

Winter

PHOTOGRAPHER BRIAN LUENSER

Read Brian's Bio on page 9

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MESSAGE FROM THE GENERAL MANAGER

Here's to another New Year! Can you believe it? City Club is ready to do our part to keep you in the loop and enjoying your membership.

Our beautiful **Fitness Centers** (separate for women and men and includes some co-ed areas) are open and ready to help you get fit and firm. If you already have a fitness level membership, start or keep using it. If you have a social membership, consider upgrading so that you can use the fitness centers. That dues rate increase is equivalent to what you would pay at any other fitness center each month. The difference being that you will participate in a much, much better fitness experience at City Club.

Half Price Bod Pods are here for January and February. The Bod Pod is a fat measuring system that helps you to measure the change in your body composition as you change your eating habits and exercise more. See **page 11** for details.

In January, we are trying something new...**Lobster Night in the Terrace** on Thursday nights. It is a beautiful menu and includes a glass of Pino Grigio and dessert. See **page 3** for details.

We are doing things differently for our Wine tastings for 2022 so please read carefully. We are no longer offering the tasting as a totally complimentary event. We are taking reservations only and the price includes the tasting and the dinner buffet. We are also moving from Friday nights to Thursday nights. We are featuring **French Wines** on **Thursday, January 20th** and then on **Thursday, February 17th**, we are featuring **Italian Wines**. See **page 4** for more information.

Valentine's Day falls on a Monday in 2022 and the Club is closed. However, we will be offering a very nice menu on Saturday, **February 12th** to celebrate the spirit of Valentine's and includes a bottle of wine. This is a wonderful way to say "I love you" to your Valentine. See the menu and other details on **page 3**.

All of this will put us well on our way into this brand new year. As always, thank you for your presence in the Club and please remember that I truly appreciate hearing from you whether it's good news or not so good news. Our goal is for you to love being a member at City Club!

Call me any time at 817.878.4089 or email me at pmuir@cityclubfw.com or stop me as I run around the Club...I'd love to hear from you about anything and everything!

LOOKING FOR MEETING SPACE?

LOOK NO FURTHER THAN YOUR CLUB!

City Club features 11 beautifully appointed Private Rooms to accommodate your next corporate event. Corporate events can set the tone of a new product, Sales and Marketing plan or motivate employees to excel.

- Full audio visual services
- Complimentary Wi-Fi
- Can accommodate 1 - 350 people
- All rooms feature outside natural lighting
- All rooms have warm, inviting furnishings
- Member's receive discount room rentals

Please contact Mrs. Kim Keen,
kkeen@cityclubfw.com to
plan your next meeting.



The Ballroom



The Speakers Room

**Club Closures for
New Year's Day:
January 1st and 3rd,
2022.**

Happy New Year!



Valentine's Day falls on a Monday this year and the club is closed that day. Come celebrate your loved one on Saturday, February 12th with a lovely dinner in the Terrace. Come and join us for a 3-course Steak Dinner along with a bottle of wine.

PRE-VALENTINE'S MENU

FIRST COURSE

Grilled Sea Bass
Roasted Tomato, Olive Oil
Vegetables, Lemon Couscous

SECOND COURSE

Seared Beef Filet
Melange Root Vegetables
Parmesan Au Gratin

THIRD COURSE

Raspberry Panna Cotta
Mixed Berry Compote

\$59.00 plus tax and gratuity



We're trying something new!

We'll have Lobster Night on Thursdays; don't worry, we'll bring back Fajita Nights later on!

LOBSTER NIGHT

Complimentary
Glass of Pinot Grigio

Three Course Meal

FIRST COURSE

Angel Hair Pasta tossed in a Cream Sauce
and Lemon Roasted Asparagus and
Sundried Tomatoes

SECOND COURSE

Thermidore Lobster
(Canadian Lobster Tail),
Baby Spinach and Ricotta Risotto

THIRD COURSE

Caramel Chocolate Dome
Wild Strawberry Compote

\$55.00 plus tax and gratuity



Craig Halvorson

Wine and Beverage Director/Dining Room Manager, WSET II

*Craig has organized two outstanding Tastings and Buffets for men
There will be a **French Wine Tasting** in January and an **Italian Wine***

French Wine Tasting & Buffet

THURSDAY JANUARY 20, 2022

Ballroom

5:30 - 8:00 p.m., \$33

*Featuring Sparkling, White, and Red Wines
from Bordeaux, Burgundy, Rhone Valley and
Loire Valley Regions in France.*

