

## 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