built every inch of the Heritage with their own

hands. When I arrived, I was greeted by the captain and the crew, given a tour of the boat, and was pleasantly escorted to my small but sufficient cabin. The vessel is equipped with two single cabins and 14 double cabins. The cozy quarters all have a sink with hot and cold running water, electric lighting, a reading lamp, and a wall outlet for charging devices like a cell phone. The schooner is also equipped with a freshwater shower on deck. Surprisingly the shower facilities did not seem to get much use...that would include me - perhaps it's the sea salt air but showering just didn't seem necessary. This would be a far cry from this city kid that often times will be under the shower head twice a day.

### The Heritage doesn't even have an inboard motor for those "just in case moments"

After a dockside restful night sleep, we all gathered for a hearty breakfast and a chat, as we prepared to set-sail on the Atlantic Ocean. The experience onboard the Heritage is yours to create. Passengers can choose to spend time as you wish while sailing the Atlantic. You may decide to leisurely enjoy the scenery of the lighthouses and Islands while resting on the deck keeping an eye out for eagles, seals and whales. I decided to take a more active approach. I spent my days at sea pitching in assisting the captains and the crew by tending to the sails, learning different knots, and becoming educated in all that needs to happen when adjusting for the wind and the weather. My goal was to learn as



Image courtesy of Schooner Heritage

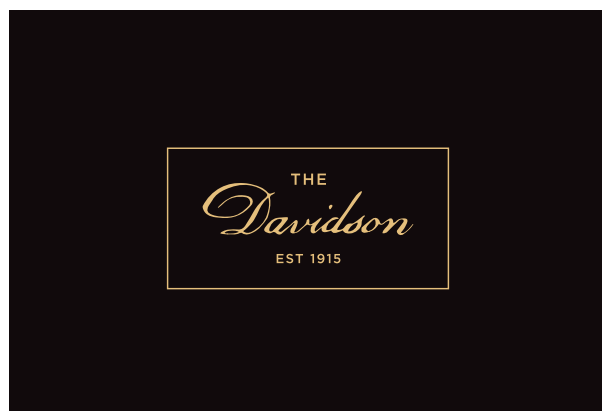


*Sailing the Atlantic cont.**Image courtesy of Richard Ball*

much as possible about the schooner...and sailing during my 5-day adventure. However, if helping on deck isn't your thing, passengers are also welcome to help out in the galley. There always seemed to be dishes to wash, potatoes to peel, bread to be made or ice cream to be churned. Dining on the ship is a step back in time, with everything being made from scratch. I certainly did not see one Nabisco label or frozen food entree in the freezer or the pantry.

One of the many highlights, of the 5 days at sea aboard the Heritage, was the classic shore lunch. The captain dropped the anchor and we all headed to shore for an amazing lobster cookout. The days on the water were relaxing as well as exhilarating. The captains regularly kept us intrigued, and mystified by finding interesting remote fishing villages for us to spend time exploring.

My week sailing the Atlantic Ocean was a tremendous experience of growth, learning and adventure. If you are planning a spring / summer travel adventure consider sailing the Atlantic on a Windjammer Schooner. We may be the Land of 10,000 Lakes, but there is nothing like the open ocean.



Summit Avenue's  
first boutique hotel.

Opening December 2019

344 Summit Avenue  
[thedavidsonstpaul.com](http://thedavidsonstpaul.com)





## A DIFFERENT SIDE OF THE WISCONSIN DELLS

### A visit to Sundara Inn and Spa

*Todd P. Walker*

*Image courtesy of Sundara Inn and Spa*

Hitting the trifecta - Traveling three hours from St. Paul, armed with a triple espresso from Cathedral Hill's Nina's, my phone loaded with three hours of the Podcast "My Favorite Murder", and I am on my way to spend three days at Sundara Inn and Spa, located in the scenic outskirts of the Wisconsin Dells. This closer to home gem is a great alternative to jumping on a plane to experience one of the more high profile spa vacations.

Before I self-indulge in health, fitness, self-reflection and mindfulness, it was time for me to put life in reverse for a day. Growing up in the Twin Cities, you would think as a kid I would have visited the area known as the water park capitol of the world...Wisconsin Dells. But nope...growing up we never made the trip. I thought I would make up for lost time from my childhood and spend one night at Kalahari Resort and Water Park to honor my inner 16 year old. I would vow to give myself permission to embrace my dad bod in all its glory, as I floated on an inner tube down the "Lazy River". I would hoot, holler and wave my arms in the air as I challenged myself to just about every water slide the park had to offer. That is until I met my match... the "Tanzanian Twister". You basically twist around in a tunnel at speeds up to 40mph until you are suddenly dropped into a pool of water. The post-Tanzanian vertigo was reminiscent of the morning after a wild college fraternity party - bed spins resulting from too many drinking games. I

decided it was time to leave my inner towel snapping 16 year old behind and engage in some much needed adult Zen time.

I headed 5 minutes down the road, with fading visions of theme parks in my rear view mirror, to the quaint oasis of the Sundara Inn and Spa. This scenic destination wellness spa is snuggled in a pine forest between Lake Delton and the Wilds Golf resort.

### I was greeted by deer peacefully grazing along Sundara's Chakra meditation trail.

Driving down the winding wooded road to the entry, I was greeted by deer peacefully grazing along Sundara's Chakra meditation trail. Once you enter the grounds of Sundara, you are immediately visually and mentally transported to a magical



place and time. The staff greeted me by name as I passed through the entry doorway. My check-in process was pleasant and efficient. My Sundara attendant shared with me a bit about the property, followed by a schedule of services and activities I had booked in advance of my visit. My guest room was in the new wing of the property, which was completed in 2018. The room was well appointed with quality linens and included a whirlpool on the deck, overlooking the wooded very private surroundings.