Price includes Tasting & Buffet

Wines will be available for Purchase

APPETIZER STATION
Assorted Charcuterie and
Cheese Board
Mini Croque-Monsieur
Shrimp Bisque



DINNER BUFFET
Panko-Crusted Salmon
with Caramelized Fennel
and Leek Cream Sauce
Carved London Broil
with Au Jus
Parmesan Vegetables Tian
Parsley New Red Potatoes



Assorted Chef's Dessert
Fresh Coffee



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

We are doing things differently for our Wine Tastings for 2022 so please read carefully.

1. We are no longer offering the tasting as a totally complimentary event.
2. We are taking reservations only and the price includes the tasting and the dinner buffet.
3. We are also moving from Friday nights to Thursday nights.
4. WHY the Change? Frankly, it is so the members and their guests will have a nicer dining experience! We will be setting up the buffet and the dining tables in the Ballroom so each group will have seating close to the wines. They can much better pair up their wines with their food and actually drink the wines while dining. We moved to Thursday nights because we tend to book the Ballroom on Friday and Saturday nights. This assures us we can host the event in the Ballroom consistently.

Members' enjoyment in January and February.
Wine Tasting in February.

Italian Wine Tasting & Buffet

THURSDAY FEBRUARY 17, 2022

Ballroom

5:30 - 8:00 p.m., \$33

Featuring Sparkling, White, and Red Wines
from Tuscany, Piedmont, Friuli-Venezia and
Abruzzo Regions of Italy.

Price includes Tasting & Buffet

Wines will be available for Purchase

APPETIZER STATION

Assorted Charcuterie and
Cheese Board

Spicy Italian Sausage-Stuffed
Mushrooms

Minestrone Soup



DINNER BUFFET

Baked White Fish
in a Puttanesca Sauce

Carved Herb-Crusted
Ribeye Steaks
with a Chimichurri Sauce

Roasted Vegetables

Garlic and Herb
Gratin Potatoes



Assorted Chef's Dessert
Fresh Coffee



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

NEW TO THE CELLAR

From Wine Director Craig Halvorson, WSET II

*I would like to start off by thanking
so many of you who came out and
enjoyed our Bordeaux's
by-the-glass during the months of
November and December.*

It's always a lot of fun tasting
thru the many different
profiles of Wines from both
the Right Bank and Left Bank
of Bordeaux. We are going
to keep the Bordeaux theme
rolling into 2022 with our first
Wine Tasting of the Year - French Wine Tasting
& Buffet on Thursday January 20th.

Now allow me to introduce to you one of
our newest Bordeaux additions to our Wine
Room Cellar - the 2015 Chateau Lafleur-Gazin
from the Pomerol Region in Bordeaux France.
Produced mainly from Merlot with a small
percentage of Cabernet Franc, the 2015 has
a medium to deep garnet-purple color with
aromas of cooked black cherries and black
raspberries, with forest floor, new leather and
rose. The palate is medium to full bodied with
a solid tannin structure to match the intensity
of the rich black fruit.

The Pomerol Region of Bordeaux is famous for one of the
most expensive and famous wines in the world - Chateau
Petrus. Pomerol is a red wine appellation located on the right
bank of the Dordogne River in Bordeaux, France. Unlike the
Cabernet Sauvignon-driven wines created in the communes
situated on the Dordogne River's left bank, Merlot and
Cabernet Franc are the choice varieties in Pomerol.

*95 Points James Suckling
This Wine will be listed on our
Restaurants Wine List. \$100 per bottle*





David Bates, *Magnolias and Lemons*



City Club is the home of five works of art by **David Bates** and we proudly display them in the **3rd Floor Gallery** of the Club. (All of the artwork in City Club are from the private collection of Sid R. Bass)

It was a great honor that this painting was on loan to The Modern Art Museum of Fort Worth for a past exhibition.

David Bates was born in 1952 in Dallas, Texas, where he continues to live today. His career spans more than forty years. He received a BFA from Southern Methodist University in 1975 and an MFA from the same institution in 1978.

