

Winter

WHITAKER CHALK

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Peggie Muir
General Manager

MESSAGE FROM THE GENERAL MANAGER

Happy New Year to the best Club members in the world! 2023 is here and we are ready to do our part to make it fun. The **first fun thing** you need to do is start working out in our beautiful fitness centers (separate for women and men and includes some co-ed areas). 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 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.

Plaid for Women will be meeting on **Tuesday, January 10th** and **February 14th** for lunch at City Club. All of our women members are invited to join us. It is a great chance to meet women of all different backgrounds and to collaborate about our lives and learn how to better manage the hiccups of life. **See page 10 for details.**

Whitaker Chalk will be presenting their complimentary **Lunch and Learn** sessions in partnership with City Club on **Thursday, January 12th** with Donald Ferrill DVM speaking on *Animal Care*. He is both a lawyer and a veterinarian and this should be extremely interesting to all of us that love animals! Then, on **Thursday, February 9th**, Robert Simon will be speaking on how to *Protect Your Assets*. This is a very important and interesting topic for anyone who has assets and I guarantee that we all do! **See page 4 for details.**

We have a wonderful French Wine Tasting and Buffet on **Thursday, January 19th**. We are featuring **Wines from Bordeaux, Burgundy and the Rhone and Loire Valley Regions**. These events are great mixers, the wine is wonderful and its fun to mingle with folks that you've seen but have never met. *We are also allowing members that do not want to dine with us to join the drinking!* **See page 6 for details.**

Valentine's Day will be celebrated at City Club on **Tuesday, February 14th**. This completely romantic evening will include a beautiful wine dinner. This is a wonderful way to say "I love you" to your Valentine. See the menu, wine pairings and other **details on page 3.**

Be sure to make reservations for dinner at City Club on **Bass Hall** and **Fort Worth Symphony Orchestra** nights! You will get a complimentary glass of champagne for each ticket holder that is attending the performance that evening! **See page 8 for details.**

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!

February is American Heart Month

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red for Women campaign and the message that heart disease is not only a man's problem. In 2023, National Wear Red Day will be celebrated on February 3.

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.



In Memoriam

Members and staff of City Club
extend their most sincere
sympathy to the family of
James W. "Jim" Lane

**Club Closures for
New Year's Day:
January 2nd, 2023.
Happy New Year!**

The menu card is set against a background of a large, sparkling heart made of red and pink gemstones. At the top, there are white roses and a red heart. The title 'Valentine's Day Dinner' is written in a large, elegant script font.

Valentine's Day Dinner

VALENTINE'S MENU

6:15 PM RECEPTION
Oak Bar/Oak Room
Open House Bar - Lounge seating

7:00 PM DINNER
Ballroom

FIRST COURSE

Pan Seared Red Snapper
Caviar Beurre Blanc Sauce
*Louis Latour Chardonnay,
Burgundy France*

SECOND COURSE

Winter Green Salad
Smoked Bacon
Crumbled Stilton Blue Cheese
Dried Cranberries
Balsamic Vinaigrette
*Sonoma-Cutrer Russian River Pinot
Noir, Sonoma California*

MAIN COURSE

Steak Diane
Haricot Verts
Twice Baked Potatoes
*Hour Glass HG III Red Blend,
Napa Valley California*

DESSERT

Turtle Cheese Cake

\$140 ++ per person

Come celebrate
your
loved one on
Tuesday, February 14th
with a lovely
Wine Dinner
in the
Ballroom.

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!

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, JANUARY 12TH

"Tips on Animal Care /
Your Veterinarian is Your Friend"
Donald A. Ferrill, DVM



THURSDAY, FEBRUARY 9TH

"Protect Your Assets!"
Robert A. Simon

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. Prime New York Striploin
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**



For meetings, luncheons
and more, just say....

"Let's meet at City Club"



Make a positive impression when you host personal and professional meetings and events at City Club. Learn how City Club Catering can help you or your organization/company plan the perfect single or multi-day event. Members receive discount pricing on room rentals!