Your time at Sundara is yours and can be designed how best suits your needs during your visit. I decided to take in as many activities as Sundara had to offer during the time I was at the resort and spa. After unpacking my duffel bag I headed to the front desk to join one of the scheduled property tours. Travelers Tip: When visiting Sundara, leave your vacation wear at home! Guests go from place to place wearing one of the plush robes provided by the property.



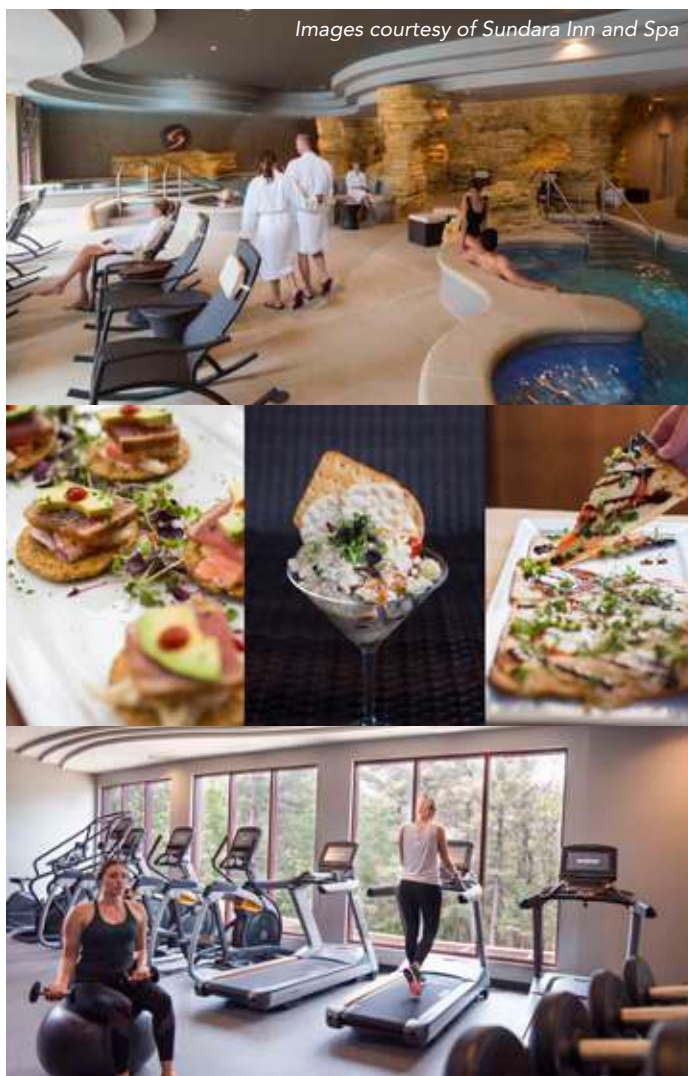
### *Sundara Inn & Spa cont.*

Simply pack workout wear - a swim suit...and perhaps one outfit, should you chose to head off property for dinner or take advantage of a pontoon ride provided by Sundara on near-by Lake Delton.

Sundara Inn and Spa has 38 guest rooms, a state of the art fitness studio, chef prepared cuisine at Nava restaurant, tranquil massage rooms, an indoor/outdoor infinity pool with a swim up bar and daily wellness activities.

During my stay, I woke early to start the day doing cardio in the fitness studio, followed by various body treatments and classes including meditation, yoga, cooking and juicing classes, guest lectures on health and wellness, hiking, and most importantly, rest.

The serenity and simplicity of Sundara Inn and Spa, combined with its hassle free access from the Twin Cities, creates a delightful guest experience. When my three-day respite at Sundara came to a close... I simply walked to my car, prepared to head back to St. Paul. A vacation without security lines and crowded airplanes added to the joy of this get-a-way. Oh and If you see a guy wearing a bathrobe walking Grand Avenue, it just may be me trying to hold onto my Sundara Inn and Spa state of mind.



Images courtesy of Sundara Inn and Spa

## Now accepting reservations for romance.

Book a romantic getaway close-to-home and receive a \$50 gift card for W.A. Frost or The Commodore Bar. Reserve on-line or by calling 651-280-4120. Promo code RETREAT. Must redeem by February 28, 2020.

340 Cedar Street, Saint Paul, Minnesota 55101 | [hotel340.com](http://hotel340.com)

hotel  
340

#### Retreat package includes:

- Bottle of Sparkling Wine or House Wine
- Chocolate covered strawberries
- Noon check-out
- Free day pass to Saint Paul Athletic Club
- \$50 gift card for W.A. Frost or The Commodore Bar





## CAMP UClub 2020

### June 15th – August 14th

The University Club is known for its incredible summer program, Camp U Club. Camp U Club combines educational, cultural, and recreational activities for children to explore and develop new skills and hone existing talents. With the warm weather comes summertime splashing by the pool, volleys on the tennis court, sunset weenie roasts, field trips, and much more.

Camp U Club is excited to return for the summer 2020 season, with an updated activity roster that brings back camp staples and introduces some special new surprises. For campers in early grade school to graduating teens, Camp U Club provides the opportunity to learn new skills, make new friends, and enjoy a summer in the sun.

**\$650.00 per camper** with registration by May 1st, 2020

**\$700.00 per camper** with registration after May 1st, 2020

#### Additional costs:

**Fieldtrip Fridays** (pricing TBA)

**Dive Team** (\$50.00)

**Tennis Practice at SPA** (\$50.00)

Online registration opens on February 1st



## Hatching April 12th, 2020

Save the date for our ever popular Easter brunch! We host kid favorites including a petty zoo and an egg hunt next door at the Grigg's Mansion. Bring the whole family for an afternoon of great food and memories to last a lifetime.