Upon finishing graduate school, Bates participated in group exhibitions that traveled to museums around the country, including the Corcoran Gallery of Art; the Metropolitan Museum of Art; and the Contemporary Arts Museum, Houston. In 1987, Bates was selected for the prestigious Whitney Biennial, and in 1988, the Modern Art Museum of Fort Worth organized a traveling exhibition of his work. Since then, several important exhibitions have featured Bates' art, including a joint retrospective organized by the Nasher Sculpture Center and the Modern Art Museum of Fort Worth in 2014 which currently has 12 works of David Bates in its permanent collection.

When you have time, take a stroll down the gallery and admire Mr. Bates' work!



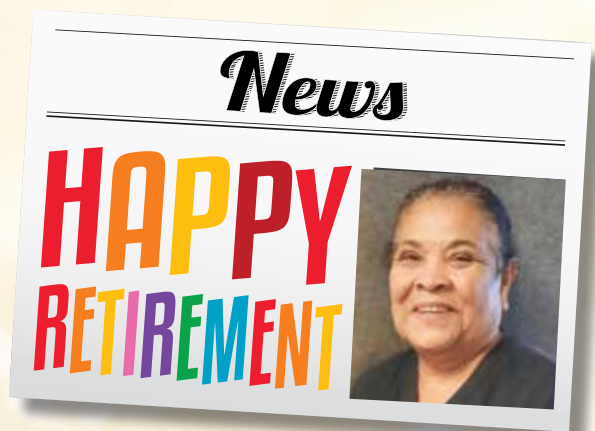
Retirement Time!!

We had 2 long time employees who retired from City Club on December 31, 2021; they will both be missed but we're grateful for their time working with us.



Jennifer Van Dort

Jennifer Van Dort had been with City Club for 22 years. She was a server in the Oak Room for almost 10 years. When we had an opening at the Reception Desk in 2009, she filled that position and has been there ever since, greeting and taking care of members' and guests' reservations, parking and questions. With retirement, she will have the freedom to travel to see her grandson and pick up and go whenever and wherever she and her husband want to go! We wish her the very best!



Guadalupe Ojeda

Guadalupe Ojeda had worked at City Club for almost 19 years. She was one of our daytime Housekeepers and had diligently cleaned all throughout the Club daily since 2003. That is a lot of vacuuming, dusting and other cleaning duties so she is now looking forward to just cleaning her very own home! We wish her the very best in her retirement!



We have a new Catering Sales Manager for Corporate Events!

Kim Keen joined City Club in mid-December when our prior Catering Sales Manager for Corporate Events left the Club for another job elsewhere. Kim has been involved in the hospitality industry for many years and has held managerial sales positions in the catering departments at the Diamond Oaks Country Club and the Norris Conference Center. She is a seasoned professional in the industry and we know that you will enjoy working with her on your corporate events at City Club! She can be reached at 817.878.4028 or kkeen@cityclubfw.com if you would like to book an event in the new year!

NOW AVAILABLE IN BOTH RESTAURANTS! **Friday Steak Night** Every Friday Night at the Club

Choice of First Course:
Caesar Salad or Seafood Gumbo

Entrée:
Chef's Choice Hand Cut Steak
Served with Grilled Vegetables and
Twice Baked Potato
\$26

Bottle of Wine Special
Managers Selection Red or White Wine
\$30

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





You may have had lunch in the Terrace when **Chef Robert** made his famous Seafood Gumbo; it's become quite popular! Just add a simple salad, hush puppies or white rice to make a fabulous meal!

CHEF ROBERT'S SEAFOOD GUMBO RECIPE

4 oz. olive oil or butter
4 oz. all-purpose flour
1 pound spicy andouille sausage
Trinidad Mix

(All Medium Diced: 1 yellow onion, 1/2 stalk celery,
1 green and 1 red bell pepper)

2 Tbsp. chopped fresh garlic
2 Tbsp. tomato paste
16 oz. can diced tomatoes
32 oz. clam juice & 32 oz. tap water
1 Tbsp black pepper
1 dry bay leaf
1 Tbsp. dry rosemary
1 Tbsp. dry thyme
1 Tbsp. dry basil
1/4 tsp. cayenne pepper
2 Tbsp shrimp or seafood bouillon cubes
2 cups frozen, thawed okra
2 pounds fresh seafood mix

(shrimp, scallops, white fish or your desired seafood)

Melt butter or heat oil and sautee trinidad until translucent, add sausage and garlic, add herbs and sautee until fragrant, add flour and cook until brown color forms (roux). Place diced tomatoes, clam juice, water, shrimp bouillon cubes, tomato paste and cook until thickened (about 20 minutes). Once thickened add okra and seafood and cook for 10 minutes until seafood is cooked thoroughly. Adjust seasoning with salt. Keep an eye on soup and stir occasionally to prevent sticking or burning from the bottom of the pot. Enjoy!



