



Fairbrae Filter

Volume 21 Issue 1

January 2014

Fairbrae Swim and Racquet Club, 696 Sheraton Drive
Sunnyvale, CA 94087 (408) 739-3833
WWW.FAIRBRAE.COM

It's The Time Of Year To Save \$\$\$...

...by prepaying Fairbrae's monthly dues for the year 2014. Members who prepay the entire year by January 20th, 2014 will receive a savings of \$64.00. Pay \$1,016.00 (instead of \$1,080.00) by January 20th to receive your discount. Hurry, you only have until Jan. 20th to prepay dues.

The Fairbrae Swim and Racquet Club Board...

requests that any members who are interested in serving on the Board of Directors please contact the current Board president, Mark Chase (email: markechase@comcast.net) for more information. Elections will be held in March.

Kid Movie Nights!!!

January 10th and January 17th (7pm to 9pm)

The movie will be hosted by the manager with lemonade and popcorn. Bring your pillows, blankets and bean bag chairs. Parents may either join us or drop off the kids and enjoy some alone time...children under 4yrs must have a parent in attendance.

January 10th *"Cloudy with a chance of Meatballs 1"*



January 17th

"Cloudy with a chance of Meatballs 2"



Returning for another year of fun!!!

The 2014 dates are:

January 31st, March 28th, September 26th and October 24th



Relax and Chat with other Moms over wine and desserts
in the Clubhouse hosted by Paula Pacheco

7:30-10:00pm

Fairbrea's on going classes and a new Yoga class!!!

- 1) A brand new Yoga class taught by Fairbrae member, Lynn-Marie Murphy (see following page). Her class begins January 15th.
- 2) Nisa Leone's Personal Touch Body Sculpting class (see following page).
- 3) Lisa Schertler is continuing her Master swim class. Contact Lisa at www.luluks@pacbell.net for more information on her awesome swim/stroke class for adults.

**Our sister swim team SUNN will once
again
be utilizing the far four lanes**

**Hours of use will be:
M-F 4:15-7:30
and M-Th one far lane from
3:30-4:15pm**

The two lanes closest to the clubhouse will be for members use during this time. Any questions or concerns please contact Steve in the office.

OFFICE HOURS:
M-Sun...8am-10am & 4pm-6pm
Email: Steve@fairbrae.com
(408) 739-3833

Board of Directors:

Mark Chase	President
Paul Van Hoorickx	Vice President
Scott Duncan	Treasurer
Julie Colwell	Secretary
Felicia Fry	At Large
Diana Kunze	At Large
Edison Fong	At Large
Mark Schertler	At Large

Next Board meeting will be on January 13th, in the clubhouse at 7:00pm.

New Yoga Class at Fairbrae!!!

The class will be from 6:30 to 7:45pm on Wednesdays beginning January 15th with no yoga class every 2nd Wednesday. The class will be a mixed level hatha vinyasa style with emphasis on alignment, balance, and breath. Suitable for all levels. (chairs will be available if needed for support)

What to bring: yoga mat (not exercise mat)

What to wear : comfortable workout clothes. Straps and blocks will be provided.

The fee will be \$12 for members and \$15 for non-members. Cash or checks only please.



Lynn-Marie received her RYT through Joyce Anue's YES yoga teachers training program in 2003 and has had an active teaching schedule since then. She has mentored with Connie Habash and completed an additional teachers apprenticeship with master Iyengar teacher Ben Thomas.

Lynn-Marie is certified in restorative yoga and cardiac yoga, and is a Y12SR leader (Yoga 12 Step Recovery). She has studied yoga with Samantha Shakti Brown and Kenny Graham, and has traveled to many yoga destinations with acclaimed yoga teacher and author, Julia Tindall. Lynn-Marie credits her sensitivity to her student needs to her 39 year nursing career at Stanford Hospital. The last 17 years spent in the Adult Cardiothoracic ICU. Her personal philosophy is to breathe into both the joys and difficulties of life. Her intention is to create a safe place where students can experience an inner calm and a path to self discovery.

Strength.



jazzercise®

Personal Touch Body Sculpting

With Nisa, a Fairbrae member!

Personal Touch body sculpting is a 50 minute muscle toning workout featuring a creative combination of strength training movements, cardio, and stretching. Participants will sculpt and tone muscles to current music using weights and tubes! Bring a mat and water bottle to class!

Fairbrae Club House: 696 Sheraton Ave, Sunnyvale

Tuesdays and Thursdays

6:30-7:20pm

(Try your first class for free!)

Walk in fee: members \$15.00/ non members \$20.00

**class info: contact Nisa @ (408)505-2048 or
nisaleone@sbcglobal.net**