



STAFIT

November Newsletter

PICKLEBALL & TENNIS

PICKLEBALL LEAGUES:

SUNDAY: ADVANCED LEAGUE

NOV. 10TH-JAN 26TH 3P-5P

MONDAY: BEGINNER/INTERMEDIATE

NOV. 11TH-JAN 27TH 12P-2P

WEDNESDAY: MENS LEAGUE

NOV. 6TH-JAN 22ND 6P-8P

THURSDAY: BEGINNER/INTERMEDIATE

:NOV. 7TH-26TH 7P-9P

PICKLEBALL:

- LEAGUES
- DRILLS
- PRIVATE LESSONS

TENNIS:

- TENNIS ACADEMY
6-WEEK SESSIONS 2 HOURS EACH
- HIGH SCHOOL DRILLS
- PRIVATE LESSONS
- GROUP LESSONS
- JUNIOR TENNIS
- PEEWEE TENNIS

NEW ADDITIONS!

- AUTOMATIC TENNIS BALL LAUNCHER
- \$15 PER HOUR

**ANY QUESTIONS
CONTACT LIAM AT:
LIAM@STAFITNOW.COM
415-408-1956**

FUTURE IDEAS

- THEME NIGHTS
- PICKLEBALL TOURNAMENTS

FITNESS ASSESSMENT

If you haven't used it yet, every membership has a **complementary** fitness assessment
Fitness Assessments Include-

- Get to know you interview with **trainer**-Talk about goals
- Receive a **FREE** InBody scan
- **Movement** assessment
- A Plan to reach **YOUR** fitness goals before the holiday season

Ask about our PT specials

Any front desk employees can schedule an Fitness assessment, or email operations@stafitnow.com

MEMBERSHIP SPECIALS

Save up to \$75 on enrollment in the month of November on all 12 and 18 month agreements! Please come in or email operations@stafitnow.com to make an appointment

ALL-INCLUSIVE MEMBER INCLUDES:

- *HEALTH & GOAL FITNESS ASSESSMENT (IN-BODY SCAN)
- *UNLIMITED KIDS CLUB
- *UNLIMITED TANNING
- *UNLIMITED INSTRUCTOR LEAD FITNESS CLASSES
- *POOL, HOT TUB AND SAUNA
- * WALKING TRACK
- ACCESS TO IN CLUB VIRTUAL CLASSES

BASIC MEMBERSHIP INCLUDES:

- *HEALTH & FITNESS GOALS ASSESSMENT (IN-BODY SCAN)
- *POOL, HOT TUB AND SAUNA
- * WALKING TRACK
- *ACCESS TO IN CLUB VIRTUAL CLASSES

STUDENT SPECIAL:

**\$99 TWO MONTH MEMBERSHIP
COLLEGE STUDENTS
NOV 24TH-JAN 31ST
MUST SHOW SCHOOL ID**

MONTHLY RECIPE

SPICY TOUCHDOWN CHILI

INGREDIENTS

- 1 pound ground beef
- 1 pound bulk pork sausage
- 2 cans (16 ounces each) kidney beans, rinsed and drained
- 2 cans (15 ounces each) pinto beans, rinsed and drained
- 2 cans (14-1/2 ounces each) diced tomatoes with mild green chiles, undrained
- 1 can (14-1/2 ounces) diced tomatoes with onions, undrained
- 1 can (12 ounces) beer
- 6 bacon strips, cooked and crumbled
- 1 small onion, chopped
- 1/4 cup chili powder
- 1/4 cup chopped pickled jalapeno slices
- 2 teaspoons ground cumin
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 3/4 teaspoon cayenne pepper
- Optional: Shredded cheddar cheese, sour cream and chopped green onions



INSTRUCTIONS

1. In a large skillet, cook beef over medium heat until no longer pink, 6-8 minutes, crumbling beef; drain. Transfer to a 6-qt. slow cooker. Repeat with sausage.
2. Stir in the next 13 ingredients. Cook, covered, on low until heated through, 4-5 hours. If desired, top individual servings with shredded cheddar cheese, sour cream and chopped green onions.