**WILL ROGERS MEMORIAL CENTER
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- Celebrate Fort Worth's Western Heritage
- Action-packed rodeo
- Livestock shows, **Mattress Firm** Petting Zoo
- Carnival/Midway excitement
- Live music at the **Bud Light** Roadhouse
- Shopping galore - from turquoise to tractors

★ **RODEO TICKETS ARE GOING FAST** ★

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IN PERSON
AT TICKET
OFFICE
1911 MONTGOMERY ST., 76107



ONLINE AT
FWSSR.COM
& FOR MORE INFO.



NORTH TEXAS
CHEVY DEALERS

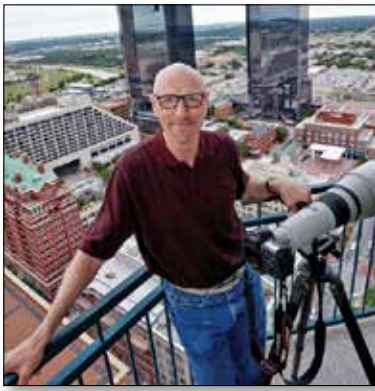


**Simmons
Bank**
MEMBER FDIC



Texas Health

reliant



Photographer Brian Luenser

The cover photo for this issue of the NewsMagazine was provided to City Club by Brian Luenser. You have probably seen Brian's photography in various Fort Worth Magazines or art shows; he is a man about town and seems to capture the very best of Fort Worth and its citizens. Please take a look at his photos (see below). We think you will be as impressed as we are by his skills!

Brian was born in 1956 near Chicago. His father worked in Chicago for a company for 40 years then transferred to Dallas. Brian went to Desoto High School and then went in the Navy in 1975. He became an Intelligence Specialist. Brian spent the next 4 years at Sea. He was trained in photography and photo lab work. (He had his own "Mini Lab" for highly sensitive photos in CVIC the Aircraft Carriers Intelligence Center.)

He got out of the Navy in 1979 and went to UTA to major in Accounting. He began a job in Public Accounting in Fort Worth right out of School. He became a Certified Public Accountant in 1992. After about 8 years in public accounting, Brian went into Corporate Accounting which is where he remains today. In 1997 he co-founded a Water Filter Manufacturing Company called Aquasana. It is located in Haltom City and Austin. In the Haltom City location they manufacture filters and have 105 employees. The office in Austin is the Marketing office.

Brian and his wife bought a condo in Downtown Fort Worth in 2004 (on the 34th floor of The Tower.) "My wife and I are about to have our 40th anniversary."

He was honored by Fort Worth Magazine to be the Best Photographer in Fort Worth for the 6th year in a row; named to "Most Interesting People" in the December 2014 Fort Worth Magazine; received the Habitat for Humanity Golden Heart Award in 2016 as well as the Fort Worth "Trailblazer" Award.

Brian is currently the primary contributor to "My River" exhibit at the Community Arts Center.

He is currently the presiding Election Judge in Downtown Fort Worth and has had this position for 17 years. Brian is the Official (but volunteer) photographer for United Way of Tarrant Co., Trinity Habitat for Humanity, Fort Worth Symphony Orchestra and Mayfest.

A video interview for "Most Interesting person" award: <https://vimeo.com/112322938>

View some of his photography at <https://www.flickr.com/photos/brianluenser/albums/72157669930740422>

SCOTCH AND WHISKEY TASTING

If you attended this event you experienced first hand the new set-up for our Wine Tastings in 2022.

See Page 4 for more information.



Welcome New Members

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

Mrs. Courtney Schones
Oak Hill Advisors LP

Ms. Lindsey Scott
BEPCO, L.P.

Brad and Emma DeGraw
All Terrain Capital

Mr. Nick Davis
Alston & Bird, LLP

Mr. Mark Leigh
Tokai Carbon CB

Mr. Bradley Anderson
Brad Anderson Roofing

Curtis and Aline Pritchard
A True P.I.

Mr. Conrad Hester
Alston & Bird, LLP

Ernesto and Lupe Baez
Baez Maintenance Services

Dean and Emily Crocker

Mr. Mitsunobu Shimuta
Tokai Carbon CB

Mr. David Penn
Hill Gilstrap, P.C.