For details and pricing contact:

Kim Keen (Corporate) Kelly Norvell (Social)

817.878.4028

817.878.4051

kkeen@cityclubfw.com knorvell@cityclubfw.com



A NEW LOOK IN THE TERRACE!



Have you noticed the new carpet and tile in the Terrace? It now looks shiny and brightened up and no more trails where the staff and guests have walked for 23 years on the original carpet!

Thank you for your patience as we upgrade different areas a little at a time. We want you to be proud of YOUR City Club!



Craig Halvorson

Wine and Beverage Director/Dining Room Manager, WSET II

*Craig has organized a **French Wine Tasting and Buffet** for members' enjoyment in January.*

French Wine Tasting & Buffet

THURSDAY JANUARY 19, 2023

Wine Tasting: 5:00 - 7:00 pm

Buffet Open: 6:00 - 8:00 pm

\$45 for Tasting and Buffet

\$25 for Tasting Only

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

APPETIZER STATION

Assorted Charcuterie and Cheese Board

Mini Croque-Monsieur

Smoked Salmon on Toasted Artesian Bread
with Chive Cream Spread

DINNER BUFFET

Herb Crusted Carved Ribeye

Baked Lemon Sole
with Caper Sauce

Sauteed French Beans
with Onions and Tomatoes

Parsley New Potatoes

Creamy Shrimp Pasta Salad

Tossed Salad
with Cucumbers and Avocado and French Vinaigrette

DESSERT

Assorted Mini Chef Desserts



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



Wow a 100 Point Wine! We just received the City Club's allocation of the latest release from Quintessa. We now carry the 2019 Quintessa from the Rutherford region of the Napa Valley. This red wine is predominantly Cabernet Sauvignon, with Cabernet Franc, Merlot, Carmenere, and a touch of Petit Verdot. Given a 100 Point Rating by the Wine Enthusiast, this wine surely doesn't disappoint.

This dense and deep dark red colored Cabernet Sauvignon based blend opens with a bouquet of rich black fruit and toasted oak ambers. On the palate, this wine is full bodied with well-integrated acidity. The mouthfeel is remarkably well-balanced for a great wine in its youth; delicate, silky, and unified. The flavor profile is a delicious wave of Red Current, Black Cherry and graphite. I also detected secondary hints of mocha powder and black raspberry. The finish is dry, the

pronounced tannins linger and contribute to a long finish. This wine is built to age and mature for decades but could certainly be enjoyed in its youth paired with one of Chef John's well-marbled Grilled Ribeye's.]

100 Points - Wine Enthusiast

99 Points - James Suckling

96 Points - Jeb Dunnuck

96 Point - Robert Parker

The 2019 Quintessa will be sold by-the-bottle from our Restaurant Wine List (\$360). Also try one of the other Huneus Family properties we have in the Cellar: Faust Cabernet Sauvignon (\$80), Flowers Pinot Noir (\$90), or Flowers Chardonnay (\$80).