When: Sunday, April 12th





**\$25 per family**

RSVP via Google Forms, found on the University Club's website and in the Weekly Update

All families are invited to join us one Sunday each month for family-friendly activities. Guided by University Club staff as well as guest instructors, Hands On Sundays provides an opportunity for the whole family to come together to enjoy a creative kinetic activity. Each session is sure to teach children new practical skills in crafting, culinary arts and creative endeavors. Hands On Sundays are on the first Sunday of every month, and each has its own unique theme and focus.

**December 15th**

## GINGERBREAD HOUSE MAKE & TAKE

2:00 pm – 4:00 pm



**January 12**

## LEARN TO JUGGLE

2:00 pm – 4:00 pm

**February 9**

## MAKE-AND-TAKE VALENTINES

2:00 pm – 4:00 pm



**\$15 per child**

RSVP via Google Forms, found on the University Club's website and in the Weekly Update

Join us for fun filled and rejuvenating evenings. At the start of the night we will take the kids! You and your partner will be free to enjoy the evening together. Ages 4 and up will be entertained with a variety of activities from scrumptious food creations to carnival games! This is your time to kick back, relax, and enjoy each other's company.

**January 17th**

## PJ PARTY AND PANCAKE BAR

5:00 pm – 8:30 pm



**February 21**

## COMMUNITY MOVIE NIGHT,

Guests encouraged!



**March 20**

## DAZZLING DAVE THE YO YO MAN

Yo yo class and demonstration



## HOLIDAY MOVIE MARATHON

**Saturday, December 21, 10:00 am – 4:00 pm**

**Price: \$10 with a donation to the Holiday Toy Drive**

We'll be at the Club watching a marathon of classic holiday movies, and we'd love for you to stop by! Drop the kids off for a day to yourself. It's the perfect opportunity for clandestine holiday shopping, or just a personal day. We'll start with the classic movies then continue on to modern favorites, taking a short break for pizza. Holiday snacks will be provided throughout the day.



Chess is a tool for teaching such skills as concentration and critical thinking

## CHESS TEAM

### Calling kids ages 5-12

The University Club of Saint Paul is partnering with the Twin Cities Chess Club to offer our members a one of a kind experience. We are inviting children ages 5-12 to join us for Chess lessons that will not only expand their horizon, but strengthen their place within our community. Chess is a tool for teaching such skills as concentration and critical thinking. And it can help build student self-esteem. Indeed, it's a game that can change kids' lives! Any level is welcome. Competitive chess tournaments are scheduled once a year and students can play for real chess trophies! We routinely see huge growth in students only after first session. Parents consistently report that their children can sit and concentrate on their chess games for longer and longer after only a few structured chess classes. This translates to their other studies, strengthening their ability to sit and learn other subjects.

**CHESS DATES ~**

**\$45.00 per session or \$10.00 drop in class**

**December 7, 14**

**January 11, 18**



## 2020 YOUTH SERVICE TEAM

*Indoor swim and 2020 planning party*

**January 17, 5:30 pm**

**Bus returns 8:45 pm**

**Meet at Uclub at 5:30**

**Bus departs at 5:45 pm and returns at 8:45 pm**

Please bring a swimsuit and towel

Pizza Dinner

Plan a year full of service and fun activities!!

Advanced registration and signed waiver required



## DIVE-IN MOVIES

*It's cold outside. It's hot at The SPAC.*

**Select Saturdays, 7:00 pm**

The summertime classic doesn't have to stop when the summer ends. Join us at SPAC pool for a memorable evening of aquatic cinema, featuring some of the latest and greatest family-friendly movies. Noodles and pool floaties encouraged!

**February 1**

**March 7**

**April 4**



## YOUTH SWIM TEAM

There's never ice on SPAC's 8th floor pool! Summer may be over, but swimming continues indoors through the winter and spring months. This indoor swim team is a great opportunity for your child to maintain and develop their stroke, build endurance and stay active during the colder months.

### WINTER SESSION

8 SESSIONS

\$90.00 per session

SPAC - Saturday's 1:00 pm

January 5, 12, 19, 26

February 2, 9, 16, 23

### SPRING SESSION

7 SESSIONS

\$90.00 per session

SPAC - Saturday's 1:00 pm

March 1, 8, 15, 22, 29


April 5, 29, 26





## TOY DRIVE

This holiday season our Youth Service Team has organized a toy drive for Hallie Q. Brown and the St. Thomas Moore community toy-drive! Some of our youngest members are helping to strengthen the University Club's commitment to our Saint Paul community and remind us that Christmas is just as much about giving as it is receiving. We are asking for new toys, suitable for any age group.

Stop into the membership office to drop off your donation under our Christmas tree!



 COMMONWEALTH PROPERTIES

 THE Summit Center  
FOR ARTS & INNOVATION

Presenting adventurous cultural experiences  
that celebrate and connect community.

Commonwealth Properties is proud to introduce our newest sister company.

*The Summit Center contains unique performance spaces where artists and audiences collaborate in creative work that is stylistically and culturally diverse and inspires a dynamic exchange of ideas and experiences.*



## CLUB E

**Third Wednesday**  
11:15



Club Entrepreneur (St. Paul) is a community of business professionals who meet each month at the University Club for networking, idea sharing and presentations from some of the Twin Cities' most respected innovators, catalysts and thought leaders. During each lunch hour session, guests will have the chance to enjoy a meal, chat with peers and strengthen their network of personal and professional relationships. The purpose behind each session is to provide attendees with the encouragement to go back to their offices more inspired, savvy and energized.

