

817.878.4000
www.cityclubfw.com
MARCH / APRIL 2019

CITY CLUB

FORT WORTH

Downtown's business, fitness & social club



Spring!

impact

IMPACT

Tuesdays, March 12th
and April 9th
Page 14



LUNCH AND LEARN

Hosted by Whitaker, Chalk,
Swindle & Schwartz, PLLC
Thursdays, March 14th
and April 11th
Page 5



AN ITALIAN WINE TASTING

Thursday, March 21st
Page 8



SPAIN & PORTUGAL WINE TASTING

Thursday, April 18th
Page 8

EASTER BRUNCH

Sunday, April 21st
Page 3

THANK
YOU!

ADMINISTRATIVE PROFESSIONALS LUNCHEON BUFFET

Wednesday, April 24th
Page 4

MESSAGE FROM THE GENERAL MANAGER

I think we are going to make it out of this Winter with no real weather disruptions... it is always frustrating whenever we do run into weather problems! I love the freshness



Peggie Muir
General Manager

of March and April and I would love to see you here enjoying it with us!

We have had some **personnel changes** recently and I would love for you to read up about our new staff, staff changing positions and staff retiring. See page 6 for details. All

these changes are good for City Club and for the employees involved. Exciting times for all of us!

On **Thursday, March 21st**, for the **Wine Tasting** we travel to **Italy** for wines from diverse regions across this beautiful country. We will be tasting in the 4th Floor Gallery with a beautiful Italian buffet dinner in the Terrace and Oak Rooms. As usual, this is always complimentary to the members and their guests. These events are so much fun and if you've never come to one before, you should start now. See page 8 for the details.

You won't want to miss the *complimentary* **Lunch and Learn** presented by **Whitaker Chalk Swindle & Schwartz PLLC** on the second Thursday of the month...**March 14th** and **Thursday, April 11th**. See page 5 for details.

Ladies, join us at **IMPACT** on the **2nd Tuesday of the month**...this is an interesting organization where we gather at City Club for lunch and enjoy excellent discussions and collaboration among those that attend. It is fun, informative and very interesting! See page 14 for details.

On **Sunday, April 21st**, we have our beautiful **Easter Brunch**...an event not to be missed. You can have your family photo taken with the Easter Bunny and each child receives a gift from the Bunny. So dress up and bring your family for a truly wonderful event! See page 3 for details.

On **Wednesday, April 24th**, we are offering a lovely **Administrative Professional Luncheon** buffet for you to treat that person or those people who frankly, make you look good! See page 4 for details.

On **Thursday, April 18th**, for our **Wine Tasting**, we will be featuring **wines from Spain and Portugal**. We will be up in the 4th Floor Gallery for the tasting with buffet dinner service in the Terrace and Oak Rooms. See page 8 for details.

Call or email me anytime you want to talk to me, whether its good news or bad, I always appreciate hearing from you! You can reach me at:

817.878.4089 desk phone
817.925.0142 cell phone
pmuir@cityclubfw.com

BIRTHDAY AND GIFT CERTIFICATES



Please note that Birthday and Gift Certificates are only valid for use in the Oak Room for dinner.

If the Oak Room is not available on the reservation date you initially select, you will be asked to select another reservation date.

Easter Brunch

SUNDAY, APRIL 21st
10:00 a.m. until 1:30 p.m.
(Last reservation at 1:00 p.m.)

Brunch Menu

Pork Sausage
Honey Baked Ham
Applewood Smoked Bacon
Mango Sunrise Breakfast Parfaits
Cinnamon Orange Pancakes
Omelette Station
Scrambled Eggs
Hashbrowns
Fresh Fruit
Breakfast Pizzas

Main Buffet

Seafood Station
Boiled Gulf Shrimp with Lemons and Cocktail Sauce
Assorted Vegetable and Seafood Sushi
Greek Salad
Cobb Salad
Assorted Tea Sandwiches

Carving Station:

Roasted Prime Rib
Creamy Horseradish, Rosemary Mustard, Sage Onion Rings
Chicken Scallops with Chimichurri Sauce
Lemon-Basil Basmati Rice
Zucchini and Cauliflower Parmesan
German Potato Ratatouille with Cannellini Beans
Mixed Grilled Vegetables

Children's Specialties

French Toast Bites, Spaghetti
French Fries, Corn Dog Nuggets
Chicken Bites, Honey Glazed Carrots
Steamed Broccoli

Dessert Buffet

Chocolate Cake with Chocolate Fudge Filling
Carrot Cake
Lemon Meringue Cupcakes
Strawberry Shortcake Cupcakes
Vanilla Mousse and Fresh Fruit, Blueberry Pie
Fruit Tarts, Red Velvet Cake
Easter Shortbread Cookies

Adults, \$42

*Includes unlimited Champagne or Mimosas.
Additional wine or cocktails may be
charged to member account.*

Children

Ages 13 and above, \$42

Ages 3-12, \$20

*Under Age 3 are Complimentary
Per Person, plus tax and gratuity*

**Family Photos with
the Easter Bunny!**



RESERVATIONS ARE REQUIRED for this popular event. Please contact the Receptionist at your earliest opportunity—817.878.4000 or reception@cityclubfw.com. Cancellation of a reservation, or decrease in the number of guests must occur before 10 a.m. on Wednesday, April 17th. Cancellations received after that time will result in the full price charge to the member's account.
DRESS CODE: Members and their guests are requested to dress in a manner consistent with the decorum of the Club and this special event.



