



November - December 2010



## Twin Creeks Country Club

# Thanksgiving Day Brunch

Thursday, November 25 // 11am-3pm

**Social & Golf Members**

**\$28.95++ Adults, \$11.95 ages 4 – 12, ages under 4 complimentary**

Enjoy an elaborate and delicious Thanksgiving Day Brunch at the Club with family and friends. Please make reservations by Saturday, November 20 to help us with preparation.

*Brunch to include:*

Carving station with roasted turkey, cranberry relish and basil aioli, honey baked ham with an orange honey glaze, bacon, sausage, kielbasa, build your own omelet station, pumpkin pancakes with cinnamon butter, breakfast frittata, assortment of house made pastries, muffins and breakfast breads, fresh fruit & cheese display, peel & eat shrimp display, smoked salmon & mini bagels, assortment of chef specialty salads, pan seared snapper topped with tomato & caper beurre blanc, braised beef medallions with crispy fried shallots, glazed sweet potatoes, mashed chive and asiago potatoes, roasted acorn squash, green bean casserole, and cranberry sauce with orange and ginger.

Chef's select desserts to include pumpkin pie, pecan pie, apple pie and many more.

Kids buffet to include grilled chicken, mini burgers, macaroni & cheese, and fruit salad.

**Twin Creeks  
7th Annual Holiday Social**  
Friday, December 3 // 8-midnight  
Social & Golf Members

**\$45 per person/\$90 per couple**

Don't miss this elegant Club affair! Eat, drink and be merry with an array of specialty hors d'oeuvres, champagne fountain, full selection of complimentary beer and wine, and music to dance the night away! And of course, your very own 2010 Twin Creeks keepsake ornament to add to your holiday collection.

The Dominion  Golf Group

River Place • Onion Creek • The Dominion • Twin Creeks • Lantana



## From the Manager...

HAPPY HOLIDAYS!! It's amazing how time flies! As the holiday season rolls in, be sure to check out all the exciting things we have planned here at the club including event favorites such as Market Days, Thanksgiving Day Brunch, Thanksgiving To-Go, Annual Holiday Social, Brunch with Santa and much more!

Over the past month as a result of your much appreciated feedback, we have established a third dining area reserved for families with small children. This was done to help provide an area that is conducive to our younger TC children. That said, it is extremely important that all children remain seated while dining in the club. Parents, I need your help with this so that Twin Creeks will be a place where all Members want to dine. As I have said in the past, the FAC lawn is open for all children to run and play, in fact we encourage it, but we cannot allow our children to run and play inside the main clubhouse. Areas such as the hallways, both upper and lower, the outside terrace, men's and ladies' lounges, and behind the clubhouse at the lower level are some key areas that we must not allow children to go unsupervised. There are many safety reasons why I can no longer allow this. Again I ask for your help in monitoring this!

Finally, I would like to introduce our new Service Director, Sarah Thornton. Sarah brings to Twin Creeks an extensive knowledge in operations, event planning and member relations. We are very excited to welcome Sarah to the team. Please take a moment to welcome her to Twin Creeks as you see her throughout the club.

I wish you all a very joyous Holiday season and a fantastic New Year!

Until next time,  
Bryant Early

## Hours Of Operation

### Twin Creeks Grille:

Tuesday - Sunday: 11am - 9pm

### Golf Shop:

Tuesday - Sunday: 7am-5:30pm

### Golf Practice Facilities:

Open ½ hour before first tee time & closed 1 hour before dark  
Will close on Sundays

### Golf Course:

Tuesday - Sunday: 8am - Dark

### Fitness Center:

Monday: 5:00am-10:30am  
Tuesday - Friday: 5:00am-9pm  
Saturday & Sunday: 7am - 9pm

### Kid's Corner: (24-hour reservation required)

Tuesday, Thursday, Friday: 8am - 8pm  
Wednesday: 8am - 12pm & 4 - 8pm  
Saturday & Sunday: 8am - 4pm

### Pool:

Starting October 1

Tuesday - Sunday, 8am-8pm (swim at your own risk)  
24-hour lap swim access  
Closed Monday

\*Membership Cards are needed for access to pool & fitness center

## Twin Creeks' 2nd Annual Small Business Holiday Party

"We'll make all the arrangements,  
you have all the fun!"