*Please follow the Weekly Update for more information.*

**Dates:**

Dec 11, Jan 15

**Contact:**

[chumstruve@yahoo.com](mailto:chumstruve@yahoo.com)



*Oh come,  
all ye  
festive!*



## Decorating the Clubhouse

Oh come all ye festive! Gather round the Fireside Room to decorate the Christmas trees throughout our member spaces.

December 2nd, 3:00 – 8:00pm



## HOLIDAY ON THE HILL:

*Unique boutique shopping event*

**Thursday, Dec 5th 6:00-9:00 pm**

Shopping for the perfect gift for your spouse, parents, or close friends? Just looking for an occasion to mingle, sip cocktails and chat with friends? Holiday on the Hill opens the University Club for an exciting night of shopping, featuring local vendors and artisans selling truly gift-worthy crafts. Enjoy the holiday spirit, make new connections and experience a wide selection of fine local wares at this annual holiday market.





## EVENT

### March in the Grand Day and Torchlight Parades

Volunteer your time to represent the University Club and Saint Paul Athletic Club in the King Boreas Grand Day Parade. The Youth Service Team will be in charge of creating the float. March with your fellow members to celebrate our Clubs and community!

The Grand Day Parade  
Saturday, January 25th  
2:00-4:00pm

Torchlight Parade - Saturday,  
February 1st from 5:30 - 7:30  
pm (21 + event)  
Under Vulcanus Rex, SPAC  
members will parade for the  
end of the winter.

Contact [skatsiotis@universityclubofstpaul.com](mailto:skatsiotis@universityclubofstpaul.com)  
for more details.



### Volunteer Planning Meeting

The University Club prides itself on our commitment to charity work throughout the community. These efforts are often inspired and sustained by you, our membership base. Join us to collaborate with other members to share your ideas and outreach initiatives for 2020 and 2021!

February 6th, 4:00 pm



### COOKIE DECORATING AT WOMEN'S ADVOCATES Cookies for a Cause.

Women's Advocates, Inc. was one of the first shelters in the nation for women and children escaping domestic violence. Today, Women's Advocates provides shelter and services to an average of 50 women and children daily, helps dozens of callers to the crisis line daily, and educates students and professionals about domestic abuse prevention and services.

For this support event, the club will come together to socialize and decorate cookies for a fundraiser supporting a strong local non-profit.

December 6th, 5:30-7:00pm





## FEZZIWIG BALL

**Dec 20, 5:30 - Midnight**

5:30 pm – Champagne reception at the Grigg's Mansion  
6:30 pm – Dinner and dancing at the University Club

A beloved and extraordinarily popular University Club tradition, Dickens' London Christmas and Fezziwig Ball is truly the highlight of the Twin Cities holiday party season. This exclusive evening kicks off with hors d'oeuvres and champagne next door at the Griggs' mansion. Once you're fully in the holiday spirit after the reception, join us at the University Club for a lavish Christmas buffet feast along with live music. It's a night of holiday merriment, decadence, and an excuse to get all gussied up. And it's not to be missed.



## SANTA BRUNCH

**Dec 8, 10:00 am – 2:00pm**

Join us for this family favorite tradition -- One that the children certainly won't forget! Bring the whole family and enjoy delicious food, make-and-take crafts and pictures with Santa dressed in his Victorian finery. There's no better way to greet the holiday season, and no better setting than by our festive warm hearth.

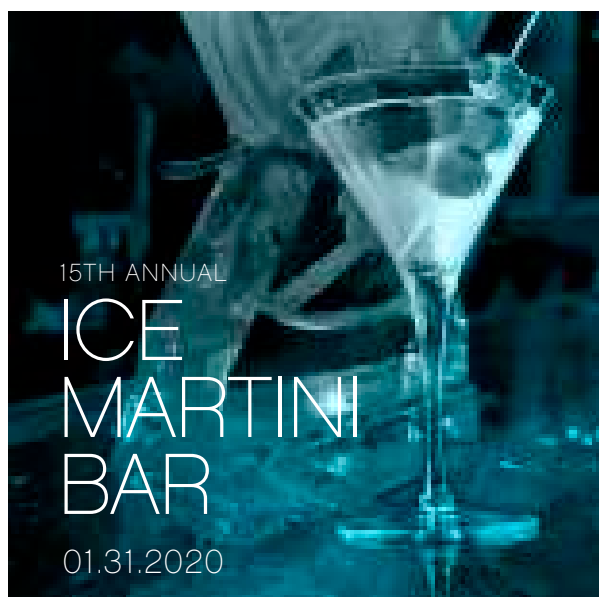


## HOLIDAY SING ALONG AND UGLY SWEATER PARTY

**Dec 13, 5:30 - 7:00 pm**

Gather round the fireside to join your fellow members in bringing Christmas cheer to the clubhouse. Wear your ugliest sweater and warm up your vocal cords for our favorite seasonal happy hour!





## MARTINI NIGHT

January 31, 5:00-9:00 pm

For one wonderful night each winter, we bring in a show-stopping bar carved entirely out of ice. The accompanying festivities include a creative martini menu with several different specialty martinis, along with complimentary hors d'oeuvres. Bring your partner for an atmospheric date night, or come alone and enjoy delicious cocktails in the company of the University Club community. This isn't an event to be missed!



## CELEBRATING 107 & 7 BIRTHDAY PARTY

February 28, 5:00 – 9:00 pm

Come help us celebrate a long legacy of the University Club and Saint Paul Athletic Club's role as a hub of St. Paul social life, family, and community. At the University Club's 107th and the Saint Paul Athletic Club's 7th birthday celebration, we'll raise a glass to years of club history, and all the stories to come.