Mr. Thomas Hansen
Oak Hill Advisors

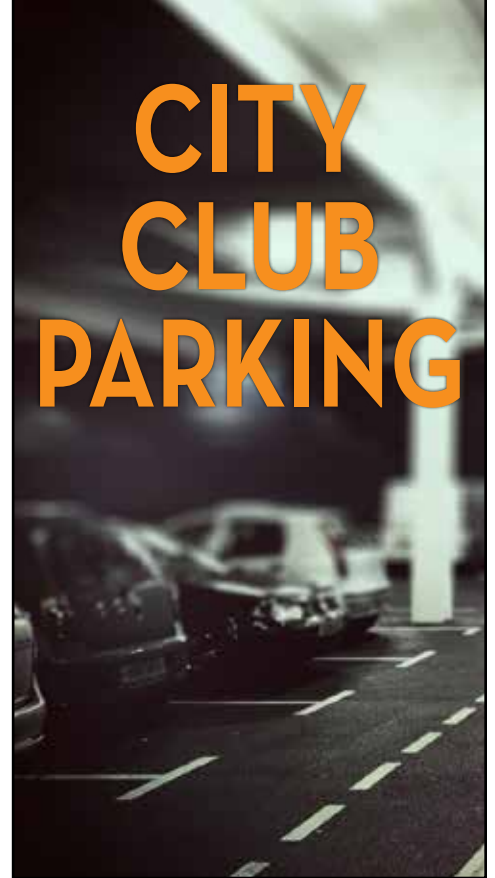
Mr. Robert Vartabedian
Alston & Bird, LLP

Mr. Andrew West
Oak Hill Advisors



For membership information please contact
Debbie Rubin,
Membership Director, at
drubin@cityclubfw.com
Or 817.878.4088.

CITY CLUB PARKING



While we are under the conditions of the COVID-19 pandemic, there have been changes to the access to the attached parking garages to the City Center towers.

**YOU WILL NOT BE ABLE
TO ENTER THE PARKING
GARAGE LOCATED
ON COMMERCE STREET
AFTER 6PM.**

As long as you enter before 6:00 pm you will be able to exit at any time. The time for **FREE PARKING** in the garages is now after 6:00 pm (a change from 5:00 pm) Monday through Friday. Since you may not enter after 6:00 pm, you need to bring your parking ticket to the Reception desk to be validated so that you will not be charged when exiting the garage. On Saturday and Sunday, parking in the garages is still free but you may not enter after 6pm in the garage located on Commerce Street.

Please note: We only validate for the two City Center parking garages and the valet station at the base of the Bank of America Tower.



American Heart Month isn't just for lovers.

February also reminds us to take care of our heart and consider our risk factors. In 1964, President Lyndon B. Johnson declared the first American Heart Month to tackle heart disease in the United States.


Believe it or not, heart disease can happen at any age. Some risk factors for heart disease and stroke are preventable. American Heart Month teaches us the ways we can help reduce our risks while eliminating those we have control over. Do you have one of these risk factors for cardiovascular disease? Obesity, physical inactivity, high blood pressure, cigarette smoking, high cholesterol or diabetes.

HOW TO OBSERVE

Visit www.millionhearts.hhs.gov to learn more about the risks and how to prevent heart disease and stroke. Use #AmericanHeartMonth to share on social media. Here are a few signs the CDC says you may be at risk for heart disease.

1. High blood pressure. There are millions of people in the United States who have high blood pressure, and millions of them are as young as in their 40s and 50s. If you are one of them, make sure to have it under control.
2. High cholesterol, diabetes, and obesity are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity in a few times a week.
3. Smoking cigarettes. Over 35 million adults in America are smokers and thousands of young people are picking up the habit daily. If you're a smoker, do your best to quit or cut down. It's what's best for your health.

Stay on top of your health and try to avoid the risk of heart disease. Don't smoke, and if you're already a smoker, do your best to quit. Manage conditions you may have such as high blood pressure and cholesterol. Take your medication as prescribed by your doctor. Make heart-healthy diet decisions. Eat whole foods low in trans-fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Living a sedentary lifestyle will put you at a much greater risk for heart disease. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!



Half Price Bod Pods for January/February

Normally \$40 Now \$20!

Is your weight getting you down?