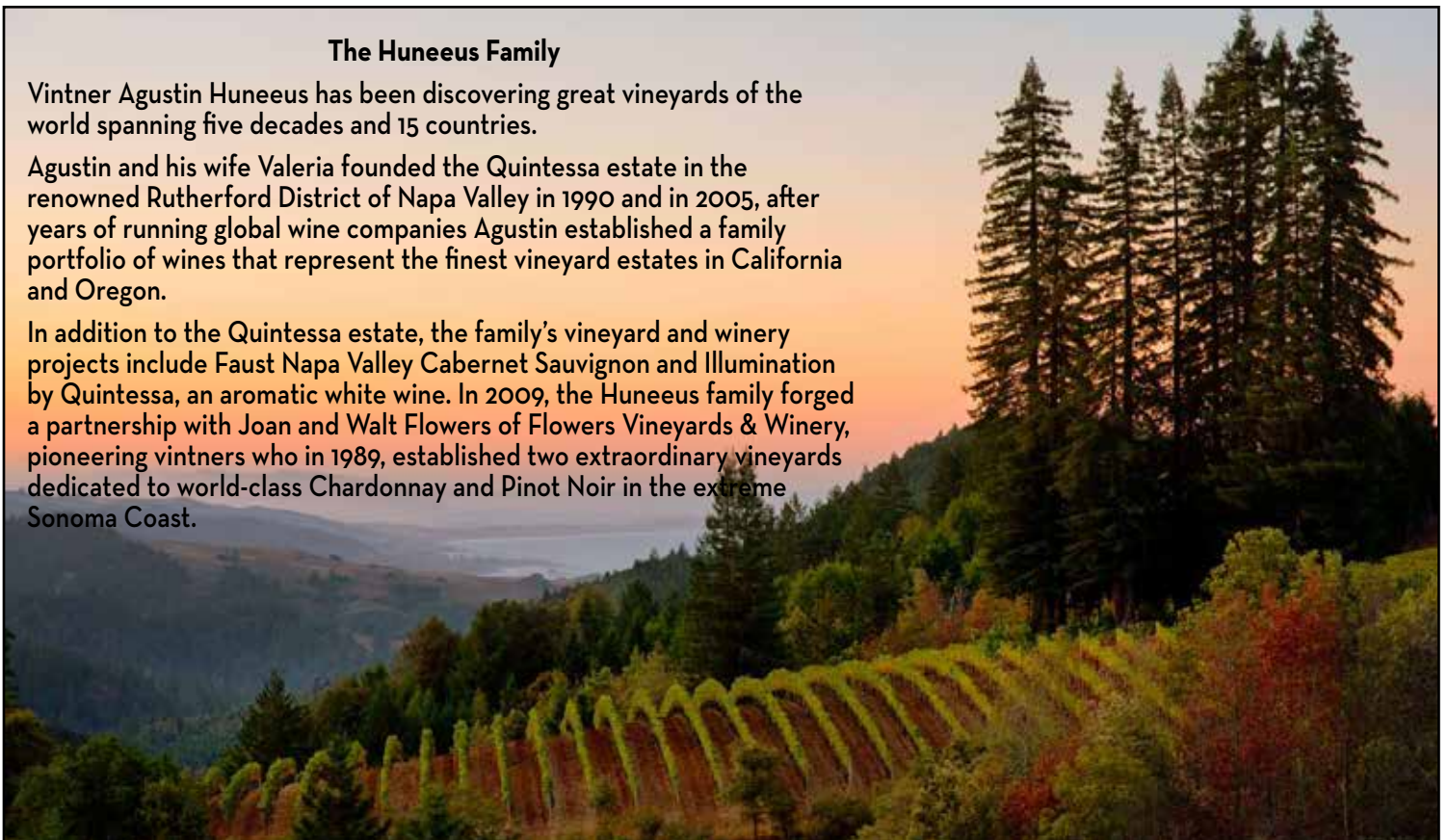


The Huneus Family

Vintner Agustin Huneus has been discovering great vineyards of the world spanning five decades and 15 countries.

Agustin and his wife Valeria founded the Quintessa estate in the renowned Rutherford District of Napa Valley in 1990 and in 2005, after years of running global wine companies Agustin established a family portfolio of wines that represent the finest vineyard estates in California and Oregon.

In addition to the Quintessa estate, the family's vineyard and winery projects include Faust Napa Valley Cabernet Sauvignon and Illumination by Quintessa, an aromatic white wine. In 2009, the Huneus family forged a partnership with Joan and Walt Flowers of Flowers Vineyards & Winery, pioneering vintners who in 1989, established two extraordinary vineyards dedicated to world-class Chardonnay and Pinot Noir in the extreme Sonoma Coast.



