

CITY CLUB

F O R T W O R T H

A News Magazine for Members of City Club

817.878.4000

www.cityclubfw.com

MARCH/APRIL 2023

Spring

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MESSAGE FROM THE GENERAL MANAGER

As I write this, I am hoping that we made it out of the Winter-time blues and bursting into Spring! I love the freshness of March and April and I would love to see you here enjoying it with us!

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 9th** for David Skeels speaking on "*Name, Image & Likeness for Collegiate Athletes*". David is a dynamic speaker and he will be entertaining as well as informative. On, **Thursday, April 13th**, Michael Hutchens will be speaking on the "*Employee or Independent Contractor?*". Michael will do a great job weaving us out of trouble in the complicated areas of this topic. **See page 5 for details.**

On **Tuesday, March 14th** and **Tuesday, April 11th**, **Impact** will be meeting for lunch and collaboration with a wonderful group of women and you are invited to join us each month! **See page 11 for details.**

On **Thursday, March 16th**, the **Wine Tasting and Buffet** will be featuring **Italian Wines**. We love our Italian wines and seeing friends and meeting fellow members is also fun! **See page 8 for details.**

On **Friday, March 17th**, join us in the Terrace for Lunch and/or Dinner for our **St. Patrick's Day Special and Happy Hour (Irish Whiskey and Guinness Beer)**. The Chef will be featuring a special dish filled with Irish fare. Wear a bit of green to show for fun! **See page 10 for details.**

We have a real treat for all of you on **Thursday, March 30th** as **Lynn Teel**, an etiquette professional, is coming to the Club to speak to members and their guests about **ETIQUETTE**...something that seems to be slipping away in our current culture. Reservations are required so mark your calendar and make yours early!! **See page 4 for details.**

On **Sunday, April 9th**, we have our gorgeous **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 **Thursday, April 20th**, for our **Wine Tasting and Buffet**, we remain in the **Mediterranean** so we can taste wines from **Spain**. These events are so much fun and if you've never come to one before, you should start now. **See page 9 for the details.**

On **Wednesday, April 26th**, we are offering a special **Administrative Professional Luncheon** buffet for you to treat that person or those people who frankly, make you look good! **See page 4 for details.**

Lastly, please remember that City Club is **closed on Good Friday** which falls on **April 7th**.

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

PARKING GARAGE REMINDER:

Parking Garage 1 (entrance on Commerce Street) closes at 6:00 pm. If you enter before 6:00 pm, you will still be able to exit when you are ready. If you arrive after 6:00 pm, please use Parking Garage 2 (entrance on Calhoun Street close to Bass Hall). Always bring your parking ticket with you to have it validated.

TERRACE ROOM CLOSURES:

On Wine Tasting dates, **March 16th** and **April 20th**, the Terrace will be open for drinks only from 4 pm to 6 pm. No dining will be offered those evenings as the staff will be occupied in the Ballroom for the Wine Tastings.

City Club will be closed Friday, April 7th for Good Friday.

Easter Brunch

Sunday, April 9th, 2023
Two seatings: 10:30 am and 12:30 pm

Brunch Menu

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

Carving Station

Roasted Prime Rib
Creamy Horseradish, Rosemary Mustard, Sage Onion Rings

Seafood Station

Boiled Gulf Shrimp with Lemons and Cocktail Sauce
Assorted Seafood Sushi
Assorted Vegetarian Sushi
Shrimp & Crab Pad-Thai

Main Buffet

Portobello Sliders
Chicken Stroganoff
Assorted Tea Sandwiches

Rainbow Bean Slaw
Lemon-Basil Basmati Rice
Zucchini and Cauliflower Parmesan
Mixed Grilled Vegetables
Lyonnais Roasted Potato Wedges

Children's Specialties

French Toast Bites, Spaghetti,
French Fries, Mini Burgers
Chicken Bites, Honey Glazed Carrots
Steamed Broccoli

Dessert Station

Chocolate Marquis Cake
Carrot Cake
Lemon Meringue Pie
Strawberry Shortcake Cupcakes
Chocolate Pie
Fruit Tarts
Assorted Easter Cookies
Red Velvet Cake

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 5th.** Cancellations received after that time will result in the full price charged 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.