The BOD POD® is considered the Gold Standard for body composition assessment and is based on the same principle as hydrostatic weighing. **The difference is the BOD POD® uses air instead of water to provide the most accurate body composition measurements available today.** And best of all, no one gets wet or feels like they are drowning! Many of the Texas Rangers baseball team and Olympic athletes have been to City Club to use the BOD POD. It is the only one of its kind in the D/FW area that's open to the public.

Our bodies can be divided into two main components... fat and lean mass. Although we need a certain amount of fat to ensure good health, excess body fat has been found to increase the risk of many diseases, including cancer, diabetes, and heart disease. Lean mass consists primarily of muscle, the major "metabolic engine" of the body. The more muscle in your body, the more calories you will burn...even while resting.

With this in mind, **it is considerably more important to measure body composition than weight.** A scale cannot tell the difference between a pound of muscle and a pound of fat. In fact, measuring body composition is one of the best indicators of health, reflecting both physical activity and nutritional practices. Over time, people tend to gain fat and lose muscle without any obvious change in their weight. Only by accurately measuring body composition will you learn the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs.

Measuring your body composition in the BOD POD® is quick and easy. A complete test, including printed results, takes five minutes. So be good to yourself, it will help you with your 2021 Goals! Just ask anyone in the Men or Women's Fitness Center and they'll sign you up.

FITNESS FOR YOU!

Ride with us!

Most of us will be thinking of ways to shed the holiday weight as we begin the new year. What better way than to exercise on a stationary bike? We have them in both the Men and Women's Fitness Centers. We wanted to give you a little history of the stationary bike.

It's no wonder they were invented. They exercise the heart and lungs, strengthen muscles in the legs and back. They keep us fit over long winters, elevating our mood and lowering cholesterol. They assist in weight loss and the latest research shows improved mental well-being and improved quality of life for some with chronic illnesses such as Parkinson's and Alzheimer's.

So we know the why but with some investigation, it turns out searching for when they were invented yields some surprising results!

In fact, the first-ever was before the invention of the bicycle 1796 Gymnasticon, an indoor exercise machine. It exercised all parts of the body including the legs as it had treads that cranked around gears.

Next came a forerunner of the bicycle, the two-wheeled walking machine, more of a scooter, which was invented in Germany in 1817. Then an actual bicycle with pedals was invented in Scotland by Kirkpatrick Macmillan in 1839. Then a better version was the velocipede in 1865, also known as the "boneshaker" because it was made of wood.

In 1866 a French mechanic patented the bicycle in the US. Next came the Exercycle. Throughout the 1930's - 1940's the Exercycle was invented, improved and grew in popularity.

In the 1950s it continued to be used and then sales increased during the 1960s when the public became more interested in fitness.

In 1968, American chemist Keene Dimick invented a stationary bicycle that he equipped with electronics to track his progress exercising. They named his invention the Lifecycle, which was eventually installed in many major health clubs around the U.S.

The Schwinn bicycle company from Chicago began manufacturing an upright exercise bike in 1967 and unveiled the Airdyne stationary bike in 1978. While resistance in stationary bicycles was created through the use of brake pads and a flywheel, the Airdyne featured air resistance generated by a fan installed in the exercise bike. In addition, the Airdyne provided an upper body workout because the pedals were connected to the handlebars.

So when you're hooked up watching a TV screen or listening to your favorite music; know that you are doing a great service to your body and mind!

WE HOPE TO SEE YOU IN THE MEN AND WOMEN'S FITNESS CENTER THIS WINTER!