FW SO FORT WORTH SYMPHONY ORCHESTRA

JANUARY 6-7, 2023

Classical and Neo-Classical: Prokofiev, Beethoven,
Mozart, and. Stacey Garrop

FEBRUARY 3-5, 2023

Twist & Shout - The Music of the Beatles

FEBRUARY 4, 2023

Heroes at the Symphony

FEBRUARY 25, 2023

A Gala Evening with Yo-Yo Ma



**BNSF Popular
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Series At The**

B A S S



**JAN
18-
29**



**FEB
7-
12**



THESE ARE FANTASTIC SHOWS FOR JANUARY AND FEBRUARY!
Tell Craig or his staff you're attending a
performance and receive a
COMPLIMENTARY GLASS OF CHAMPAGNE
(One for each ticket holder).

Grace and Gavin Behr

October 22, 2022, Robert Carr Chapel Reception, City Club

How did you first meet? We met at a Bible Study. Gavin was friends with the Bible Study host who was friends with one of Grace's friends. We were both invited and started meeting as a group weekly. While both of us felt a spark of interest for one another, we only pursued a friendship initially. Grace enjoyed visiting with Gavin and making subtle teases and couldn't help but admire him. Gavin continued to make the drive from Fort Worth to North Richland Hills for this Bible Study (or for Grace).

One day, Grace announced she was hired as a flight attendant and would be based in New York. Grace and Gavin remained friends and communicated through text and Snapchat. All the while, Gavin was secretly hoping Grace would eventually move back to Texas.

While Grace still lived in New York, Gavin had texted her that he would like to go to dinner if she had a layover in Texas. Grace took the next opportunity to go home in between her flight schedule to take him up on the date. We had our first date at Gloria's and the rest was history!

What detail or details did you most enjoy about having your wedding at City Club?

City Club made our dream wedding a reality. We cannot imagine having gone anywhere else. We absolutely loved the mirrors in the Ballroom - it truly looked like a fairy-tale wedding with all the colors and flowers reflecting throughout the space. The care each staff member put into making sure our day was dreamy is what meant the absolute most to us. We cannot get over how attentive and kind Dora was. She tended to every need and made sure we were taken care of throughout the entire day. Kelly worked with us for months to make sure we had every detail planned from cake stands, table sizes and layout, the perfect menu, to taking care of our vendors. Kelly is one of the most thoughtful and organized people we have ever met.

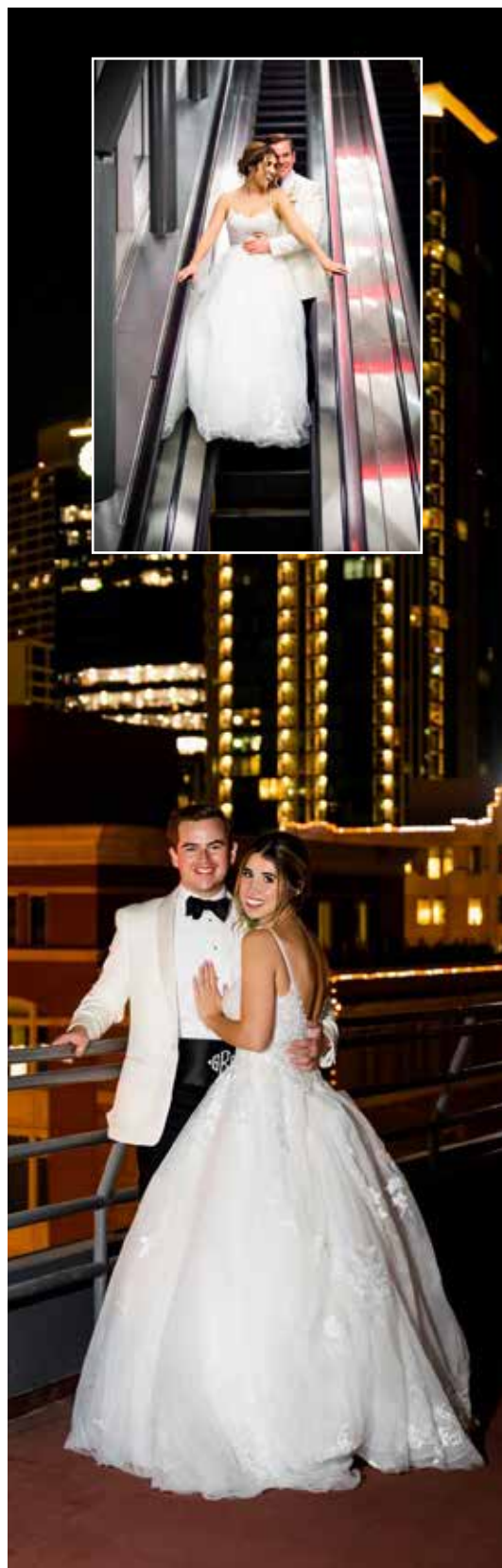
What was the most fun or memorable wedding moment at City Club?