Saturday, December 4 // \$29.95 per person

6:30pm Cocktail Hour, 7:30pm Dinner

Treat your coworkers to an evening of festive hors d'oeuvres, a lavish dinner, holiday desserts, entertainment and much more! Private table reservations are now available, please call 331.5900. No business too small!

## Twin Creeks would like to extend a warm welcome to our newest Golf, Social and Community Members

Gregory & Barbara Baker  
Ignacio & Nora Celis  
Dale & Gina Wilderdink  
Jewel Matthews with Lauren  
Jeff & Michelle Lupul with Zachary and Samantha  
Buzz Hundley & Katie Burkholder  
John & Lonnie Romero with Cale and Mitchell  
Jeffrey & Shelley Jordan with Chase, Dean, and Barbara  
Richard Hall  
Butch & Maria Aggen with Grace and Connor  
Robert and Cheryl Adair with Jacob, Alex and Sydney  
Joe and Liz Poje

## New Member Orientations

Wednesday, November 10 // 6pm

Wednesday, December 8 // 6pm

Come and see all that your Club has to offer! Take this opportunity to learn more about upcoming events, programs and services, while meeting fellow new members and Twin Creeks staff. We encourage all New Members to attend! Please call 331-5900 to RSVP.



## Weekly Grille Specials

### Tuesdays:

Kids Eat Complimentary 5 – 8pm!

*(Except for the last Tuesday of the month which is reserved for Family Night!)*

Happy Hour 4-7pm

**Wednesdays:** \$5 Burger Day 11am - 9pm!

### Thursdays:

Happy Hour 4-7pm

**Fridays:** Bottomless Fridays! 5 - 9pm

All you can eat themed dinner selections and specialty drink of the week

**Sundays:** \$2 Draft Sundays

*\*\*Ask your server about the "Get Fit" Menu featured in the Grille from 11am – 9pm!*

## Member Events...

### Family Night at the Clubhouse

**Tuesday, November 30:** Family Game Night

**Tuesday, December 21:** Santa's Workshop

5 - 8pm // \$9.95 Ages 4-12

Ages under 4 complimentary

*(Price includes buffet and entertainment)*

Social & Golf Members

**November:** Enjoy an assortment of games such as ping pong, foosball, inflatable basket ball and more!

**December:** Celebrate the season fireside with holiday stories from Santa's helper, ornament decorating and holiday crafts!



### Wednesday Ladies' Game Night

Social & Golf Members

*(Every first Wednesday of the Month at 7pm)*

**November 3:** Balderdash! Hosted by

Carrin Reid. Contact Carrin

(carrin88@yahoo.com) for more

information or to RSVP!

**December 1:** Ladies choice!



### A Toast to the Holidays Tasting

Friday, November 5 // 7-9pm

Social & Golf Members // \$10

Drop in on this open tasting as Member favorite, Tim Flynn, a wine sommelier for 20 years, displays a festive assortment of 12 red and 12 white wines perfect for the holiday gift giving season. The wines featured will be available to order and will be delivered in time to tuck beneath the tree! Please call 331.5900 to RSVP.



### Holiday Market Days

Thursday, November 11 & Friday, November 12

4-9pm // All Members & Guests Welcome

'Tis the season to shop! Join us at the Club for this 2-day shopping frenzy with an array of gifts, collector's treasures, clothing and more! Enjoy live music & drink specials while shopping the night away. Happy Hour menu will also be available Thursday night!