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

FIND YOUR FITNESS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Boot Camp 6:00-7:00am Sally Greenwood Reformer Pilates 6:30-7:20am Julie La Bruyere F.I.T. 6:30-7:15am Roland Mash Reformer Pilates 7:30-8:20am Julie La Bruyere Pilates Mat 9:00-9:50am Julie La Bruyere F.I.T. 12:00-12:45pm Roland Mash Reformer Pilates 12:00-12:50pm Julie La Bruyere Cardio Blast 12:00-12:45pm Sue Horton Back to Basics 12:20-1:00pm Matt Burrell	Weights & Cardio Circuit 6:00-7:00am Sally Greenwood F.I.T. 6:30-7:15am Roland Mash WFC F.I.T. 6:30-7:30am Matt Burrell Reformer Pilates 7:30-8:20am Julie La Bruyere Extreme Body Sculpt/Abs 9:00-10:30am Sally Greenwood Reformer Pilates 11:00-11:50am Julie La Bruyere Barre It! Express 11:30-12:00 noon Sue Horton Abs Express 11:45am-12:15pm Roland Mash Reformer Pilates 12:00-12:50pm Julie La Bruyere F.I.T. 12:00-12:45pm Matt Burrell Kettle Bells Express 12:20-12:50pm Roland Mash Yoga 5:00-6:00pm Alexis Ackel	Weights & Conditioning 6:00-7:00am Sally Greenwood Reformer Pilates 6:30-7:20am Julie La Bruyere F.I.T. 6:30-7:15am Roland Mash Reformer Pilates 7:30-8:20am Julie La Bruyere Pilates Mat 9:00-9:50am Julie La Bruyere Trinity Trails/Walk/Run 8:30-9:30am Sally Greenwood Barre It! 9:00-9:50am Sue Horton Mens Reformer Pilates 10:45-11:35am Julie La Bruyere Reformer Pilates 12:00-12:50pm Julie La Bruyere Cardio Blast 12:00-12:45pm Sue Horton Yoga 12:00-1:00pm Shannon Jones F.I.T. 12:00-12:45pm Roland Mash Back to Basics 12:20-1:00pm Matt Burrell Reformer Pilates 5:30-6:20pm Sandy Mellina	Spin 6:00-6:50 Sally Greenwood F.I.T. 6:30-7:15am Roland Mash WFC F.I.T. 6:30-7:30am Matt Burrell Abs & More 6:50-7:15am Sally Greenwood Reformer Pilates 7:30-8:20am Julie La Bruyere Extreme Body Sculpt/Abs 9:00-10:30am Sally Greenwood Reformer Pilates 11:00-11:50am Julie La Bruyere Barre It! Express 11:30-12:00 noon Sue Horton Abs Express 11:45am-12:15pm Roland Mash Reformer Pilates 12:00am-12:50pm Julie La Bruyere F.I.T. 12:00-12:45pm Matt Burrell Kettle Bells Express 12:20-12:50pm Roland Mash	Boot Camp 6:00-7:00am Sally Greenwood F.I.T. 6:30-7:15am Roland Mash Pilates Mat 9:00-9:50am Sandy Mellina Men's Reformer Pilates 10:45-11:35am Sandy Mellina Yoga 12:00-1:00pm Suzy Smola F.I.T. 12:00-12:45pm Roland Mash	Yoga 10:15-11:15am Alexis Ackel



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.

JANUARY

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 CLUB CLOSED
2 CLUB CLOSED	3 CLUB CLOSED	4 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace Dear Evan Hansen (Broadway at the Bass) 7:30 pm	5 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace Dear Evan Hansen (Broadway at the Bass) 7:30 pm	6 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace Dear Evan Hansen (Broadway at the Bass) 7:30 pm LOBSTER NIGHT	7 Fitness 5am-7pm (Men) 5am-6pm (Women) Oak Room/Bar closed for dinner Dining in Terrace Dear Evan Hansen (Broadway at the Bass) 7:30 pm Friday Steak Night	8 Fitness 8am – 2pm (Men) 9am – 1pm (Women) Dining in the Terrace Dear Evan Hansen (Broadway at the Bass) 1:30 pm & 7:30 pm
9 CLUB CLOSED	10 Fitness 5am-7pm (Men) 5am-6pm (Women) To-Go and In-House Lunch BFF DAY IN FITNESS CENTER	11 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace	12 Fitness 5am-7pm (Men) 5am-6pm (Women) Oak Room/Bar closed for dinner Dining in Terrace	13 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace LOBSTER NIGHT	14 Fitness 5am-7pm (Men) 5am-6pm (Women) Oak Room/Bar closed for dinner Robert Spano conducts Scheherazade FWSO 7:30 pm Friday Steak Night	15 Fitness 8am – 2pm (Men) 9am – 1pm (Women) Dinner in the Terrace Oak Room/Bar closed for dinner Robert Spano conducts Scheherazade FWSO 2 pm & 7:30 pm
16 CLUB CLOSED	17 Fitness 5am-7pm (Men) 5am-6pm (Women)	18 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace Hamilton (Broadway at the Bass) 7:30 pm	19 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace Hamilton (Broadway at the Bass) 7:30 pm	20 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 7:30 pm  French Wine Tasting / Ballroom	21 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 7:30 pm Friday Steak Night	22 Fitness 8am – 2pm (Men) 9am – 1pm (Women) Dining in Terrace Oak Room/Bar closed for dinner Hamilton (Broadway at the Bass) 1:30 pm & 7:30 pm
23 CLUB CLOSED 30 CLUB CLOSED	24 Fitness 5am-7pm (Men) 5am-6pm (Women) 31 Fitness 5am-7pm (Men) 5am-6pm (Women)	25 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace Hamilton (Broadway at the Bass) 7:30 pm	26 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in the Terrace Hamilton (Broadway at the Bass) 7:30 pm	27 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 7:30 pm LOBSTER NIGHT	28 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 7:30 pm Friday Steak Night	29 Fitness 8am – 2pm (Men) 9am – 1pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 1:30 pm & 7:30 pm