ADMINISTRATIVE PROFESSIONALS LUNCHEON BUFFET

Administrative Professionals Day highlights the important role of Administrative Professionals in all sectors of the economy. This is a popular way for members to thank the people who help make their business a success, so make your reservations soon!

Wednesday, April 24th

11:30 a.m. until 2:00 p.m. | Oak Room/Oak Bar

MENU

Caesar Salad
Crudites with Bibb Lettuce
Ranch and Balsamic Dressings
Fresh Fruit Display
Greek Salad in a Martini Glass
Baked Salmon with
Olives, Tomato and Crab
Sliced Beef Tenderloin with
Horseradish Cream and Bearnaise Sauces
Chicken Scallopini with
Marsala Cream Sauce and Capers

Avocado Bar
Whole Avocado Split & Pitted
Applewood Smoked Bacon, Chopped Olives,
Pico de Gallo, Sour Cream, Zesty Black Bean &
Smoked Corn Salsa, Jicama Slaw,
Lime Remoulade and Chipotle Ranch
Grilled Mixed Vegetables, Rice Pilaf
Blueberry Pie, Chocolate Mousse
Lemon Meringue Pie, Carrot Cake
Assorted Mini Cupcakes
Fruit Tarts

\$25 per person, plus tax and gratuity

Reservations required

Please contact the Receptionist at 817.878.4000 or

e-mail reception@cityclubfw.com.

THANK
YOU!

LUNCH AND LEARN

Hosted by



WHITAKER CHALK

SWINDLE & SCHWARTZ PLLC

ATTORNEYS & COUNSELORS

**In Partnership with City Club
Complimentary for City Club Members
and their Guests.**

Lunch and Speaker—Noon to 1:30 p.m.

Thursday, March 14th

*"An Overview of Family Law Touching
Virtually Every Aspect of Life."*



Kirk Bryant

Thursday, April 11th

*"Texas Property Tax -
Where We Are/Where We Are Going."*



Timothy Harvard

**Reservations required. In order to guarantee space for
all who want to attend, cancellations received less than
48 hours prior to the Luncheon will be charged \$17,
plus tax and gratuity to member account.**

For reservations, please contact
Whitaker Chalk at 817.878.0515 or
jburke@whitakerchalk.com

CITY CLUB DINNER BUFFET



Thursday March 21, 2019

Italian Herb Roasted Tenderloin

Seafood Kabob Cacciatore

Zucchini with Caramelized Onions

Tomato & Mozzarella Salad

Tuna Niçoise

Assorted Desserts

\$25++

Thursday April 18, 2019

Oregano Marinated Roasted Tenderloin

Seafood Paella

Spanish Grilled Vegetables

Roasted Tomato and Couscous Salad

Arugula Salad

Assorted Desserts

\$25++

**For reservations, please contact the
Receptionist at 817.878.4000 or
reception@cityclubfw.com**

CITY CLUB

Changes



Our Membership Director **Monica De La Torre**, is retiring on March 1, 2019. She joined City Club in the summer of 2007 and has faithfully toured hundreds of members around the Club as she convinced them to join. Monica also enjoyed an exciting career in Membership Marketing and worked all over the country establishing and managing Membership development departments at various clubs. She was always the epitome of class and elegance at City Club.

We will miss her and we wish her the very best in her retirement.



With the retirement of Monica De La Torre we welcome back **Debbie Rubin** who was our Membership Director from 2002 through 2006. Debbie has been in the hospitality industry for more years than she wants to count with time at The Worthington Hotel, the Fort Worth Convention and Visitor's Bureau and The Ashton Hotel. She has worked as one of our Catering Sales Managers since 2011 and has decided to step back into the role she once held and enjoyed. "City

Club members are the best in Fort Worth! I look forward to working with each and every one". In her free time Debbie enjoys cooking (has published 2 cookbooks) and traveling with her friends and family.



Mariah Krueger came to City Club from Norris Conference Center where she managed and coordinated events in Fort Worth. She was born in Georgia and raised in Texas, so southern hospitality is her specialty. From managing resorts to businesses, customer service has always been her number one priority. She values communication and teamwork and is so thrilled to be here at City Club! In her spare time, she likes to spend time with her husband and

two children. Mariah will take over Debbie Rubin's Corporate accounts as Catering Sales Manager.



Jasmine Owens is our new Catering Coordinator. She is a recent college graduate from Oklahoma State University where she majored in

Communication and minored in Historical Studies. This Texas native is a certified event planner and has extensive knowledge in graphic design and social media strategy. She values courtesy and dedication and can't wait to serve you at your next

City Club event.

In her free time, she loves to coach cheerleading and meal prep with her family.

FORT WORTH SYMPHONY CONCERTS IN MARCH AND APRIL GO PERFECTLY WITH DINNER AT CITY CLUB!



During the months of March and April, on Friday and Saturday nights when the Fort Worth Symphony has a concert and you are attending, we will be offering a beautiful prix fixe meal and a complimentary glass of champagne with dessert. This will allow you to get to the concert on time, relaxed and ready to be entertained. All we ask is for you to show your server your symphony tickets for that evening's performance and you shall receive your champagne.

It is always best to make a reservation because we are typically pretty busy on concert nights. With a reservation, we can make SURE you get to the concert on time! So let City Club be the beautiful prelude to the FWSO concert!

Concert Dates:

[Mariachi Los Camperos](#)

Viva Mexico, Viva America!