Proper *Etiquette*
is Still **Very** Important!

Thursday, March 30th

5 - 7pm

President's Room

\$32.00 (plus tax and gratuity)

During the reign of the Tudors in England it was customary to bring your own knife and spoon to the table. Hmmmm. Before the Middle Ages, there were no napkins so it was customary for guests to wipe their mouths and hands on their clothes after dinner. We've come a long way since then but do any of us know/remember/practice good manners or etiquette?

Many people may think etiquette is knowing where your salad fork is placed, how to shake hands properly or simply having good manners. But it is far more than that. Utilizing proper etiquette is a life-altering skill. Whether you're looking to make a great first impression on a possible employer, customers or even the people you meet every day, etiquette training gives you the tools to make it happen.

Lynn Teel will tell us all about it. She is a graduate of the prestigious American School of Protocol in Atlanta, Georgia. Her company, **LT Etiquette** (stands for Life Techniques) specializes in modern etiquette training for children, businesses and emerging leaders.

Come and have some heavy appetizers, beer and wine, and mingle with your fellow members in a relaxed atmosphere while learning valuable life-style lessons!

Call receptionist at 817.878.4000 or email: reception@cityclubfw.com



ADMINISTRATIVE PROFESSIONALS DAY BUFFET

Wednesday, April 26th

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

\$30 per person, plus tax and gratuity

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!

Reservations required.

Please contact the Receptionist at 817.878.4000 or e-mail reception@cityclubfw.com.

If you haven't yet attended an informative lunch you are missing out. You have an experienced attorney discussing a specific area of the law.

You always learn something new and lunch is free!

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 9, 2023

**"Name, Image & Likeness for
Collegiate Athletes"
David Skeels**



THURSDAY, APRIL 13, 2023

**"Employee or
Independent Contractor?"
Michael Hutchens**

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.

**RSVP: bdubose@whitakerchalk.com or
leave reservation voice message at 817-878-0519.**

LOBSTER NIGHT THURSDAYS

SOUP

Lobster Bisque
with Blue Lump Crab

ENTRÉE

Steak and Lobster Oscar
Grilled 4 oz. Beef Tenderloin
Topped with a
Cold Water Lobster Tail and Asparagus
Herb Whipped Potatoes
Bernaise Sauce

\$42.00 (plus tax and gratuity)

***Not Available on
Member Wine Tasting Nights***



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**

WE HAVE BEEN IN CONTACT WITH THE FOLKS FROM “INVITED” (PREVIOUSLY NAMED CLUBCORP) WITH A NEW AND EXCITING PROGRAM FOR DINING AND GOLF CALLED XLIFE.

Invited is the largest owner and operator of private clubs, more than 200 golf and country clubs, city clubs and stadium clubs in 30 states, the District of Columbia and two foreign countries. See below for some of the benefits of XLIFE City Alliance. To review the participating clubs, visit <https://www.xlifebenefits.com/cityalliance>

For those City Club members that are still members of the DFW Society, your membership will be the same going forward...just with more benefits.

If you would like to be part of this exciting addition to your membership, call Debbie Rubin, Membership Director, at 817.878.4088 or email drubin@cityclubfw.com to be sent an application for membership. The rates are still only \$50.00 per month to have access to dining and golf privileges throughout the U.S.

XLIFE BENEFITS AT YOUR CLUB



Now you can add even more enjoyment to your ClubLife and extend your membership across the country! XLife provides extraordinary benefits and experiences, whether you're enjoying your Home Club, exploring your local area or venturing out to destinations nationwide. With access to an industry-leading network of hundreds of private Clubs, you can play like a pro and stay on-property at renowned resorts. You can also take advantage of great hotel benefits, car rentals and more* for your next night on the town or weekend getaway.