## VALENTINE'S DAY WITH LIVE PIANO MUSIC

February 14, 6:30 – 9:00 pm

Bring your valentine for a memorable and romantic meal prepared by our Executive Chef, George Snyder III. Pair with a bottle of wine and the sweet melodies of our professional pianist for an unforgettable evening.

## L'ALLIANCE FRANCAIS

*Your gateway to the Francophone world*

**Second Thursday 6:00 pm**

The Alliance Française began in Minnesota in the 1920s with a small group interested in the language and culture of France, led by University of Minnesota Professor Jacques Fermand. By the 1950s, the local chapter had around 100 members. In 1975, the chapter was incorporated as a non-profit organization in the state of Minnesota. Today, the Alliance Française of Minneapolis/St. Paul has over 1,000 members, serving as a major promoter for cultural activities, presenting and promoting the arts and culture of France and French-speaking cultures around the world.

**Dates:**

Dec 12th

Jan 9th

**Contact:**

culture@afmisp.org

OPEN TO THE PUBLIC



## COFFEE CONCERTS:

*Free monthly noontime concerts*

**First Wednesday 12:00 pm**

The SPCM's popular Coffee Concerts series — free, monthly, noontime concerts featuring beautiful music and opportunities to meet the artists — continues throughout the 2019-2020 season.

Coffee Concerts are at noon, are free to the public, and include coffee and bagels. After the performances there is an opportunity to meet and talk with the musicians.

**Dates:**

Dec 4th

Jan 8th

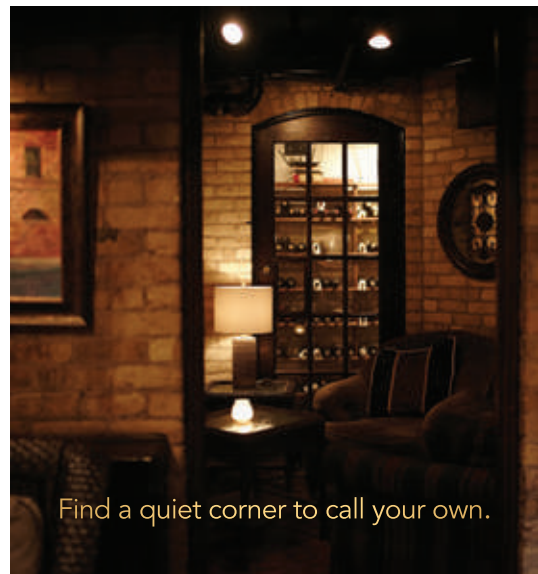


1524 Summit Avenue, Saint Paul, MN 55105

## CONVERSATIONAL SPANISH



Meet fellow members and new friends while expanding your language abilities, preparing yourself for global travels as well as daily use. Spanish Club is one of the University Club's most active organizations, and draws in guest speakers and private tutors for practice in Spanish reading, speaking and grammar.



Find a quiet corner to call your own.

Reservations  
651.224.5715  
WAFrost.com

W.A.  
FROST  
AND  
COMPANY



# READINGS BY WRITERS

*Readings by Writers is free to all U Club and SPAC members and guests.*

Sponsored by Public Art Saint Paul/Everyday Poems for City Sidewalk and hosted by Saint Paul's first poet laureate, Carol Connolly, Readings by Writers presents interesting new authors, poets, and their work at the University Club every month.

**December 17, 7:30 p.m.**



**John Coy** is the author of young adult novels, the 4 for 4 middle-grade series, and numerous picture books including *On Your Way* and *My Mighty Journey*. He lives in Minneapolis by the Mississippi River.

**Bao Phi** is a two-time Minnesota Grand Slam champion and a National Poetry Slam finalist. His poems and essays are widely published in numerous publications including *Screaming Monkeys* and *Spoken Word Revolution Redux*. He has two collections of poems, both published by Coffeehouse Press. His first children's book, *A Different Pond*, received six starred reviews and won multiple awards including a Caldecott Honor and the Charlotte Zolotow Award for excellence in children's book writing. His second children's book, *My Footprints*, was released by Capstone in 2019.

**Steve Healey** is the author of two previous books of poetry, *10 Mississippi* and *Earthling*, both from Coffee House Press. His poems have been published in magazines such as *American Poetry Review*, the *Awl*, *Boston Review*, *Denver Quarterly*, *Fence*, *jubilat*, and *the Nation*, and in anthologies, most recently *The New Census: An Anthology of Contemporary American Poetry*. He's a professor of English and creative writing at Minneapolis College.

**Kao Kalia Yang** is a Hmong-American writer. Born in the refugee camps of Thailand, she came to America at the age six. She is the author of *The Latehomecomer: A Hmong Family Memoir*, winner of the 2009 Minnesota Book Awards in Creative Nonfiction/Memoir. Her second book, *The Song Poet* also won the 2016 Minnesota Book Award in Creative Nonfiction Memoir, and was a finalist for the National Book Critics Circle Award. This fall, Yang debuts her first children's book, *A Map Into the World* (Carolrhoda Books) and a co-edited collection titled *What God is Honored Here?: Writings on Miscarriage and Infant Loss By and For Indigenous Women and Women of Color*. In the spring of 2020, Yang's second children's book *The Shared Room* (University of MN Press) and third work of creative nonfiction, a collective memoir about refugee lives, *Somewhere in the Unknown World* (Metropolitan Books), will be published.

**January 21, 7:30 p.m.**



**Sharon Chmielarz**

Sharon Chmielarz's latest book of poetry is *The J Horoscope*. Previous books have been finalists for the Independent Book Publishers Award, Midwest Book Awards, National Poetry Series, and the Next Generation Indie Book Awards. Her poems have been nominated several times for a Pushcart Prize and featured on *American Life in Poetry*.

