



December/2009

### In This Issue

[Holiday Specials](#)

[Tennis News](#)

[Fitness News - Holiday Glow](#)

### Holiday Specials

No Joining Fee 'till December 31st.  
Bring a friend that joins and get one month free.

Personal training discounts...  
\$25 off 6 sessions  
\$50 off 10 sessions

Get a gift certificate!

### Health Partners

[Health Partner Program](#)

[Gold Level  
Atlantic Dentistry](#)

[Embarq](#)

[Southern Insurance  
Agency, Inc.](#)

[Silver Level](#)

[Chilli Peppers  
Restaurant  
Kim Carroll,  
State Farm](#)

[Gateway Bank](#)

[The Blue Point Bar and  
Grill](#)

[Coldwell Banker  
Seaside Realty](#)

## Kilmarlic Health & Racquet Club

*... Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store? What if Christmas, perhaps, means a little bit more? - Dr. Seuss*

Wishing You  
Peace and Joy  
This Holiday Season.

Ivo, Mario, Lori, Barbara, Jim,  
Haley, Thomas, Becky,  
The Wells Family, and The Lawson Family

## Locals Take the Lead in 18th Annual Pine Island Thanksgiving Classic

Congratulations to the winners of this famously fun annual tennis event. Out of 72 players, all but one team were OBX locals! And the winners are....

### Championship Flight

Mary Temple Mullis and Marie Magee  
Randy Jones and Chip Cowan



### A Flight

Kate Heggie and Ellie Buttress  
Owen Hassel and Spenser Gregory



### B Flight

Stacy Bell and Fran Geraghty  
Marty Barnette and J.D. Fenessy

### C Flight

Jeanne Kitchin and Beth Urch  
Kevin and Thom Morris (father and son from Richmond)



Mark your calendars for the Pine Island Mixed Doubles Tournament the first weekend in February.

[Hilton Garden Inn](#)[North Beach Services](#)[The Pointe Golf Club](#)[R. Lawson  
Construction, Inc.](#)[Ramada Inn](#)[Seascape Beach & Golf](#)[Shaklee - Global  
Wellness Solutions](#)

No links available  
Try my nuts, Nut  
company

[Poseidon Ventures](#)[Currituck Tennis  
Association](#)[Outer Banks Tennis  
Association](#)[Join Our Mailing List!](#)

## Keep Training Through the Winter

Ivo will return from his holiday on January 7th, just in time to help you sharpen your game for the upcoming spring season. With mild winter days and evenings for outdoor play (clay courts are kept available and brushed for play unless frozen) and indoor opportunities at Corolla Light and Pine Island, you have ample opportunity to continue improving your tennis game through the winter. Keep training, USTA Spring League play is just around the corner!

## New USTA Ratings are Published

New USTA ratings are out. Several local players have been bumped up, so be sure to go on line and check your status. [www.tennislink.com](http://www.tennislink.com) What this means for spring league is that we may want to form 3.5 AND 4.0 teams for men and women. In the past the pros have formed the teams but it is up to the players this time. You may invite Kilmarlic members and non-members to play on your team. Remember, you can always play up but not down. Check your ratings and begin to form your teams so you can begin to practice together.

Call or email the club if you need assistance registering a team. We are happy to help! 252-491-8626.

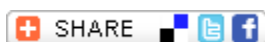
## Get a Healthy Glow for the Holidays

Only the Grinch would try to talk you out of the joys of holiday parties and treats. It is normal to take in more calories during this joyous season. But don't give up on your workout routine entirely! Exercise

is a great stress reliever and will give you extra energy and a healthy glow for the holidays. Personal trainers Mario and Lori are available to help you get and stay on track. 252-491-8626



Keep our holiday specials in mind for a great holiday gift.



[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to [deblawson\\_1@charter.net](mailto:deblawson_1@charter.net) by [kilmarlichrc@charter.net](mailto:kilmarlichrc@charter.net).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

