

January Newsletter

Happy New Year!

HYDROSTATIC BODY FAT TESTING

Wednesday, the 11th (8:00am-2:00pm)

Know your long term health prognosis, body fat + lean mass percentages and how much fat to lose to reach your goal. Enables both accurate reading of your Basal Metabolic Rate (BMR) and assessment of your personal caloric intake and expenditure chart, which determines how many calories you burn.

Sign up at the front desk.

Be WELL NEW MEMBER ONBOARDING

The BeWell program includes access to our popular online wellness program. Manage your diet, access new workouts, keep up with your nutrition, fitness and overall well-being. We provide complimentary fitness & wellness assessments! Free for all members. Please contact the front desk at (650) 817-9030 or email Karl Secco at Karl.Secco@ClubOne.com to sign up.

BEER & WINE TASTING

Tuesday, the 17th, 4:30-6:30pm

Enjoy an evening of socializing with colleagues and new friends while listening to live jazz and sipping your favorite beverage. Hosted by Angelica's Bistro of Redwood City, the beer and wine tasting event is a monthly mixer that is deliciously fun and worthy of a visit. Bring a friend!

SAM'S CHOWDER MOBILE & KARA'S CUPCAKES

Thursday, the 19th (11:30am-1:30pm)

It just doesn't get any better than Sam's Chowder Mobile and Kara's Cupcakes. The lines of folks waiting to order their favorites don't lie. Rain or shine, stop by and enjoy a scrumptious treat while relaxing in the free to dine-in café area, by the pool or at the club entrance. There's plenty of room for all!

PACIFIC SHORES RUN CLUB

Bay to Breakers, Sunday, May 20, 2012

Hello runners! Once again, the Run Club will train for the San Francisco Bay to Breakers in May. Training begins in March. The cost is \$40 per runner to join the run club. Sign up at the front desk.

For more information on the event, visit event website at www.baytobreakers.com.

For run club information contact Lence Ferretti at Lence.Ferretti@ClubOne.com.

CLUB SPA

The New Year is here! Get a 20-minute chair massage for \$20 in the month of January (regular price \$25). Call 650.817.9034 for more information or visit us at

www.pacificshoresclub.com.

PSC CAFÉ RENTAL

The PSC café is available for your team building or special company events. Space is limited.

Contact Kyle Richards at

KRichards@pacificshores.com or call

650.298.6523 for more details.