**Warren Woessner**

Warren Woessner is a poet, an attorney and a chemist. His poetry has appeared in *Poetry*, *Poetry Northwest*, *The Nation*, *5 AM* and *Appalachia*. He has received fellowships in poetry from the NEA, the Wisconsin Arts Board and the McKnight Foundation. Warren works as a biotechnology patent attorney in Minneapolis.

**Brian Beatty**

Brian Beatty is the author of the poetry collections *Borrowed Trouble*, *Dust and Stars: Miniatures* (Cholla Needles Press), *Brazil, Indiana* (Kelsay Books) and *Coyotes I Couldn't See* (Red Bird Chapbooks). He lives in Saint Paul.

**Ahmed Ismail Yusuf**

Ahmed Ismail Yusuf is the author of three books—*Somalis in America* from the Minnesota Historical Society Press, *Gorgorkii Yimi*, a collection of stories in Somali, and most recently, *The Lion's Binding Oath and Other Stories*, a collection of short stories in English published in 2018.

*Please call 651-222-1751 to make a dinner reservation.*





## Focus on Fitness

# How do I really commit to something new?

Serious change starts with making a serious commitment, whether that change means chasing a goal, advancing your career, getting into shape, or something else that's just for you. The problem: we all struggle with following through on commitments sometimes. Commitment isn't about making the promise at the start. It's about keeping that promise in the face of foreseen and unforeseen hurdles. A promise without follow-through is never going to achieve results.

Let's consider fitness. Showing up is great, but simply being present isn't going to get you the results you want. Here are three quick ideas to help turn your promise into a real commitment:

**Focus on your why.** Next time you walk into the gym, or a fitness class, or you set out for a run, remember what brought you there in the first place. In other words, know your why. Was it to get in better shape? To feel good? To lose weight? Focus on the why and commit to fulfilling that purpose each time you set out to do something for you.



**Leave everything else at the door.** Multitasking is a great way to get a little bit of everything half-done and nothing all the way done. Real results come from giving your full attention to one thing at a time. When it comes to fitness, it's critical to leave your work, worries, and outside stressors where they came from. Take this time for you and commit to personal excellence during that class, gym session, or run.

**Shake things up.** Finding it hard to get motivated? Falling into a dull fitness routine or rut is a surefire commitment killer. This is the time to shake things up and commit to something new. Try a new class. Meet with a personal trainer. Sign-up for a running race, triathlon or fitness event that will give you a reason to work hard and strive for your goals.

At The Saint Paul Athletic Club, we understand commitment, and we work to provide ample opportunities for you to commit or recommit to something new. Check out our wide variety of group fitness classes, race-schedules, and coaching available to help get you turn a promise into results.





# How do I balance fitness, nutrition and life?



How do I In this age of content explosion, it can be hard to know if what you are doing (in the gym, in the kitchen, and throughout your day) is truly benefiting your health and wellness. We are bombarded daily with new information/misinformation telling us how to eat, exercise, and live. What's fact? What's fiction?

One thing we know to be true: When it comes to balancing nutrition, exercise and life, keep it simple. Balance is hard enough; there's no need to complicate things further.

That means you should ignore the fads. Skip the crash diets. Be wary of the hot new supplements before they're proven. Don't mess with the body's natural systems. Never go for the quick fix. In the long run, crash diets and fads and ignoring your body will not work and can be very dangerous.

If you want to achieve or maintain a healthy weight, improve muscle tone and strength, and/or pursue a healthier body overall, it's critical to focus on positive daily changes that you can sustain for your life. Make small adjustments to your habits and lifestyle. Focus on what you can add instead of what you feel like you need to restrict (because

restriction sets up a pendulum swing!) Instead of labeling foods as "bad" or "off-limits," focus on adding in more nuts, seeds, fruits, vegetables, whole grains and lean protein. The bulk of your diet should be made up of healthy proteins, healthy carbs (think: vegetables), and healthy fats. If you are struggling with your nutrition, chances are that you are not following these simple recommendations.

## Make small adjustments to your habits and lifestyle.

Overconsumption and quality of food are also very important in achieving a healthy balance, but here is a simple why to think about it: Your body burns calories all day, every day, and the amount of food you consume replenishes your body with energy so that it can function optimally. Your capacity for utilization of these nutrients is limited by the number of calories you burn each day, and it varies based on your activity level

and how much muscle your body has. If you eat more than you need, your body stores those excess calories in the form of body fat. The reverse is true too — but there's a catch: Improperly fueling your body can have a negative impact and can cause you to lose muscle mass.

The number on the scale might be going down, but it could be water, muscle and fat that you're losing. We don't want to lose muscle, because muscle increases the amount of calories we burn daily (the more muscle you have, the more calories you burn), increases bone mass and strength, stabilizes joints, and gives us our strength to do every task we do.

Here's where exercise plays a critical role: The only way to avoid losing muscle is by strength training.

Think you don't have time? There are many ways to sneak strength training into your daily life, and not all of it requires physical weights. Your body is a built-in weight, and using it properly for strength training can go a long way. Not sure how to program for your workouts? Leave that up to us: Check out our group fitness schedule or talk with a trainer. We're here to help.



## How can I choose the best fitness routine for me?

Everybody's different, and every body is different. The simplest answer to this question is to choose something that you will actually do. Sounds simple, right? But you'd be surprised how often people choose fitness programs that they're not going to want to or be able to sustain. Choosing something you'll stick with is the most important thing to keep in mind when committing to a workout routine.

If you like (or don't mind) what you are doing, you're far more likely to commit and stay consistent. Not sure what you like doing? Try out a bunch of different types of exercise and make the right decision for you.