XLIFE CITY ALLIANCE BENEFITS

- Access to club collections based on your home club and destination club.
- Up to 12 rounds per calendar year, max of 2 per month total.
- 30-day advance tee times when traveling, and 7-day advance tee times for local.
- Dining access at participating city, golf and country clubs
- Access to premium Callaway rental clubs at a preferred rate (\$25 per set, subject to availability)
- Access to an industry-leading network of hundreds of private clubs, renowned resorts and destinations, great hotel benefits, car rentals and more (fees may apply for golf or other amenities at participating locations)

BLUE	YELLOW	GREEN	ORANGE
\$75 + Cart Fee	\$50 + Cart Fee	\$25 + Cart Fee	Cart Fee

Review the participating clubs by visiting <https://www.xlifebenefits.com/cityalliance>

Reservations are required through the Clubline. They are available Monday-Friday 9am-5pm CST and Saturday 9am-1pm CST. Clubline can be reached through calling 800-433-5079, emailing clubline@invitedclubs.com or chatting at <https://www.invitedclubs.com/member-benefits/beyond-the-club>.

CITY CLUB
FORT WORTH
downtown's business, fitness & social club

Invited
Where you belong

* Some restrictions may apply. All rates are subject to increases and applicable taxes. Benefits are subject to the benefit terms and conditions, which may be found on www.invitedclubs.com/terms-and-conditions, and benefits may be amended, modified or discontinued by member's home club or Associate Clubs International at anytime. Offers exclude to-go orders except as noted, alcohol, service charges and applicable taxes. All offers are subject to availability. Access restrictions may apply within local or neighboring markets. See Club for details. © Invited (ClubCorp). All rights reserved.

Invited

NEW TO THE CELLAR

From Wine Director Craig Halvorson, WSET II

We have the #1 Wine from 2022 in our cellar.



While checking my office mail-box in early January I noticed my monthly subscription to the Wine Spectator Magazine was included and of course the first thing I do is see who made the cover. There is usually a cover story about a member of the Mondavi Family, a hand full of other “Legends” from California, or a cover story about a Wine Region that is producing exceptional wines as of late. But not this time. I had in my hands the annual “Top 100 Wines” Issue. One of my favorites, this issue announces the top 100 Wines in the world with of course the spot light shining on which wine received the top spot #1. As a Wine Director, the person in charge of maintaining a balanced list of wine choices for our Members and Corporate Clients, we are always anxious to see if one of our recent purchases made the list. Once a wine makes the top 10, it immediately gets bought up or at the least becomes “highly allocated” – just darn near impossible to get. So I sat down at my desk and started to turn the pages. As you can tell from the build-up – yep, we have it! We have the #1

Wine from 2022 in our cellar. Please allow me to introduce you to the 2019 Double Diamond Cabernet Sauvignon by Shrader Cellars:

The 2019 Double Diamond Cabernet Sauvignon is crafted by winemaker Thomas Rivers Brown in the Schrader Cellars tradition of making the best Cabernet Sauvignon that Napa Valley can offer. A unique expression of the Oakville AVA with harmonious integration of decadent fruit, refined structure, and silky tannins. In the glass, the wine displays a nearly opaque ruby-purple hue. Upon closer inspection, aromas emerge in waves suggesting framboise, nutmeg, toasted cedar bark, plum reduction, and pennyroyal mint. The sleek palate is marked by mouth-watering notes such as blackberry compote, dark chocolate shavings, cassis, oolong tea, flint, and lavender. The dynamic flavors interact on the mid-palate with a vivid harmony, carrying through to the long floral finish, which lasts for up to a minute. With a pleasing acidity and fine tannic framework, this wine is very enjoyable today and should develop gracefully in the cellar for years to come. – Shrader Cellars





Craig Halvorson

Wine and Beverage Director/Dining Room Manager, WSET II

*Craig has organized two outstanding Tastings and Buffets for members
There will be a **Italian Wine Tasting and Buffet** in March and a **Spanish***

Italian Wine Tasting & Buffet

THURSDAY, MARCH 16, 2023

Wine Tasting: 5:30 - 7:00 pm

Buffet Open: 6:00 - 8:00 pm

Wine Tasting: 5:30 - 7:00 pm

Buffet Open: 6:00 - 8:00 pm

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

APPETIZER STATION

Charcuterie and Cheese Board
Meatballs with a Spicy Marinara
Caprese Skewers

DINNER BUFFET

Beef Braciola
Jumbo Shrimp with Pesto Orzo
Garlic & Herb Mashed Potatoes
Asparagus with Anchovy Bread Crumbs
Heirloom Tomato & Mozzarella Salad
Antipasto Salad
Assorted Chef's Dessert



Reservations required.