Y'all! Our wedding day was the same day as TCU's homecoming. Our wedding reception started at 7 - the same time as the game. During the open dance time when the dance floor was packed, our DJ announced TCU had won! Our guests were screaming, jumping up and down, etc. - it was such a fun and memorable moment.

When thinking back on your wedding, what was most memorable about the entire wedding planning process?

We felt such a special appreciation and closeness to the vendors who poured out so much time and attentiveness to give us the perfect day. They have all become so dear to us. I think also walking into moments we didn't think would be big moments and they turned out to be so special. Grace choosing her wedding gown, Gavin picking up his wedding ring, arriving at the rehearsal dinner, shower, bachelor/bachelorette parties, hearing "Misty" by Ella Fitzgerald and knowing it was going to be our first dance, seeing our monogram for the first time. The time crunch and pressure that went into the details was finally met with absolute bliss when everything we could have hoped for came together.

We cannot thank each and every person at City Club enough who made our wedding so incredibly perfect. We are so sad it's over but will carry these memories with us for forever. City Club will always be so special to us. We can't wait to become members!



EMPLOYEE SPOTLIGHT

EXECUTIVE SOUS CHEF JOHN MARQUEZ



Chef John has been employed at City Club since June 19, 2012.

He began his career with the Bass family in 1996 at the Worthington Hotel. Romesh (our beloved past Wine Director) hired him as a bus boy. He left for a couple of years to handle catering at the Fort Worth Zoo, then back to the Worthington, where he worked in Banquets, then in the restaurant "The Star of Texas" for several years. He learned more about the food industry along with learning how to carve ice sculptures!

John is now Chef Gilbert's right hand person in the evenings, overseeing the Terrace Restaurant and Banquet events.

When John isn't making excellent food he and his wife Estela enjoy traveling and trying out new cuisine....yes he will try almost anything!

Thank you Chef John for all you do for City Club!



Plaid
for Women®

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, January 10th and February 14th
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

MEMBER SPOTLIGHT



Name of Member: GREG JACKSON

What do you do for a living?

Attorney (personal injury law, representing injured persons - auto/trucking accidents, medical malpractice, wrongful death, etc.)

Favorite Food at the Club?

Many! Lunch - Tortilla soup (Thursday), Fried Cod with lots of tartar sauce (Friday), Gumbo (Friday); Dinner - steak, jalapeno mac & cheese

Do you utilize the Men/Women's Fitness Center?

Yes, daily. FIT class 4-5 times per week, Pilates 2 times per week, try to also do yoga on Saturday mornings.

Does any of the staff stand out in your opinion?

Yes! Fitness Staff: Roland Mash, Matt Burrell, Craig Burrell, Esteban Gomez, Julie LaBruyere (Pilates), Shannon Jones (Yoga). Grill Staff: Richard Slape, Luz Garcia and Karla Perez. Terrace Staff: Craig Halvorson, Gutberto Mata and Maria Lira.



**"I BELIEVE THE OAK ROOM IS THE
NICEST DINING ROOM IN THE CITY."**



Do you have any special times you enjoy the club?

Wine Tastings, Whiskey Tastings, Mother's Day Brunch, Easter Brunch.

Any other comments you'd like to make?