7:30 pm

Friday, March 8th and Saturday, March 9th

[Spano Conducts Mahler 5](#)

7:30 pm

Friday, March 15th and Saturday, March 16th

[Jurassic Park In Concert](#)

7:30 pm

Friday, March 22nd and Saturday, March 23rd

[Switch Percussion Concerto](#)

7:30 pm

Friday, April 5th and Saturday, April 6th

Bass Hall Pre-Fix 3-Course Special

Available for anyone with Tickets to the FWSO
at Bass Hall that Evening

1st Course

Chopped Red Oak Salad with Blue Cheese Crumbles,
Halved Red Grapes, Crushed Toasted Walnuts and
Sherry Vinaigrette

Entrée

Pan Charred Six Ounce Beef Tenderloin
Or
Grilled Fish of the Day
Served with your choice of two sides

Dessert

Caramel Pecan Cheese Cake

\$28.00

Includes one glass of Sparkling Wine





Craig Halvorson

Wine and Beverage Director/Dining Room Manager

*Craig has organized two outstanding Tastings for members' enjoyment in March and April. There will be an **Italian Wine Tasting in March** and a **Spain & Portugal Wine Tasting in April**.*

MARCH TASTING

Italian Wines



Featuring Sparkling, White and Red Wines from Diverse Regions across Italy

4th Floor Gallery

Thursday, March 21, 2019

Starts at 5:30



Tasting is Complimentary to Members and Their Invited Guests

Evening Club Dining Options:
Buffet Dinner in the Terrace Room and Oak Room

Reservations required for dinner.
Please contact the Receptionist at
817.878.4000 or
reception@cityclubfw.com.

APRIL TASTING

Spain & Portugal Wine Tasting



Featuring a Spanish Cava, White & Red Wines from Spain & Portugal, and Ports

4th Floor Gallery

Thursday, April 18, 2019

Starts at 5:30



Tasting is Complimentary to Members and Their Invited Guests

Evening Dining Options:
Buffet Dinner in the Terrace Room and Oak Room

Reservations required for dinner.
Please contact the Receptionist at
817.878.4000 or
reception@cityclubfw.com.



NEW TO THE CELLAR



This month we have one new French Wine and one new Italian wine to introduce to you. The first wine is called **Domaine Bonnard Sancerre** which is a delicious Sauvignon Blanc from the Sancerre appellation in the eastern part of the Loire Valley.

Domaine Bonnard is a family vineyard of 12 hectares located near the heart of Sancerre. Their estate has been producing wine for more than 50 years and offers two different appellations, Sancerre AOC (white, red and rosé) and Pouilly Fumé AOC (white). This beautiful Sauvignon Blanc will be served by-the-glass at the bar and in the restaurants.

The second outstanding wine I want to introduce to you is the **2015 Tenuta Sette Ponti Oreno** from Italy. This amazing Red Wine from Tuscany is a blend of 50% Merlot, 40% Cabernet Sauvignon, and 10% Petit Verdot. This heavy-weight carries with it scores of 98 points from James Suckling, 94 points from the Wine Spectator, and 93 points from Robert Parker. The 2015 Oreno is dense and powerful. This nicely balanced wine has a deep dark red color with silky flavors of plum, dark cherry, mocha and tobacco. Along with these dark rich flavors are ample fresh tannins and crushed rock, you just know that this wine will age gracefully and integrate its many superior profiles with time. The Oreno will be sold by-the-bottle from our Restaurants Wine List.



Iconic Wine Flight Series

March/April 2019

Thank you to the many Members who enjoyed the launch of our Wine Flights during January and February. You were able to taste some amazing wines that so many of you have always wanted to try. March is a great opportunity to try some of Italy's best regions. In April we are jumping into some outstanding Pinot Noirs - Can't wait for you to sample these!

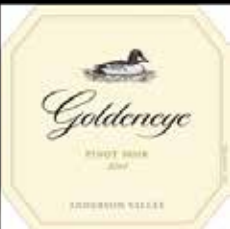
MARCH 2019 ITALIAN WINE FLIGHT

Renato Ratti Marcenasco Barolo, Nebbiolo from Piedmont
Gaja Promis, Merlot & Syrah Blend from Tuscany
Collosorbo Brunello di Montacino, Sangiovese from Tuscany
\$20 per Flight



APRIL 2019 PINOT NOIR FLIGHT

Patz & Hall Sonoma Coast Pinot Noir
Paul Hobbs Katherine Lindsay Estate Pinot Noir
Duckhorn Goldeneye Anderson Valley Pinot Noir
\$20 per Flight



STEAK YOUR CLAIM!

Friday Night Steak Special

Every Friday Night in the Terrace
Soup & Caesar Salad Station
Six Ounce Grilled Beef Tenderloin
Served with Grilled Vegetables and
Twice Baked Potato

\$22

Add the Dessert Station for \$3
Managers Select
White or Red Wine

\$20

For reservations, please
contact the Receptionist at
817.878.4000 or
reception@cityclubfw.com

RISE AND SHINE

Breakfast Served for Meetings and other Private Functions

City Club's perfectly-appointed private rooms are ready and waiting for your breakfast meetings. Breakfast menu prices start at \$8.50 per person and, in addition to mouth-watering favorites, there are deliciously healthy selections. The service staff will start out your day just right with coffee, juice and a smile! Remember City Club the next time you are considering a morning networking or business event.

Contact Corporate
Catering Manager
Mariah Krueger at
mkrueger@cityclubfw.com
or telephone 817.878.4028.

CELL PHONE POLICY

Out of courtesy to fellow members, members and their guests are asked to adhere to Club policy regarding use of cellular phones and other business-related items.

Upon entering the Club, members and guests should set cellular phones and the like to silent/vibrate mode. Cellular phone usage is permitted in the Terrace Lounge and Dining Room, private meeting rooms, Club corridors and the private telephone rooms located on the 4th floor. One's voice, however, should be lowered as much as possible. Stepping into the corridor for cell phone conversations is preferred.