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 7:30 pm	2 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 7:30 pm	3 Fitness 5am-7pm (Men) 5am-6pm (Women) Hamilton (Broadway at the Bass) 7:30 pm LOBSTER NIGHT	4 Fitness 5am-7pm (Men) 5am-6pm (Women) Hamilton (Broadway at the Bass) 7:30 pm Friday Steak Night	5 Fitness 8am – 2pm (Men) 9am – 1pm (Women) Dining in Terrace Hamilton (Broadway at the Bass) 1:30 pm & 7:30 pm
6 CLUB CLOSED	7 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining for Lunch in Terrace BFF DAY IN FITNESS CENTER	8 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace	9 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace	10 Fitness 5am-7pm (Men) 5am-6pm (Women) LOBSTER NIGHT	11 Fitness 5am-7pm (Men) 5am-6pm (Women) Back to the Future (FWSO) 7:30 pm Friday Steak Night	12 Fitness 8am – 2pm (Men) 9am – 1pm (Women) Back to the Future (FWSO) 7:30 pm  Pre-Valentine's Day Dinner in Terrace
13 CLUB CLOSED	14 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining for Lunch in Terrace <i>Happy Valentine's Day!</i>	15 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace	16 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace  ITALIAN WINE TASTING	17 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace A Tchaikovsky Evening (TX Ballet Theater) 8:00 pm Friday Steak Night	18 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace A Tchaikovsky Evening (TX Ballet Theater) 8:00 pm Friday Steak Night	19 Fitness 8am – 2pm (Men) 9am – 1pm (Women) Dining in Terrace A Tchaikovsky Evening (TX Ballet Theater) 8:00 pm
20 CLUB CLOSED	21 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining for Lunch in Terrace	22 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace	23 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining in Terrace	24 Fitness 5am-7pm (Men) 5am-6pm (Women) LOBSTER NIGHT	25 Fitness 5am-7pm (Men) 5am-6pm (Women) Friday Steak Night	26 Men's Fitness 8am – 2pm Women's Fitness 9am – 1pm Dining in Terrace A Gala Evening with Sarah Chang (FWSO) 7pm
27 CLUB CLOSED	28 Fitness 5am-7pm (Men) 5am-6pm (Women) Dining for Lunch in Terrace					

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 City Center Garages 1 and 2, which are attached via skybridge to the Bank of America Tower.

City Center 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 hr \$9 for 2.5-3 hrs
 \$6 for 1-2 hrs \$12 for 3-4 hrs
 \$7 for 2-2.5 hrs \$15 for over 4 hrs

Parking fees are paid when exiting the garage.

City Club will validate garage 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.

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 7:00 p.m. Club closes at 8:00 p.m.

The Terrace Room

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Monday - Friday
11:30 am - 2:00 pm
Cocktails Tuesday - Saturday
4:00 pm - 8:00 pm
Dinner 4:00 pm - 8:00 pm

The Oak Room

Reservations 817.878.4000
reception@cityclubfw.com
Lunch Tuesday - Friday
11:30 am - 2:00 pm
Cocktails Tuesday - Saturday
4:00 pm - 8:00 pm
Dinner Tuesday - Saturday
4:00 pm - 8:00 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 - 7:00 pm
Saturday: 8:00 am - 2:00 pm
Women's Fitness Center 817.878.4094
Monday - Friday: 5:00 am - 6:00 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

Kim Keen 817.878.4028
kkeen@cityclubfw.com
Kelly Norvell 817.878.4051
knorvell@cityclubfw.com

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

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