

FITNESS WITH A TWIST™

Jessica Athas (pictured at right), founder and owner of The Martini Workout LLC, has created a unique workout program: *Fitness with a Twist™* effectively combines techniques from both Pilates and yoga with a foundation of traditional stretches. For four years, Jessica has been teaching these classes on Tuesday and Thursday mornings at both 6:45 am and 8 am at the Main Clubhouse.



Workouts feature total body stretching and strengthening of the abdominals - tailoring exercises and stretches to the needs of the individual. Whatever your physical condition may be, *Fitness with a Twist™* will develop your flexibility and build strength at a comfortable pace.

These workouts are great for people with a lack of flexibility and back issues. All physical levels and ages are welcome. Personal training is also available. Feel free to contact Jessica directly at 617-233-0053 or contact the Squash Desk at 617-450-4422.



WINTER ATHLETIC HOURS (Effective through June 2006)

Mondays through Thursdays: Squash Courts and Fitness Center: 6 am to 9:30 pm

Fridays: Squash Courts and Fitness Center: 6 am to 8:30 pm.*

Saturdays and Sundays: Squash Courts and Fitness Center: 9 am to 6 pm.*

* **Locker Rooms close one half hour later.** (See FYI section for holiday hours)



MEMBER TESTIMONIAL

“The Harvard Club of Boston has great squash, overall, for all levels (courts, programs, squash pros, etc). And the Club is close enough to work to get a full match in before your first cup of coffee!” — TED DONLAN