Beyond simply choosing a routine that you'll stick with, it's important to consider a routine that matches your goals. Here are a few different types of common exercise routines along with more information about how they work and the benefits you may be able to achieve with each one.



### Strength Training

Due to its wide range of health benefits, strength training is arguably the most important routine of all. Strength training, in short, makes you stronger and fitter. Obvious, right? Being fitter and stronger makes everything you do in life easier.

There is not one physical activity you do in life that wouldn't be easier if you were stronger (think: carrying groceries, fishing, walking, cooking – the list goes on forever), so building a stronger body means an easier life for you.

Strength training protects bone health, muscle mass, and stabilizes joints. At around age 30 we start losing as much as 3 to 5 percent of lean muscle mass per year thanks to aging. According to a study published in October 2017 in the *Journal of Bone and Mineral Research*, just 30 minutes twice a week of high intensity resistance and impact training was shown to improve functional performance, as well as bone density, structure, and strength in postmenopausal women with low bone mass, and it had no negative effects. Strength training also helps keep fat off for good, develop good body mechanics, help with chronic disease management, boost energy, increase mood, has cardiovascular benefits, and more. So, make sure you are adding strength training to your weekly routine.



### Cardio

Cardio is essential for keeping your heart, lungs and circulatory system strong, efficient, and healthy. Alongside these heart-happy benefits, cardio is effective when trying to burn calories and burn fat. Done properly, cardio can be an extremely beneficial

addition to a workout program. Want the most bang for your buck and time? Make sure to incorporate interval-style training when executing your cardio routines. If you're not sure how to start interval training, hop into a cardio class or meet with a trainer, where you will learn how to push your body for the results that you are looking for without wasting your time. Having a rough day, week, or year? Cardio also has amazing benefits for your mental health; it can help reduce stress, relieve anxiety and depression, and build confidence and self-esteem.



### HIIT

Time is one of our most precious resources, and high-intensity interval training is the best way to maximize your results with minimal time.

Anaerobic interval training uses the body's reserves of energy and, after a workout, metabolism stays elevated and continues to burn calories

for hours. Not only does your body metabolize fat for fuel during the workout, but during the post-exercise recovery period after HIIT exercise, the body will tap into fat stores for the energy required to restore it to its normal resting state. HIIT places a significant amount of metabolic stress on muscle tissue. As part of the repair process, the body will produce elevated levels of human growth hormone, testosterone and insulin-like growth factor-1 to repair damaged muscle proteins, which lead to increases in muscle volume and definition. To maximize your HIIT workouts, make sure your rest intervals are longer than your work intervals. You also need to make sure you're working at maximal or close to maximal exertion levels. Remember: high intensity means high intensity. If you are looking to achieve results, you must work for them.



## Yoga

Yoga practice has a multitude of health benefits. For many people, yoga provides a retreat from their chaotic and busy lives. Not only does yoga challenge the body physically through balance and breath, it challenges the mind mentally through thoughtfulness and awareness of one's body in space. Yoga teaches mindfulness, which refers to focusing your attention on what you are experiencing in the present moment without self-judging. Practicing yoga has been shown to increase mindfulness not just in class, but in other areas of a person's life. Yoga can also provide benefits including stability and balance, and can improve flexibility and help protect against injury. Yoga has been shown to increase the capacity for other forms of exercise due to its stress- and anxiety-relieving attributes.



**Saint Paul, MN**

# POLAR DASH

WHEN: Saturday, January 4, 2020

START TIME: 8:00 AM – half marathon  
9:00 AM – 10K  
10:30 AM – 5K

WHERE: HARRIET ISLAND SAINT PAUL

MEET @ SPAC: 11:30 for HOT TODDYS  
HOT CHOCOLATE(Spiked or Regular)

TEAM NAME: Saint Paul Athletic Club  
SIGN-UP:  
<https://secure5.marathonguide.com/register/monsterseries/2019RaceSeries/>

RSVP: Front Desk Sign-up sheet

For more information Visit  
[Mindbody.com/SaintPaulAthleticClub](http://Mindbody.com/SaintPaulAthleticClub) or Contact  
[mzuehl@thespac.com](mailto:mzuehl@thespac.com)



## GROUP FITNESS *Schedule*

WINTER 2019/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:15 AM</p> <p><b>Vinyasa Yoga</b></p> <p>Dana Bedingfield</p>	<p>9:00 AM</p> <p><b>Power Yoga</b></p> <p>Sophie Rupp</p>		<p>9:00 AM</p> <p><b>Gentle Yoga</b></p> <p>Paula Lindemann</p>		<p>11:00 AM</p> <p><b>Vinyasa Yoga</b></p> <p>Paula Lindeman</p>
<p>6:00 PM</p> <p><b>Vinyasa Yoga</b></p> <p>Jen Palmer</p>		<p>6:00 PM</p> <p><b>Vinyasa Yoga</b></p> <p>Jen Palmer</p>			

# CHALLENGE YOURSELF: Yes, you can.



## SECURIAN Winter Run

**JANUARY 25TH, 2020**  
**SECURIAN FINANCIAL BUILDING**

**MEET:** @ SPAC 8:00 a.m.  
**PRE PARTY:** 8:30 a.m.  
**START TIME:** 9 a.m. - Half marathon  
 9:15 a.m. - 10K  
 9:25 a.m. - 5k  
 10:30 a.m. - HOT TODDYS and SPIKED HOT CHOCOLATE @ SPAC

**WHERE:** SECURIAN FINANCIAL BUILDING  
**TEAM NAME:** Saint Paul Athletic Club  
**SIGN UP:** <https://register.chronotrack.com/r/53090>