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

enjoyment in March and April.
Wine Tasting and Buffet in April.



Spanish Wine Tasting & Buffet

THURSDAY APRIL 20, 2023

Wine Tasting: 5:30 -7:00 pm

Buffet Open: 6:00 - 8:00 pm

\$45 for Tasting and Buffet
Price includes Tasting & Buffet

*Featuring Sparkling Cava, White and Red Wines from the
Ribera del Duero, Rioja, Catalunya and Rias Baixas Regions of Spain*

APPETIZER STATION

Charcuterie & Cheese Board

Fried Calamari

Sliced Beef on Toast with Rosemary Goat Cheese



DINNER BUFFET

Barbecued Prime Striploin

Pan Seared Snapper Vera Cruz

Spanish Potatoes

French Beans with Garlic and Lemon

Tomato and Manchego Salad

Pasta Salad with Spanish Chorizo

Chef's Assorted Desserts



Reservations required.

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

FW SO FORT WORTH SYMPHONY ORCHESTRA

MARCH 3-5

Dancing in the Street: The Music of Motown

MARCH 10-12

Gil Shaham Plays Tchaikovsky: Mahler and Tchaikovsky

MARCH 24-26

Jake Fridkis in Concert: Schumann, Reinecke, and Liszt

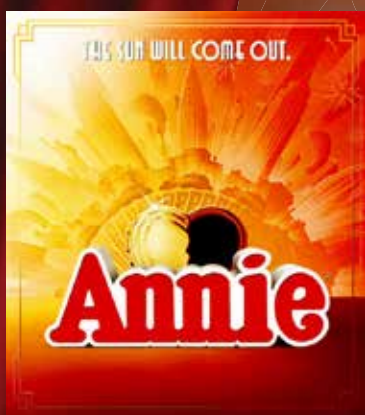
APRIL 21-23

A Night at the Ballet: Brian Raphael Nabors, Humperdinck, Griffes, Ravel, and Stravinsky



PRESENTED BY PNC BANK

BASS



MAR
28-
APR
2

Tell Craig or his staff you're attending a performance and receive a COMPLIMENTARY GLASS OF CHAMPAGNE (One for each ticket holder).

CITY CLUB PRESENTS

THE LUCKIEST EVENT

St. Patrick's Day

SPECIAL

Friday March 17, 2023

Served for Lunch & Dinner



EAT, DRINK & BE IRISH

House Corned Beef Short Rib
and Grilled Bratwurst
with Braised Carrots, Green Cabbage,
Red Potatoes and Horseradish Sauce
\$28 (plus tax and gratuity)

HAPPY HOUR ALL DAY!

Irish Whiskey and Guinness Beer

Please call the receptionist at 817.878.4000 or
e-mail reception at: reception@cityclubfw.com

EMPLOYEE SPOTLIGHT

WILBERTO LONGORIA STEWARDING MANAGER



Our Employee Spotlight for the March/April Newsletter 2023 is Wilberto Longoria. He began his employment at City Club on October 14, 2000 as an employee in the Stewarding Department, became a Stewarding Supervisor and is now

the Stewarding Manager. Wilberto is our “behind the scenes” guy and helps in so many departments; kitchen, banquets, off property events, member events. His job is to keep the kitchen and dishes clean...the hardest job in the Club! He is usually the first one at the club and is ALWAYS the last one to leave (when the last event is over for the night). Sometimes that could be 3 am!

We truly couldn't get anything done in the club without Wilberto. Congratulations on a job well done!

MEMBER SPOTLIGHT



Name of Member: CONNIE BECK

The City Club is one of my favorite spots downtown. I have frequent lunches at the City Club and my guests always enjoy coming to the Club. My husband and I have special dinners at the City Club and we usually have dinner at the Club before attending the Fort Worth Symphony

Orchestra concerts. It is a pleasant one block after dinner walk to Bass Hall.

For lunch I love their Salmon on a bed of Creamy Cranberry Risotto and at dinner my favorite is their lamb presentation. We get excellent attention from the servers (Maria and Gutberto) along with Terence and Jennifer at the front desk. Craig does an amazing job in caring for members and ensuring that wine is perfect for our dinner.

I have had several group lunches in the Club using their beautiful private rooms. It makes my guests feel special to attend lunch in a private room. Of course, the service from the staff (Anura, Estela and Jose) is perfect.