I absolutely love the Club. It is one of the best parts of my day each day to go to the gym, workout with my friends, and then have lunch in the Grill. I love being able to go workout without having to pack a bag, clothes are provided, and I have my own locker. Having dinner in the Terrace, especially on steak night with Craig's wine recommendation, is my favorite dinner in Fort Worth. I believe the Oak Room is the nicest dining room in the city.

I have also used the meeting facilities on occasion. We had our sons high school graduation party in the Oak Room around May/June 2021 and hosted my wife's 40th birthday in a private room, even was engaged to my wife in 1998 in the Wine Room. We had the room all to ourselves! The staff prodded me to finally propose at the end of dinner by playing "Fools Rush In" by Elvis Presley!

WELCOME NEW MEMBERS

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

James R. Grieco
Milestones DFW

Murtaza Sardharwala
Jasper Ridge Partners

Fatou Njai
Luther King Capital Management

Brett Cain
Cain Firm

Kristen Chonko
Bourland, Wall & Wenzel, P.C.

Jim Wood
Wood's Landscape & Sprinkler Service

Chad McMinn
Advantage Alliance

David Lester
DL Welding

Jim Schneider
MGM Printing Services, Inc.

Freddy Lopez
Lawanna "Lou" Best
Ultimate Home Health Care

Jennifer Crossland
Peak Chiropractic & Rehab

Michael Forman
Brown Pruitt

David Hurd
Tokai Carbon CB

Blake Rogers
JLL

Shelley Wujcikowski
Sid Richardson Foundation

John Davidson
JLL

Michael Picone
Tokai Carbon CB

Beau Jennings
Live Urban, LLC

James Perry
Optimum Trucking LLC

Lofty Harper
North Texas Funeral Service

Lori Campbell
Bank of America

Scott Slater
Brian Huddleston
B2B Consulting

Chris Bozek
Apex Capital Corp

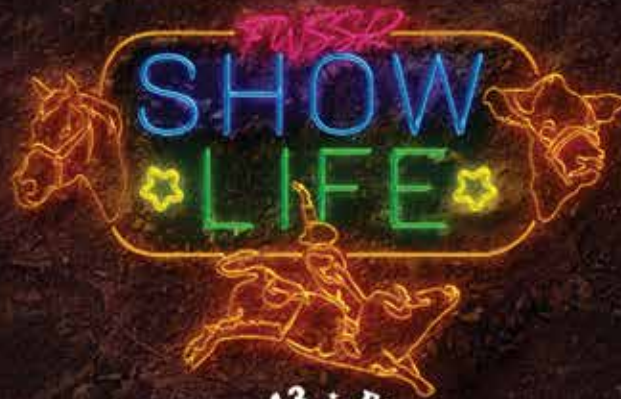
Aaron Michalove
Tokai Carbon CB

Wade Brockway
KPMG LLP

Jack Shapard
KPMG LLP

David Baker
Apex Capital Corp

Larry McGee & Marilyn Hochberger
Larry - Shoosmith Bros., Inc.



JAN 13 - FEB 4
2023

Fort Worth Stock Show & Rodeo

FORT WORTH STOCK SHOW & RODEO

★★★FWSSR.COM★★★

- 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

3 WAYS TO PURCHASE TICKETS

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FITNESS FOR YOU!

According to Healthy Living, here are a few trends to look for in 2023:

- More people focusing on mental health: you've heard it a million times; the pandemic has taken a toll on everyone's mental health, and it's clear that we need to focus on our well-being more than ever before. In 2023, we can expect to see more people focusing on their mental health and taking steps to improve their well-being. This could include anything from meditation and yoga to therapy and self-care routines. Try one of our many yoga classes and zen out!
- Increased interest in plant-based diets: Plant-based diets have been gaining popularity over the past few years, and this trend will only continue in 2023. As people become more aware of the benefits of eating plants, they'll be more likely to incorporate them into their diet—cutting out meat altogether or simply eating less.
- Wearable technology, such as fitness trackers and smartwatches, is nothing new. But the next generation of wearable tech will be even more advanced, with features like heart rate monitors, GPS tracking, and even blood sugar monitors. This type of technology will not only help you track your progress and set goals, but it will also give you valuable insights into your health.
- The obvious go-to app when it comes to fitness tracking is on the Apple Watch; it has a wide range of activity options to choose from. Apple Fitness's "Traditional Strength Training" option calculates your active calories based on your heart rate, your height, weight, and the duration of exercise, and is a relatively good benchmark to base your level of physical activity on. But the Train Fitness app, on the Apple Watch and iPhone, takes the accuracy and overall tracking to a new level, by utilizing AI and motion sensing to truly track every single rep, set, weight, and exercise you're doing to get the most concise tracking possible.

HERE ARE YOUR PERSONAL TRAINERS; GET A JUMP ON THE HOLIDAYS!

Men's Fitness Center/817.878.4016

Craig Burrell | Roland Mash | Matt Burrell

Women's Fitness Center/817.878.4094

Sue Horton | Sally Greenwood | Robert Vasquez



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. 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.** 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 2023 Goals! Just ask anyone in the Men or Women's Fitness Center and they'll sign you up.



FIND YOUR FITNESS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>Boot Camp MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Pilates Mat PIL 9:00-9:50am Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Roland Mash</p> <p>Spin MFC 12:00-12:45pm Rachelle Wagner</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>Cardio Blast MPS 12:00-12:45pm Sue Horton</p> <p>Back to Basics MPS -MEN ONLY- 12:20-1:00pm Matt Burrell</p> <div> <p>LEGEND</p> <p>YS= Yoga Studio</p> <p>MPS= Multi-Purpose Studio</p> <p>PIL= Pilates Studio</p> <p>WFC= Women's Fitness Center</p> <p>MFC= Men's Fitness Center</p> </div>	<p>Weights & Cardio Circuit MFC 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MFC -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Extreme Body Sculpt WFC 9:00-10:00am Sally Greenwood</p> <p>Abs Express WFC 10:00-10:30am Sally Greenwood</p> <p>Reformer Pilates PIL 11:00-11:50am Julie La Bruyere</p> <p>Barre It! Express YS 11:30-12:00 noon Sue Horton</p> <p>Abs Express MPS 11:45am-12:15pm Roland Mash</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Matt Burrell</p> <p>Kettle Bells Express MPS 12:20-12:50pm Roland Mash</p> <p>Yoga YS 5:00-6:00pm Alexis Ackel</p>	<p>Weights & Conditioning MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Pilates Mat PIL 9:00-9:50am Julie La Bruyere</p> <p>Trinity Trails/Walk/Run 8:30-9:30am Sally Greenwood</p> <p>Barre It! YS 9:00-9:50am Sue Horton</p> <p>Reformer Pilates PIL -MEN ONLY- 10:45-11:35am Julie La Bruyere</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>Cardio Blast MPS 12:00-12:45pm Sue Horton</p> <p>Yoga YS 12:00-1:00pm Shannon Jones</p> <p>F.I.T. MFC 12:00-12:45pm Roland Mash</p> <p>Back to Basics MFC -MEN ONLY- 12:20-1:00pm Matt Burrell</p> <p>Reformer Pilates PIL 5:30-6:20pm Sandy Mellina</p>	<p>Spin MFC 6:00-6:50 Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MPS -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Abs & More YS 6:50-7:15am Sally Greenwood</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Extreme Body Sculpt WFC 9:00-10:00am Sally Greenwood</p> <p>Abs Express WFC 10:00-10:30am Sally Greenwood</p> <p>Reformer Pilates PIL 11:00-11:50am Julie La Bruyere</p> <p>Barre It! Express YS 11:30-12:00 noon Sue Horton</p> <p>Abs Express MPS 11:45am-12:15pm Roland Mash</p> <p>Reformer Pilates PIL 12:00am-12:50pm Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Matt Burrell</p> <p>Kettle Bells Express MPS 12:20-12:50pm Roland Mash</p> <p>Yoga YS 5:00-6:00pm Alexis Ackel</p>	<p>Boot Camp MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MPS -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Pilates Mat PIL 9:00-9:50am Sandy Mellina</p> <p>Reformer Pilates PIL 10:30-11:30am Sandy Mellina</p> <p>F.I.T. MFC 12:00-12:45pm Roland Mash</p> <p>Spin MFC 12:15-1:00pm Angela Fox</p> <div> <p>ALL CLASSES ARE COED UNLESS SPECIFIED</p> <p>FEE FOR CLASSES SHOWN IN ORANGE BOXES</p> <p>City Club reserves the right to cancel or reschedule any class without prior notice. Call (817) 878-4094 for more information.</p> <p>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.</p> <p>The classes highlighted in orange have a fee associated with them. Please call the Men or Women's Fitness Center for the rates for the Reformer Pilates and F.I.T. Classes as well as rates for one-on-one training with our Certified Trainers.</p> </div>	<p>Yoga YS 10:15-11:15am Alexis Ackel</p>