**For more information Visit**  
**Mindbody.com/SaintPaulAthleticClub or Contact**  
**mzuehl@thespac.com**



## TRIATHLON CLUB

*"You can keep going and your legs might hurt for a week or you can quit and your mind will hurt for a lifetime." - Mark Allen*

**COACH:** Matt Haugen  
 Machalester University's Men's Cross Country & Track Distance Coach.  
 Former National USA Triathlon Team's Coach  
 11-time Ironman Triathlete (8:41 best)  
 12-time Marathoner (2:23 best)



**When: Session 1:** January 1st - March 31st  
**Schedule:** Monday 12:00pm-1:00pm  
 Tuesday 5:30pm-7pm  
 Wednesday 12:00pm-1:00pm

**When: Session 2:** April 1st - May 31st  
**Schedule:** Monday 12:00pm-1:00pm  
 Tuesday 5:30pm-7pm  
 Wednesday 12:00pm-1:00pm

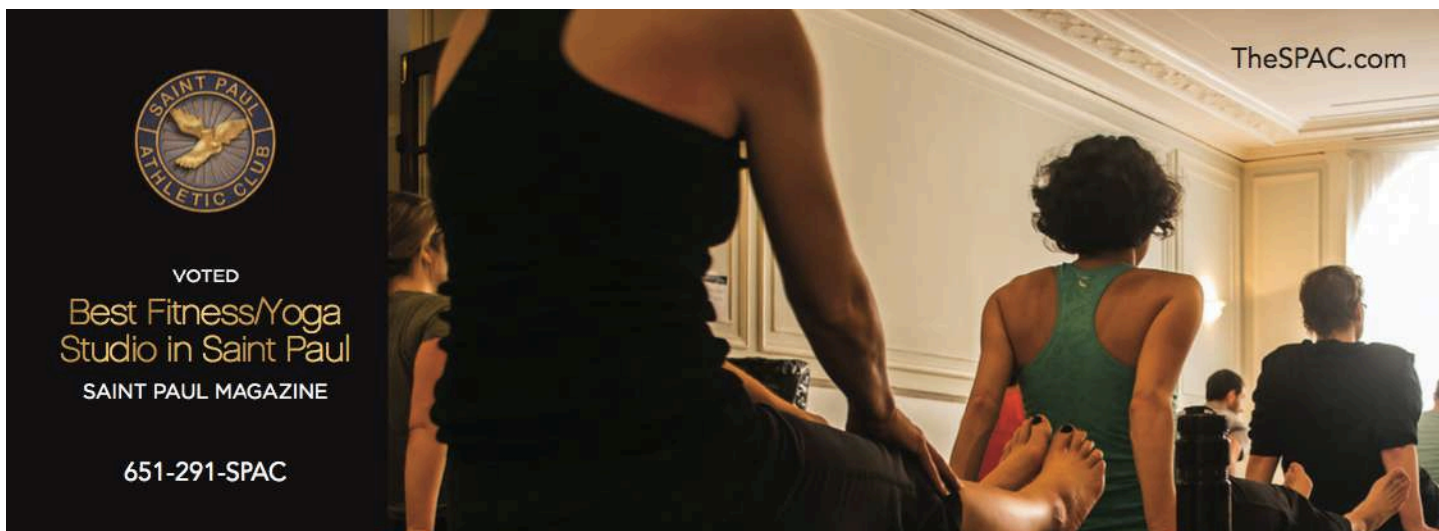
**When: Session 3:** June 1st - August 31st  
**Schedule:** Monday 12:00pm-1:00pm  
 Wednesday 12:00pm-1:00pm  
 Thursday 5:00pm-6:30PM  
 Saturday: 9:00am-11:00am

**Details:**  
**SWIM:** 1-hour sessions (technical & fitness training)  
**BIKE:** 1-hour sessions (technical & fitness training)  
**RUN:** 1-hour sessions (technical & fitness training)  
**SWIM & BIKE:** 1.5-hour sessions (tri-race specific training)  
**BIKE & RUN:** 1.5-hour sessions (tri-race specific training)  
**SWIM, BIKE & RUN:** 2.5-hour sessions (tri-race specific training)

Training will be done at various outdoor locations when appropriate.

**Cost:**  
 Monthly Pricing:  
 Full-Season/Unlimited Classes: \$175.00  
 Single Class: \$25.00  
 Private Training: \$75.00 per hour  
 Monthly Training Plan: \$75.00  
 Tuesday Evening Only (4 classes): \$75.00  
 Thursday & Saturday Only (8 classes): \$125.00

Please contact Sarah McClellan at Michael Zuehl for more information and details.  
 Sign-up online at [Mindbody.com/SaintPaulAthleticClub](https://www.mindbody.com/SaintPaulAthleticClub)



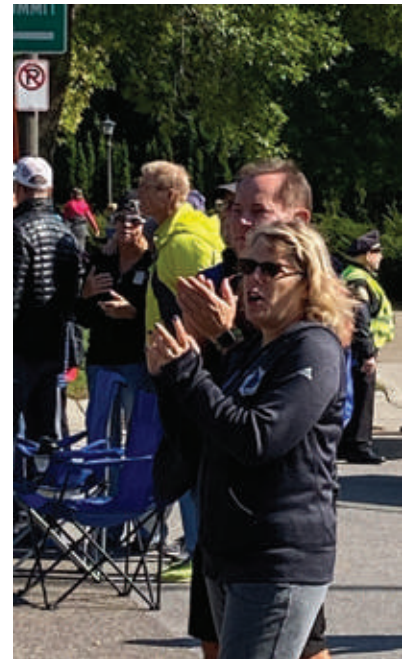
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