Cellular phone use, other than text messaging, is not permitted in the Reception areas, the Oak Room, the Oak Bar, or the Grill.



BFF DAY

Bring a Friend for Fitness...for Free

The first Monday of every month is BFF Day.

Members may bring a friend to work-out without paying the normal \$20 guest fee. Normal Reformer Pilates and F. I. T. class fees do apply, as these are fees members also pay.

This is a perfect way to introduce friends and associates to the benefits of City Club membership.



Memorable Dining in the Wine Room

Did you know as a member of
City Club you receive

COMPLIMENTARY RENTAL ON THE WINE ROOM

which is \$200 for non-members?

All you have to do is spend at least \$30 per person
for food and beverage at lunch or \$60
for food and beverage at dinner.

Whether it's an intimate dinner for 2
(great place to get engaged!) or a get-together with
friends or business associates, the Wine Room is
undoubtedly the most unique room in the Club.

With seating for up to 18 people, you will have your
own server(s), a private room which actually houses
most of the Wines served in the Terrace and Oak Room
and the exquisite food from Chef Gilbert.

Call Kelly or Mariah today and book the Wine Room
for your special lunch or dinner. 817.878.4000.

Welcome

NEW MEMBERS

City Club welcomes the following
members who enrolled and thanks the
members who referred them.

Jonathan Reynolds

Frank Lonergan

Acclaim Physician Group

Arturo Pena

First National Bank
Texas

Mary Yetto

Fineline LP

Charles Ramsay

First National Bank
Texas

Steven Chicoine

FineLine LP

Alexander Moore

TPG Capital

Ryan Michael Haggerty

Jones Lang La Salle

Dan Russell

William Brent

Shellhorse

Whitaker Chalk
Swindle & Schwartz

Kelly M. Hanley

Wells Fargo

Zoheb Rizwan

Crestline

Landry Burdine

Land Advisors
Organization

Kayvon Shahbaz

Chambers Interests

Klaus Fremmelev

Beumer Corporation

David Gray

Lockheed Martin



Jordan and Collin Flathers

December 8th, 2018

HOW DID YOU FIRST MEET?

Collin and I met completely by chance at Katy Trail Ice House in Dallas. I was there to watch the Mizzou game, he was there watching the Texas game, and we happened to cross paths and start chatting. We went on our first date 2 days later and the rest is history!

HOW DID THE PROPOSAL HAPPEN?

For our 3 year anniversary, we had plans to go to a nice dinner (or so I thought!). Collin picked me up, blindfolded me in the car (I still at this point thought this was just a very elaborate anniversary date), and when we arrived at our destination, we were in a park where Collin had made a pathway of rose petals and string lights. He beautifully proposed and had another surprise in store -- a surprise engagement party at his dad's house to celebrate with our friends and family who had traveled from all over!

WHAT WAS THE MOST FUN OR MEMORABLE WEDDING PLANNING DETAIL?

Our menu tasting at City Club was above and beyond our expectations. Not only was the food incredible, but the presentation and level of detail made us feel so special.

WHAT WAS THE MOST FUN OR MEMORABLE WEDDING MOMENT THAT YOU WERE ANTICIPATING ABOUT YOUR WEDDING & RECEPTION?

The intimate nature of our candlelit ceremony is something I will never forget.

One of the most fun memories of our reception was when the band

played "All I Want For Christmas" by Mariah Carey as the last song of the night! We got on stage and had an awesome view of all of our loved ones having a great time.

WHEN THINKING BACK ON YOUR WEDDING, WHAT WAS MOST MEMORABLE ABOUT THAT DAY?

Collin and I not having a first look and seeing each other for the first time after a full year of planning that exact moment!

Also, peeking into the Ballroom during the day to see the layout come to life was incredible. City Club had even put lit Christmas trees behind our bar as a surprise touch!

Our thoughts about having our wedding at City Club

Kelly is truly a dream to work with! She is so organized, professional, and detail oriented. Having planned the wedding ourselves, I don't know how we would have done it without Kelly's help. She is so knowledgeable about the timing of the day, general guest preferences, order amounts, room setup, vendor recommendations, you name it.

Also, having vetted countless venues around DFW, we were continuously blown away by the level of service City Club provided throughout the planning process, especially on the wedding day. There were a number of instances where we thought we might potentially have had to hire several additional vendors, but City Club proved to be a one-stop-shop!



Photographs by Delanie & Co • 8173743198



CITY CLUB WILL
BE CLOSED
ON FRIDAY,
APRIL 19, 2019
FOR
GOOD FRIDAY



impact

Achieve Goals.
Get Connected.
Be Heard.

MONTHLY LUNCHEON
 MEETING
 TUESDAY, MARCH 12TH
 AND
 TUESDAY APRIL 9TH
 AT 11:30 AM ~ \$20

Join us for lunch and
 creative collaboration!

To make reservations contact
 reception at 817-878-4000 or
reception@cityclubfw.com


VALENTINE'S DAY

Celebration

Valentine's Dinner at City Club was an elegant affair for our members and the slow, gentle pace was appreciated by all.

Our Oak Room Banquet Captain, Gutberto Mata, joyfully rekindled his friendship with Ms. Leigh Ann Lauderdale who, as a child and teen, remembered him from the Fort Worth Boat Club where he worked prior to joining us in 2011. Other couples enjoyed meeting each other and chatting together during the cocktail hour and as they were leaving the dinner.

It was a beautiful, peaceful evening.