Last year I hosted about 50 family members at Easter Brunch at the City Club. They loved it. The buffet was wonderful and the Easter Bunny pictures were special. I have already reserved for Easter Brunch in 2023.

As a Banking Executive, now retired, I have lived and worked in wonderful cities, including San Francisco, Detroit and Dallas, and I was always a member of a downtown Club. Since I have comparisons, I can attest to the wonderful atmosphere, food, and service the City Club provides its members.

BLOOD DRIVE

As a thank-you donors will receive an insulated water bottle while supplies last.

Give For Texans.

TUESDAY, MARCH 7TH PRESIDENT'S ROOM

All donors get a water bottle and a \$20 e-gift card good at places like Target, Amazon, Lowes and Starbucks as a thank you.

Below is just the sign up link:
https://ww3.greatpartners.org/donor/schedules/drive_schedule/137897
 Walk-ins are Welcome

If you are interested in connection and collaboration, join Plaid for Women Impact Luncheon the second Tuesday of the month.

Let's get together!

On Tuesdays, March 14th and April 11th
from 11:30 a.m. to 1:00 p.m. at City Club

Members and their guests may make reservations at 817.878.4000 or reception@cityclubfw.com
\$27.00 inclusive

WELCOME NEW MEMBERS

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

Lonnie Boyd
ALB Products

Valerie Howell
Ulterra Drilling

Tonya Earley
Ulterra Drilling

Carlos Dossman
Ulterra Drilling

**Jason McVey and
Erin Hollowell McVey**
Gartner (Jason)
Haslet Elementary (Erin)

Joeselinne Garcia
Ulterra Drilling

Randall Schmidt
Cotten Schmidt LLP

Brian D. Esenwein
Cotten Schmidt LLP

Harpreet Chadha
Legacy Resources Group, Inc.

**Juan Manuel Arevalo
and Michelle Arevalo**
Tarrant Co. Distric Attny's
Office (Juan) Grace OBGYN
(Michelle)

**Larry Cotton and
Kelli Cotten**
Cotten Schmidt LLP (Larry)

Brett Loeffler
Ulterra Drilling

Ann Dill
Apex Capital Corp

Amber Forsythe
Apex Capital Corp

James Wesley Read
Apex Capital Corp

Jeffrey Schloesser
Bell Textron Inc.

Patty Fritz
Apex Capital Corp.

Tammy J. Decker
Higginbotham

Thao Ly
Ulterra Drilling

Kristi Long
Whitaker Chalk

Lanie Bennett
Kelly Hart & Hallman LLP

James Hickman
Auto Claim Specialists

Robert McDorman
Auto Claim Specialists

Christina Brinker
BEPCO, L.P.

John Lobley and Lisa Lobley
BEPCO, L.P. (John)

**Brian Smith and
Nicole Duvall**
Whitaker Chalk (Brian)

Kristin Iverson
BEPCO, L.P.

W. Blake Harris
Brazos Royalty Group, LP

Jill Hogg
Blue Tide Companies, LLC

FITNESS FOR YOU!

Is Yoga Enough for Your Exercise and Fitness Needs?

By: Laura Powell/Yoga Basics



Yoga is a great activity that can be beneficial for all areas of health—physical, mental and emotional. But many people have the

misconception that it is not enough to be the only form of exercise they do. But is it? If you use yoga for exercise, is it enough for your fitness needs? The answer depends on several factors, including the intensity of your yoga sessions and your overall level of fitness.

YOGA FOR EXERCISE:

Yoga is one of the best ways to stay fit and healthy. It can be used to improve health, flexibility, strength, posture, and so much more. It is not only a rewarding physical activity, but it is also a holistic lifestyle that promotes emotional well-being and good mental health. It is low impact, accessible to just about anyone and it calms the mind and reduces stress. The poses are easily adaptable, so you can do them regardless of your age, level of fitness or physical limitations.

INTENSITY LEVEL:

The intensity of your yoga workout depends on which classes and forms of yoga you choose. Each type of yoga class will have a different level of intensity which requires a different amount of physical exertion. There's a vast difference in the intensity between a yin or gentle yoga class and a fast-paced vinyasa class or a challenging hot yoga practice. You will need to experiment and take different classes and with different teachers to find the practice that gets your heart rate up and builds muscle strength. If you are practicing a low to medium intensity style, then a longer practice is recommended.