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 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	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 LOBSTER NIGHT	6 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Classical & Neo-Classical: Prokofiev, Beethoven, Mozart, & Stacy Garrop FWO 7:30 pm Friday Steak Night	7 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Classical & Neo-Classical: Prokofiev, Beethoven, Mozart, & Stacy Garrop FWO 7:30 pm
8 Club Closed	9 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch BFF DAY IN THE FITNESS CENTERS	10 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Plaid <i>for Women®</i>	11 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	12 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner WHITAKER/ CHALK LUNCH & LEARN LOBSTER NIGHT	13 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Friday Steak Night	14 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
15 Club Closed	16 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	17 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner	18 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Disney's The Lion King PAFW 7:30 pm	19 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Disney's The Lion King PAFW 1:30 pm / 7:30 pm FRENCH WINE TASTING	20 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Disney's The Lion King PAFW 7:30 pm Friday Steak Night	21 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Disney's The Lion King PAFW 1:30 pm / 7:30 pm
22 Club Closed	23 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch Disney's The Lion King PAFW 7:30 pm	24 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Disney's The Lion King PAFW 7:30 pm	25 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Disney's The Lion King PAFW 7:30 pm	26 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Disney's The Lion King PAFW 7:30 pm LOBSTER NIGHT	27 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Disney's The Lion King PAFW 7:30 pm Friday Steak Night	28 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner Disney's The Lion King PAFW 7:30 pm
29 Club Closed	30 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	31 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner				

F E B R U A R Y

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 <i>Twist & Shout: Music of the Beatles</i> FWSO 7:30 pm Friday Steak Night	4 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner <i>Heroes at the Symphony</i> FWSO 11:00 am <i>Twist & Shout: The Music of the Beatles</i> 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 <i>Pretty Woman: The Musical</i> PAFW 7:30 pm	8 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner <i>Pretty Woman: The Musical</i> PAFW 7:30 pm	9 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner <i>Pretty Woman: The Musical</i> PAFW 7:30 pm WHITAKER/ CHALK LUNCH & LEARN LOBSTER NIGHT	10 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner <i>Pretty Woman: The Musical</i> PAFW 7:30 pm Friday Steak Night	11 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner <i>Pretty Woman: The Musical</i> PAFW 1:30 pm / 7:30 pm
12 Club Closed	13 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch	14 Plaid for Women® Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner  Valentine's Day Wine Dinner	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 LOBSTER NIGHT	17 Fitness 5am – 6:30pm (WFC) 5am – 7pm (MFC) To Go Meals and Dining for Lunch & Dinner Friday Steak Night	18 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner
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	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 Friday Steak Night	25 Fitness 9am – 1pm (WFC) 8am – 2pm (MFC) To Go Meals and Dining for Dinner <i>A Gala Evening with Yo-Yo Ma</i> FWSO 7:00 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				

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 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 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.