Jima King, Bob Elkins, Catherine Elkins and Simon King



Pam and Dave Merker



Arvella Godbey, C.k. Godbey, Carol Godbey, Gutberto Mata and Leigh Ann Lauderdale



FIND YOUR FITNESS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>Reformer Pilates 5:30-6:20am Janis Rankin</p> <p>Boot Camp 6:00-7:30am Sally Greenwood</p> <p>F.I.T. 6:30-7:15am Burrell/Mash</p> <p>Reformer Pilates 6:30-7:20am Janis Rankin</p> <p>Pilates Mat 9:00-9:50am Janis Rankin</p> <p>Reformer Pilates 11:00-11:50am Janis Rankin</p> <p>Spinning 12:00-12:45pm Gary Mirabella</p> <p>F.I.T. 12:00-12:45pm Burrell/Mash</p> <p>Reformer Pilates 12:00-12:50pm Janis Rankin</p> <p>Cardio Blast 12:00-12:45pm Sue Horton</p> <p>Back to Basics 12:20-1:00pm Hammond/Mash</p> <p>Spinning 5:30-6:15pm Ricky Chavez</p> <p>F.I.T. 6:30-7:15pm Ricky Chavez</p>	<p>Pump It Up! 6:00-7:00am Sally Greenwood</p> <p>Reformer Pilates 6:30-7:20am Janis Rankin</p> <p>F.I.T. 6:30-7:15am Burrell/Mash</p> <p>Reformer Pilates 7:30-8:20am Janis Rankin</p> <p>Extreme Body Sculpt 9:00-10:00am Sally Greenwood</p> <p>Abs Express 10:00-10:30am Sally Greenwood</p> <p>Barre It! Express 11:30-12:00 noon Janis Rankin</p> <p>Abs Express 11:45am-12:15pm Hammond/Mash</p> <p>Reformer Pilates 12:00-12:50pm Janis Rankin</p> <p>Spinning 12:00-12:45pm Gary Mirabella</p> <p>F.I.T. 12:00-12:45pm Burrell/Mash</p> <p>Kettle Bells Express 12:20-12:50pm Roland Mash</p> <p>Reformer Pilates 5:30-6:20pm Sandy Mellina</p> <p>Yoga 5:30-6:30pm Alexis Ackel</p> <p>F.I.T. 6:00-6:45pm Ricky Chavez</p>	<p>Reformer Pilates 5:30-6:20am Janis Rankin</p> <p>Spin Circuit 6:00-7:00am Sally Greenwood</p> <p>F.I.T. 6:30-7:15am Burrell/Mash</p> <p>Reformer Pilates 8:30-9:30am Janis Rankin</p> <p>Trinity Trails/Walk/Run 8:30-9:30am Sally Greenwood</p> <p>Barre It! 9:00-9:50am Janis Rankin</p> <p>Reformer Pilates 11:00-11:50am Janis Rankin</p> <p>Reformer Pilates 12:00-12:50pm Janis Rankin</p> <p>Circuit City 12:00-12:45pm Sally Greenwood</p> <p>Yoga 12:00-1:00pm Shannon Jones</p> <p>Spinning 12:00-12:45pm Angela Fox</p> <p>F.I.T. 12:00-12:45pm Burrell/Mash</p> <p>Spinning 5:30-6:15pm Ricky Chavez</p> <p>Reformer Pilates 5:30-6:20pm Sandy Mellina</p> <p>F.I.T. 6:30-7:15pm Ricky Chavez</p>	<p>Spinning 6:00-6:45am Sally Greenwood</p> <p>F.I.T. 6:30-7:15am Burrell/Mash</p> <p>Reformer Pilates 6:30-7:20am Janis Rankin</p> <p>Abs Express 6:50-7:15am Sally Greenwood</p> <p>Reformer Pilates 7:30-8:20am Janis Rankin</p> <p>Extreme Body Sculpt 9:00-10:00am Sally Greenwood</p> <p>Abs Express 10:00-10:30am Sally Greenwood</p> <p>Barre It! Express 11:30-12:00 noon Janis Rankin</p> <p>Abs Express 11:45am-12:15pm Hammond/Mash</p> <p>Reformer Pilates 12:00am-12:50pm Janis Rankin</p> <p>Spinning 12:00-12:45pm Angela Fox</p> <p>F.I.T. 12:00-12:45pm Burrell/Mash</p> <p>Kettle Bells Express 12:20-12:50pm Roland Mash</p> <p>Back to Basics 12:20-1:00pm Hammond/Mash</p> <p>Yoga 5:30-6:30pm Erin Preston</p> <p>Reformer Pilates 5:30-6:20pm Sandy Mellina</p> <p>F.I.T. 6:00-6:45pm Ricky Chavez</p>	<p>Boot Camp 6:00-7:30am Sally Greenwood</p> <p>F.I.T. 6:30-7:15am Burrell/Mash</p> <p>Reformer Pilates 7:30-8:20am Sandy Mellina</p> <p>Pilates Mat 9:00-9:50am Sandy Mellina</p> <p>"Super Spinning" 12:00-1:00pm Angela Fox</p> <p>Reformer Pilates 12:00-12:50pm Sandy Mellina</p> <p>Yoga 12:00-1:00pm Suzy Smola</p> <p>F.I.T. 12:00-12:45pm Burrell/Mash</p>	<p>Yoga 10:15-11:15am Alexis Ackel</p>

City Club reserves the right to cancel or reschedule any class without prior notice. Call (817) 878-4094 for more information.

