

The background of the entire page features a stylized American flag with red and white stripes and a blue field with white stars. Overlaid on the flag is a bald eagle with its wings spread wide, flying upwards. The eagle's body is white, and its wings and tail are dark brown. The overall composition is patriotic and celebratory.

Memorial Day

Weekend

2009

Activities

Subject to Change

Friday, May 22<sup>nd</sup> - Monday, May 25<sup>th</sup>

## Friday, May 22<sup>nd</sup>

- 9:30am Strength Training at GSC Fitness Center
- 10:15am Tennis Clinic- Adult \$35 each at GSC Tennis Courts
- 11:15am Tennis Clinic- Junior \$35 each at GSC Tennis Courts  
Please Contact Jane at The GSC Fitness Center for reservations for tennis clinics 304-647-6109
- 12:00pm Men's Golf Play Day on the Snead  
Please Contact the GSC Pro Shop for details or other tee times 304-647-6114
- 4:00 ~ 6:00pm Happy Hour in The Lodge Lounge  
Enjoy cocktail specials and hors d'oeuvres, bar menu also available.
- 6:00pm Tennis Exhibition at GSC Tennis Courts  
Please Contact Jane at The GSC Fitness Center for further details 304-647-6109

## Saturday, May 23<sup>rd</sup>

Cobra Golf Clubs Demo Day- try a variety of clubs with various specifications

- 9:30-11:00am Sport Specific Training  
w/ Joti Gore\*\*\* at the GSC Fitness Center
- 10:00am Culinary Demo in the White Rock Room  
Please Contact the Concierge Desk for reservations at 304-647-6440
- 12:45am Pilates at the GSC Fitness Center
- 2:00pm Real Estate Home Tours available through the GSC Sales office. To register please call Sales 304-536-7792
- 4:00 ~ 5:30pm Meditative Sport Stretch  
w/ Joti Gore\*\*\* at the GSC Fitness Center
- Dusk Astronomy at the Summit with Dave Buhrman  
(In the event of inclement weather the Starlab will be used)  
Please Contact the Concierge Desk for reservations at 304-647-6440

## Sunday, May 24<sup>th</sup>

- 10:30am ~ 12:00pm Band It  
w/ Joti Gore\*\*\* at the GSC Fitness Center
- 11:00am Yoga at the GSC Fitness Center

## Sunday, May 24<sup>th</sup> Continued

4:00 – 5:30pm

Meditative Sports Stretch

w/ Joti Gore\*\*\* at the GSC Fitness Center

2:00pm

Real Estate Home Tours available through the GSC Sales office. To register please call Sales 304-536-7792

5:00 – 7:30pm

Memorial Day Picnic at The Lodge

\$65 Adults & \$35 Kids

Please Contact the Concierge Desk for reservations 304-647-6440 (Reservations available on the half hour)

## Monday, May 25<sup>th</sup>

9:30 – 11:00am

Sport Specific Training

w/ Joti Gore\*\*\* at the GSC Fitness Center

*\*\*\* Special guest fitness instructor Jerry "Joti" Gore.*

GSC welcomes Joti Gore back for some innovative fitness classes that have Sports Enthusiasts in mind.

Joti has been named the Guru of Meditative Sports Stretch, a class he created and has taught nationally and internationally. He has appeared as a fitness expert promoting various fitness modes on several television shows. Joti is AFAA certified as a Private & Group Trainer.

## Other Activities that may be of interest include:

### Picnic Baskets

New this season, you can order a picnic lunch for one, or two or for your entire family. The Concierge can provide you with a list of picnic options, ranging from fried chicken to sandwiches. All picnic lunches will be packed at the Lodge, in a returnable picnic basket. Blankets will also be available upon request. On grounds there are quite a few picnic tables set up at various locations, including a few of the trails, the Summit, the hunt cabin and more. There are also many off property locations that we can recommend. Just grab a map from the Concierge office and let nature be your guide.

To place a picnic basket order or for more details, please contact the Concierge at 304-647-6440.

### The Summit Recreation Barn, Outdoor Pool & Game Room Open 10am - 6pm Daily

Enjoy panoramic views of the Greenbrier Valley & partake in a game of basketball or volleyball inside The Barn. Challenge your family & friends to a game of pool, darts or shuffleboard in the Summit Game Room. Enjoy a dip in the heated outdoor pool that has an infinity edge overlooking the valley. Fully equipped locker rooms with day use lockers and showers are available.

### The Greenbrier Sporting Club Outdoor Pursuits Hunt Cabin, Open 9am - 5pm Daily

Let one of our guides lead you on a nature hike, or enjoy archery & air rifles on our .22 range. Fly-fishing & Float trips may be available.

For prices and scheduling, please contact Jacob Ott at 304-667-8337.

## The GSC Fitness Center & Outdoor Pool Open 6am - 9:30pm Daily

Offering two squash courts, a climbing wall, free weights, Cybex strength training equipment, treadmills, stationary bikes, ARC trainers & juice bar. The heated outdoor pool offers four 25-yard lap lanes and has an infinity edge that overlooks Howard's Creek & the 18<sup>th</sup> hole of The Snead. There is also a wading pool for our younger members.

Fully equipped locker rooms with day use lockers, sauna and showers are also available.

For more information, or to schedule a personal climb, fitness or tennis lesson, please call 304-647-6109

## The Ananda Spa at The Greenbrier Sporting Club Open 9am - 5:00pm Daily

Offering eight wonderfully designed treatment rooms, including two outdoor Zen porches. Our hydrotherapy room has a state-of-the-art tub with jets strategically placed to work out your daily tensions. We offer a variety of services including but not limited to: Massage Therapy, Hydrotherapy, Body Wraps, Facials, Manicures & Pedicures.

For more information or to schedule an appointment for services, please contact the Ananda Spa at 304-647-6112

## The Greenbrier Sporting Club Stables Open 9am - 4pm Daily

Enjoy a trail ride through the beautiful mountains surrounding The Sporting Club community. Stop by & tour our state-of-the-art facility, where you may visit with Doodle, Sassafras & Red Rocket, our miniature burros. Feed a carrot or two to a hungry horse or mini burro. We always have a supply of carrots for our Equestrian friends.

Looking for an activity for your little one, stop by and let them display their creative talents with colored chalk. Our concrete aisles in the stables make a great canvas for the young chalk artist.

For more information, or to schedule a ride or other activity at The Stables, please call 304-536-3348

## Dining Hours of Operation, Memorial Weekend (May 22 - May 25):

Lodge: Lunch 11:30am - 2:00pm  
Lounge 11:30am - Close  
Dinner 6:30 - 8:30pm  
Pool Café 11:30am - 4:30pm

*Sunday 5/24 5:00 - 7:30pm Memorial Day Picnic on the Event Lawn*

*Monday 5/25 Lunch Service Only 11:30am - 2:00pm Lounge Closing at 5:00pm*

*Monday 5/25 Pool Café will be open 11:30am - 4:30pm*

Summit: Lunch through Dinner 11:30am - 8:30pm

*Sunday 5/24 Lunch Service & Lounge 11:30am - 2:00pm - No Dinner Service*

Dining reservations are highly recommended for lunch and required for dinner during holidays & weekends, due to availability.

## Please Contact the Concierge for Reservations

304-647-6440.