CONCLUSION:

The question of whether or not one can get enough exercise just by doing yoga is a hotly debated topic. It is a great way to exercise, but it may not be enough for your needs, unless you take vigorous classes like vinyasa or ashtanga yoga. It is an excellent way to maintain flexibility and tone muscles, but it does not burn as many calories as other traditional workouts. As with anything in life, just be sure you're doing what you enjoy and that it improves your overall quality of life.





FIND YOUR FITNESS

Mondays

Boot Camp MPS
6:00-7:00am
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

Reformer Pilates PIL

7:30-8:20am
Julie La Bruyere

Pilates Mat PIL

9:00-9:50am
Julie La Bruyere

F.I.T. MFC

12:00-12:45pm
Craig Burrell

Reformer Pilates PIL

12:00-12:50pm
Julie La Bruyere

Cardio Blast MPS

12:00-12:45pm
Sue Horton

Back to Basics MPS

-MEN ONLY-
12:20-1:00pm
Matt Burrell

Tuesdays

Weights & Cardio Circuit MFC

6:00-7:00am
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

F.I.T. MFC

-WOMEN ONLY-
6:30-7:30am
Matt Burrell

Reformer Pilates PIL

7:30-8:20am
Julie La Bruyere

Extreme Body Sculpt WFC

9:00-10:00am
Sally Greenwood

Abs Express WFC

10:00-10:30am
Sally Greenwood

Reformer Pilates PIL

11:00-11:50am
Julie La Bruyere

Barre It! Express YS

11:30-12:00 noon
Sue Horton

Abs Express MPS

11:45am-12:15pm
Roland Mash

Reformer Pilates PIL

12:00-12:50pm
Julie La Bruyere

F.I.T. MFC

12:00-12:45pm
Matt Burrell

Kettle Bells Express MPS

12:20-12:50pm
Roland Mash

Yoga YS

5:00-6:00pm
Alexis Ackel

Wednesdays

Weights & Conditioning MPS

6:00-7:00am
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

Reformer Pilates PIL

7:30-8:20am
Julie La Bruyere

Pilates Mat PIL

9:00-9:50am
Julie La Bruyere

Trinity Trails/Walk/Run

8:30-9:30am
Sally Greenwood

Barre It! YS

9:00-9:50am
Sue Horton

Reformer Pilates PIL

-MEN ONLY-
10:45-11:35am
Julie La Bruyere

Reformer Pilates PIL

12:00-12:50pm
Julie La Bruyere

Cardio Blast MPS

12:00-12:45pm
Sue Horton

Yoga YS

12:00-1:00pm
Shannon Jones

F.I.T. MFC

12:00-12:45pm
Craig Burrell

Back to Basics MFC

-MEN ONLY-
12:20-1:00pm
Matt Burrell

Reformer Pilates PIL

5:30-6:20pm
Sandy Mellina

Thursdays

Spin MFC

6:00-6:50
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

F.I.T. MPS

-WOMEN ONLY-
6:30-7:30am
Matt Burrell

Abs & More YS

6:50-7:15am
Sally Greenwood

Reformer Pilates PIL

7:30-8:20am
Julie La Bruyere

Extreme Body Sculpt WFC

9:00-10:00am
Sally Greenwood

Abs Express WFC

10:00-10:30am
Sally Greenwood

Reformer Pilates PIL

11:00-11:50am
Julie La Bruyere

Barre It! Express YS

11:30-12:00 noon
Sue Horton

Abs Express MPS

11:45am-12:15pm
Roland Mash

Reformer Pilates PIL

12:00am-12:50pm
Julie La Bruyere

F.I.T. MFC

12:00-12:45pm
Craig Burrell

Kettle Bells Express MPS

12:20-12:50pm
Roland Mash

Yoga YS

5:00-6:00pm
Alexis Ackel

Fridays

Boot Camp MPS

6:00-7:00am
Sally Greenwood

F.I.T. MFC

6:30-7:15am
Roland Mash

F.I.T. MPS

-WOMEN ONLY-
6:30-7:30am
Matt Burrell

Pilates Mat PIL

9:00-9:50am
Sandy Mellina

Reformer Pilates PIL

10:30-11:30am
Sandy Mellina

F.I.T. MFC

12:00-12:45pm
Roland Mash

Spin MFC

12:15-1:00pm
Angela Fox

Saturdays

Yoga YS

10:15-11:15am
Alexis Ackel

Reformer Pilates:

\$15/class

\$144/12 classes

\$240/24 classes

Everyone must

have (3) catch up

classes in order

to take

Reformer Pilates

F.I.T.