CITY CLUB....A CLASS ACT

City Club is widely known for having great fitness classes. There are 16 different classes, and all but 2 of them (Reformer Pilates and F. I. T.) are included with the dues for Full Membership. Members of all ages and levels of ability enjoy the motivation of being part of classes, and have lots of fun at the same time. With the exception of Reformer Pilates and F. I. T. classes, reservations are not necessary; just show up, enjoy being with your fellow members, and get moving!

FITNESS CLASS DESCRIPTIONS



ABS EXPRESS

Abs Express is an intense 30-minute class that focuses on the core. The abdominal muscles provide movement and support to the trunk and back and assist in the breathing process. When properly exercised, these muscles contribute to improve posture and balance and reduce the likelihood of back pain episodes, reduce the severity of back pain and provide flexibility as well. **Abs Express** is in the Group Exercise Studio on the street level across from the Grill.



BACK TO BASICS

Back to Basics focuses on the total body using strength, endurance and some abdominal exercises. The men-only class, held in the free weight area of the Men's Fitness Center, does not involve any impact movements, such as running or jumping.



BARRE IT! and BARRE IT! EXPRESS

Combining Pilates core conditioning with ballet barre work, this unique approach elongates, strengthens and gracefully tones the entire body. In **Barre It!** (a 50-minute class) light weights are used to enhance the effectiveness of upper body work. Mats and the ballet barre are used to tone abs and the lower body. **Barre It! Express** is a 30-minute class at the ballet barre. The majority of the class time focuses on legs and glutes as well as the entire core.



BOOT CAMP

Boot Camp is conducted both indoors and outdoors. It mixes traditional calisthenic and body weight exercises with interval training and strength training. The class is designed in a way that pushes you harder than you would push yourself and, in that way, resembles a military boot camp. Get fast results with a Boot Camp class, and enjoy a supportive and motivational community of like-minded members.



CIRCUIT CITY

This 45-minute class is an excellent way to improve mobility, strength and stamina. The circuit training comprises 6 to 10 strength exercises that are completed one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise.



EXO CHAIR JUMP

A 30-minute, high-intensity Pilates training class using the Reformer jump board and the Pilates EXO Chair. The EXO chair is basically a box with one side that can be pressed down against the resistance of springs, like a large pedal. Though the basic design is simple, there are a myriad of exercises that can be performed on the EXO chair. It is excellent for strengthening the core muscles, arms and legs. Exercises are done lying, sitting, and standing on the chair, as well as from positions to the sides of the chair. The class is held in the Pilates Studio at the entrance to the Women's Fitness Center on the street level.



EXTREME BODY SCULPT

This 60-minute class incorporates weight training with barbells and hand weights. A variety of exercises are utilized to increase muscle strength.



F.I.T. (FUNCTIONAL INTENSIVE TRAINING)

This is an intense group training session with 1 to 2 trainers and 8 to 10 members (co-ed) in the City Club's specially-designed F. I. T. Room. The sessions vary widely each day, and incorporate traditional, functional and Olympic training techniques and methods. The exercises are scalable to your fitness level, although you should have an established baseline of consistent exercise before you attempt the class. This is a well-attended class, and the camaraderie is an added benefit! With your hard work, you will see and feel the results in your muscular strength and endurance. These benefits easily transfer to your everyday life.

F.I.T. CLASS RATES:

Single Class - \$10 8-Class Package, in 1-month increments - \$50 (\$6.25 per class) Unlimited Class Package - \$85 per month

FITNESS CLASS DESCRIPTIONS



KETTLE BELLS

A kettle bell is a cast iron weight resembling a cannonball with a u-shaped handle. It is used for swinging, pressing, snatching (throwing overhead) and twisting, among other things. A kettle bell work-out promotes strength and endurance, particularly in the lower back, legs, and shoulder. Other benefits include flexibility, cardiovascular improvement, and greater grip strength. Kettle bells simply provide the ultimate, full body, calorie smashing work-out in 30 minutes. Kettle bell classes are co-ed, in the Group Exercise Studio on the street level across from the Grill.



PUMP AND JUMP

Pump and Jump is a specific 40-minute total body workout that combines cardio and strength training. This is a fast-paced class where members jump and step their way to great health. The class is held in the Group Exercise Studio on the street level across from the Grill.



REFORMER PILATES

In this 50-minute class, offered several times daily, all kinds of exercises are done on the reformer to promote length, strength, flexibility and balance. Most Pilates Reformer exercises have to do with pushing or pulling the carriage, which is attached to one end of the reformer by a set of springs, or holding the carriage steady during an exercise as it is pulled on by the springs. The Reformer is large enough to accommodate full-range motion which is wonderful for increasing flexibility while building strength and creating length. Pushing and pulling with legs or arms against the resistance of the springs, carriage, and body weight is generally strength building. Exercising with the Reformer is possible for anyone, at any level of fitness. Classes are held in the Pilates Studio on the street level at the entrance to the Women's Fitness Center.

REFORMER CLASS RATES (Packages based on 3-month increments):

Single Class - \$12

12-Class Package - \$108 (\$9 per class)

24-Class Package - \$192 (\$8 per class)



MAT PILATES

Using the principles of the Pilates method, a series of movements that are fluid and constant are conducted on a mat. Props such as exercise balls, and magic circle rings create a fun and challenging work-out. Benefits are improved strength, posture, agility and flexibility, as well as toned muscles, within a few months from once-a-week Pilates mat sessions. The 50-minute class is held in the Group Exercise Studio on the street level across from the Grill.



SPINNING

Spinning is an intense cycling workout in a non-competitive co-ed group setting. With several classes each week, there are no complicated patterns to learn in this class; just 5 easy-to-master core movements. The combination of music, visual imagery and group dynamics makes spinning a fun and inspiring workout. While you may get bored exercising on your own and cut your workout short, in spinning class you get caught up in the ride and keep going. The group atmosphere provides you with energy and motivation to work harder than you might on your own. The instructor guides you through the class, but YOU control the resistance so you can work at your own pace. Cycling is a low-impact activity, meaning that it is less stressful on the joints than other activities. People with injuries or arthritis appreciate the chance to achieve a high-intensity cardio workout without aggravating their problems. The only things to bring are a water bottle, bike shorts and a towel. Bike shoes are helpful, but they are not necessary. Spinning is available to women and men in the Club's award-winning Spin Studio, located in the Men's Fitness Center.

SPIN/CIRCUIT

A 60-minute work-out that incorporates a mixture of cycling in the Spin Studio as well as off-the-bike activities such as jump rope, jumping jacks and abs work. (It changes with every class.)



TRINITY RUN/WALK

This 60-minute outdoor adventure class for women and men incorporates speed and Nordic Walking as a group while enjoying the scenes of Fort Worth. Nordic Walking is regular walking made up to 40% more effective by the use of specifically designed hand-held Nordic Walker® poles. With Nordic Walking, you can burn up to 40% more calories than regular walking, strengthen your upper body and reduce stress on joints.



YOGA

The Vinyasa Flow Series is a balanced and complete Yoga practice designed for daily, regular use. It builds strength, balance, flexibility, endurance, grace and beauty. Over time, it can purify the internal organs combining Vinyasa (movement and breathing) and meditation.

MARCH

POLICY REMINDERS

CANCELLATION POLICY. There is a 72-hour cancellation notice on all special events at the Club unless otherwise noted. If a cancellation is made after the 72-hour deadline, the member's account will be charged. We will do our best to confirm reservations. It is, however, the member's responsibility to cancel any reservations.

PHOTOGRAPHY POLICY. Members are encouraged to utilize the Club for photograph sittings. Due to security and scheduling issues, it is necessary to reserve a time and space in advance by contacting Catering Manager, Kelly Norvell at 817.878.4051. Unscheduled photography is not permissible.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Fitness 5am – 8pm Dining for Lunch & Dinner Ghost Dances TBT– Bass Hall STEAK NIGHT IN TERRACE	2 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Oak Bar/Oak Room Closed for Dinner Ghost Dances TBT– Bass Hall
3 Club Closed	4 Fitness 5am – 8pm Dining for Lunch Oak Room Closed for Lunch BFF DAY IN FITNESS CENTER	5 Fitness 5am – 8pm Dining for Lunch & Dinner	6 Fitness 5am – 8pm Dining for Lunch & Dinner	7 Fitness 5am – 8pm Dining for Lunch & Dinner Naughtons, Piano Duo (The Cliburn)– Bass Hall	8 Fitness 5am – 8pm Dining for Lunch & Dinner Mariachi Los Camperos– by FWSO, Bass Hall STEAK NIGHT IN TERRACE	9 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining Mariachi Los Camperos– by FWSO, Bass Hall
10 Club Closed	11 Fitness 5am – 8pm Dining for Lunch	12 Fitness 5am – 8pm Dining for Lunch & Dinner Oak Bar/Oak Room Closed for Lunch 	13 Fitness 5am – 8pm Dining for Lunch & Dinner	14 Fitness 5am – 8pm Dining for Lunch & Dinner LUNCH & LEARN	15 Fitness 5am – 8pm Dining for Lunch & Dinner Spano Conducts Mahler 5– by FWSO, Bass Hall STEAK NIGHT IN TERRACE	16 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining Spano Conducts Mahler 5– by FWSO, Bass Hall
17 Club Closed	18 Fitness 5am – 8pm Dining for Lunch	19 Fitness 5am – 8pm Dining for Lunch & Dinner One Night of Queen– by PAFW, Bass Hall	20 Fitness 5am – 8pm Dining for Lunch & Dinner	21 Fitness 5am – 8pm Dining for Lunch & Dinner Oak Bar Closed  Italian Wine Tasting and Member Buffet	22 Fitness 5am – 8pm Dining for Lunch & Dinner Jurassic Park in Concert– by FWSO, Bass Hall STEAK NIGHT IN TERRACE	23 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining My Favorite Things– (The Cliburn) Bass Hall Jurassic Park in Concert– by FWSO, Bass Hall
24 Club Closed 31 Club Closed	25 Fitness 5am – 8pm Dining for Lunch	26 Fitness 5am – 8pm Dining for Lunch & Dinner Oak Bar/Oak Room Closed for Dinner	27 Fitness 5am – 8pm Oak Bar/Oak Room Closed for Lunch & Dinner 'Til Death Do Us Part: Late Nite Catechism– by PAFW Bass Hall	28 Fitness 5am – 8pm Dining for Lunch & Dinner Oak Bar/Oak Room Closed for Dinner 'Til Death Do Us Part: Late Nite Catechism– by PAFW Bass Hall	29 Fitness 5am – 8pm Oak Bar/Oak Room Closed for Dinner Four Last Songs– by Texas Ballet Theatre, Bass Hall STEAK NIGHT IN TERRACE	30 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining Oak Bar/Oak Room Closed for Dinner Four Last Songs– by TBT, Bass Hall