(Men or Women)

\$6.25/single class

\$50/8 classes

\$85/unlimited

classes

Reformer Pilates

ALL CLASSES ARE COED

UNLESS SPECIFIED

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

The location of the class is with the class name. A legend is at the bottom. If you have any questions on a specific class please call 817.878.4094 for the Women's Fitness Center and 817.878.4016 for the Men's Fitness Center.

The classes highlighted in orange have a fee associated with them.

LEGEND

YS= Yoga Studio

MPS= Multi-Purpose Studio

PIL= Pilates Studio

WFC= Women's Fitness Center

MFC= Men's Fitness Center

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 – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	2 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT	3 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Dancing in the Street: The Music of Motown FWSO 7:30 pm Friday Steak Night	4 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Dancing in the Street: The Music of Motown FWSO 7:30 pm
5 Club Closed	6 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch BFF DAY IN THE FITNESS CENTERS	7 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Carter Blood Care President's Room	8 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	9 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner WHITAKER/ CHALK LUNCH & LEARN LOBSTER NIGHT	10 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Gil Shaham Plays Tchaikovsky: Mahler And Tchaikovsky FWSO 7:30 pm Friday Steak Night	11 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Gil Shaham Plays Tchaikovsky: Mahler And Tchaikovsky FWSO 7:30 pm
12 Club Closed	13 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	14 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Plaid for Women®	15 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	16 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Italian Wine Tasting & Buffet 5:30 – 8:00 pm	17 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Modern Masterpieces TBT 8:00 pm St. Patrick's Day Special in Terrace for Lunch and Dinner	18 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Modern Masterpieces TBT 2:00 pm 8:00 pm
19 Club Closed	20 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	21 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Our Planet Live In Concert PAFW 7:30 pm	22 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	23 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT	24 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Jake Fridkis in Concert: Schumann, Reinecke, and Liszt FWSO 7:30 pm Friday Steak Night	25 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Jake Fridkis in Concert: Schumann, Reinecke, and Liszt FWSO 7:30 pm
26 Club Closed	27 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	28 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Annie PAFW 7:30 pm	29 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Annie PAFW 7:30 pm	30 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Annie PAFW 7:30 pm LOBSTER NIGHT	31 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Annie PAFW 7:30 pm Friday Steak Night	

A P R I L

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Annie PAFW 1:30 pm 7:30 pm
2 Club Closed	3 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch BFF DAY IN THE FITNESS CENTERS	4 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	5 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	6 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT	7 Club Closed for Good Friday	8 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
9 	10 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	11 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Plaid for Women®	12 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	13 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner WHITAKER/ CHALK LUNCH & LEARN LOBSTER NIGHT	14 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Friday Steak Night	15 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Lewis Black: Off the Rails PAFW 7:30 pm
16 Club Closed	17 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	18 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	19 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	20 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Spanish Wine Tasting & Buffet 5:30 pm – 8:00 pm	21 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner A Night at the Ballet: Brian Raphael Nabors, Humperdinck, Griffes, Ravel, and Stravinsky FWSO 7:30 pm Friday Steak Night	22 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner A Night at the Ballet: Brian Raphael Nabors, Humperdinck, Griffes, Ravel, and Stravinsky FWSO 7:30 pm
23 30 Club Closed	24 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	25 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	26 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Administrative Professionals Day Lunch Buffet	27 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner LOBSTER NIGHT	28 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Pink Martini FWSO 7:30 pm Friday Steak Night	29 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Pink Martini FWSO 7:30 pm

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 members park in Garage 11 (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 pm. Club closes at 8:00 pm.

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 Bar

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

*Available by advanced reservation only

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 - 6:30 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.