A P R I L

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fitness 5am – 8pm Dining for Lunch BFF DAY IN FITNESS CENTER	2 Fitness 5am – 8pm Dining for Lunch & Dinner	3 Fitness 5am – 8pm Dining for Lunch & Dinner	4 Fitness 5am – 8pm Dining for Lunch & Dinner Alexandre Tharaud, Piano (The Cliburn)– Bass Hall	5 Fitness 5am – 8pm Dining for Lunch & Dinner Switch: Percussion Concerto– by FWSO, Bass Hall STEAK NIGHT IN TERRACE	6 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining Switch: Percussion Concerto– by FWSO, Bass Hall
7 Club Closed	8 Fitness 5am – 8pm Dining for Lunch	9 Fitness 5am – 8pm Dining for Lunch & Dinner 	10 Fitness 5am – 8pm Dining for Lunch & Dinner On Your Feet!- PAFW– Bass Hall	11 Fitness 5am – 8pm Dining for Lunch & Dinner On Your Feet!- PAFW– Bass Hall LUNCH & LEARN	12 Fitness 5am – 8pm Dining for Lunch & Dinner On Your Feet!- PAFW– Bass Hall STEAK NIGHT IN TERRACE	13 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining On Your Feet!- PAFW– Bass Hall
14 Club Closed	15 Fitness 5am – 8pm Dining for Lunch	16 Fitness 5am – 8pm Dining for Lunch & Dinner	17 Fitness 5am – 8pm Dining for Lunch & Dinner	18 Fitness 5am – 8pm Dining for Lunch & Dinner  Spain & Portugal Wine Tasting and Member Buffet	19 Fitness 5am – 8pm Dining for Lunch & Dinner STEAK NIGHT IN TERRACE	20 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining
21  Easter Brunch	22 Fitness 5am – 8pm Dining for Lunch	23 Fitness 5am – 8pm Dining for Lunch & Dinner	24 Fitness 5am – 8pm Dining for Lunch & Dinner  ADMINISTRATIVE PROFESSIONALS LUNCHEON	25 Fitness 5am – 8pm Dining for Lunch & Dinner	26 Fitness 5am – 8pm Dining for Lunch & Dinner Porgy & Bess– by Fort Worth Opera, Bass Hall STEAK NIGHT IN TERRACE	27 Men's Fitness 8am-2pm Women's Fitness 9am-1pm Evening Dining
28 Club Closed	29 Fitness 5am – 8pm Dining for Lunch	30 Fitness 5am – 8pm Dining for Lunch & Dinner Porgy & Bess– by Fort Worth Opera, Bass Hall				

RESERVATIONS, PLEASE.

City Club Management and Staff always do their utmost to ensure your dining experience at the Club is the very best it can possibly be. Certain days, and times of day, are busier than others due to seasonal events and celebrations. Member reservations for lunch and dinner assist the Club in consistently providing the level of service you deserve. A telephone call to the Club's Receptionist at 817.878.4000, letting us know when you will be coming, how many are in your party, and whether you wish to dine in the Oak Room or the Terrace, will provide seamless enjoyment of your visit to City Club. Any special requests may also be made at this time.

GARAGE PARKING

As a privilege of membership, City Club provides complimentary parking for up to 3 hours in Sundance Garages I and II, which are attached via skybridge to the Bank of America Tower.

Sundance Parking Garage Management establishes the schedule of parking fees for time over the complimentary 3 hours. After the complimentary 3 hours, the schedule of fees is:

\$3 for 0-1 hour	\$9 for 2.5-3 hours
\$5 for 1-2 hours	\$10 for 3-4 hours
\$7 for 2-2.5 hours	\$12 for over 4 hours

Parking fees are paid when exiting the garage

City Club will validate parking at the 3rd floor Reception Desk when members are dining at the Club. Parking may also be validated at each Fitness Desk in the Women's and Men's Fitness Centers. It is suggested that members park in Garage II (Calhoun St. entrance) when visiting the Club.

Validation does not apply to members attending a privately hosted function at the Club. In those instances, parking is arranged by the host.

CITY CLUB

F O R T W O R T H
downtown's business, fitness & social club

301 Commerce Street
Fort Worth, TX 76102

Operation Hours

Last reservation can be seated at 8:00 pm. Club closes at 9:00 pm.

The Terrace Room

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Monday - Friday
11:30 am - 2:00 pm
Cocktails Tuesday - Saturday
5:00 pm - 9:00 pm
Dinner 5:00 pm - 9:00 pm

The Oak Room

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Tuesday - Friday
11:30 am - 2:00 pm
Cocktails Tuesday - Saturday
5:00 pm - 9:00 pm
Dinner Tuesday - Saturday
5:00 pm - 9:00 pm

The Grill Room

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Monday - Friday
11:30 am - 2:00 pm

Fitness Centers

Men's Fitness Center 817.878.4016
Monday - Friday: 5:00 am - 8:00 pm
Saturday: 8:00 am - 2:00 pm
Women's Fitness Center 817.878.4094
Monday - Friday: 5:00 am - 8:00 pm
Saturday: 9:00 am - 1:00 pm

Accounting

Paula Muller 817.878.4087
pmuller@cityclubfw.com

For Reservations and Information

Management Offices 817.878.4000
Monday - Friday 9:00 am - 5:00 pm

General Manager

Peggie Muir 817.878.4089
pmuir@cityclubfw.com

Membership Director

Debbie Rubin 817.878.4088
drubin@cityclubfw.com

Catering

Mariah Krueger 817.878.4028
mkrueger@cityclubfw.com
Kelly Norvell 817.878.4051
knorvell@cityclubfw.com

Last reservation can be seated at 8:00 pm. Club closes at 9:00 pm.

City Club reserves the right to close the restaurants early if there are no reservations and no patrons.

The City Club is closed on
Sunday and Monday for Dinner,
except for special occasions.