### Thanksgiving Day Brunch

*See Cover for Details!*

### Thanksgiving To-Go!

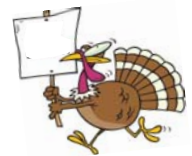
Prefer to dine at home for the holidays? Don't get stressed this Holiday Season, let Twin Creeks prepare your Thanksgiving meal! All you have to do is place your order and then pick up your meal the day before Thanksgiving! All Packages are prepared with heating instructions included. Menu items will consist of... Whole Roasted Turkey, Giblet Gravy, Cranberry Cornbread Dressing, Buttermilk Whipped Potatoes, Candied Yams, Green Bean Casserole, Cranberry Relish, Dinner Rolls...and your pie choice of either: Pecan, Pumpkin, Apple or Sweet Potato

6 people \$126++, 2 pies

10 people \$210++, 3 pies

16 people \$336++, 4 pies

20 people \$420++, 5 pies



A La Carte items also available to go! Simply let us know your selections and how many people you would like to serve for pricing.

All "To Go Orders" must be placed by 5pm Friday, November 19. The pickup day will be Wednesday, November 24 from 9am-12noon. Call 331.5900 to place your order!



## Twin Creeks 7th Annual Holiday Social

Friday, December 3 // 8pm – midnight

See cover for details!

### New Year's Eve Dinner

Friday, December 31 // 5pm - 8pm

\$39.95 per person // Social & Golf Members

Start your New Year festivities at the Club with an elaborate and delicious 5-course dinner specially prepared by Chef Kevin.

Call 331.5900 to reserve your table.

#### Special Menu to include:

Shrimp and Jumbo Lump Crabmeat Martinis

Mixed Greens Salad with Roasted Portabella Mushrooms,

Grilled Asparagus, Tomatoes, and Pumpkin Seeds topped

with Shaved Parmesan and an Apple Balsamic Vinaigrette

Roasted Potato and Leak Soup

Filet Mignon paired with Seafood Soufflé

Sautéed Baby Autumn Vegetables

Spiced Rum Cake and Pumpkin Truffle



### Breakfast with Santa

Sunday, December 19 // 10am-2pm

\$28.95 Adults, \$9.95 Ages 4 – 12

Ages under 4 complimentary // Social & Golf Members

Join us for a delicious Sunday Brunch

with a Holiday twist! Pose for professional family photos in your Sunday

best while sharing your special holiday

wish list with Santa Clause himself!

Photo packages will be printed onsite and available for

purchase...just in the nick of time for those last minute holiday gifts! Please call 512.331.5900 to RSVP.



## Clubs Within A Club

### Cedar Park Rotary Club

Every Tuesday morning at 7am

Twin Creeks Dining Room



SERVICE ABOVE SELF, Please join us for lunch and learn about Rotary. Contact Ken Hay (khay@tnhtrading.com) or Stuart Ainsley (stuart@ainsleylaw.com) for more information. www.cedarparkrotary.org

## Junior Events...

### Gingerbread House Decorating

Sunday, December 12 // 4 – 6pm

Family Activity Center // All Members // \$20 per house

Take a break from the hustle and bustle of the season for some old fashioned family fun. Bring your kids to the Family Activity Center to decorate Gingerbread Houses and get in the holiday spirit. We'll provide all the



supplies needed to make your masterpiece. Reservations are required by Friday, December 10. Please indicate how many houses you and your family will want to decorate.

## Winter Wonderland

Friday, December 17 // 6 – 8:30pm

Complimentary // All Members

The air is getting colder, the holidays are near. It's time for celebration with friends we hold so dear! Once again, Twin Creeks Country Club and HOA are partnering together to make this year's event extra special. Bring the whole family to the Club



for karaoke caroling, crafts, socializing and more! Santa Clause will be here all evening for photos and to listen to your holiday wishes. In addition to the good times, food and drinks will be available for purchase. This event is complimentary, but please RSVP to 331-5900!

### Book Club

7 pm // Family Activity Center // All Members

Tuesday, November 9

The Glass Castle (*Jeannette Walls*)

Tuesday, December 14

The Christmas Pearl (*Dorothea Benton Frank*)

Join us in the FAC Lounge for an evening of lively literary discussion and light snacks.



### January Advanced Bridge Lessons

Fridays, January 14, 21, 28 from 10-11:30am

Golf and Social Members

Advanced American Standard Bridge Lessons will begin on Fridays for three weeks.

Week One: Responses to No Trump including Transfers Week Two:

Week Two: Opener including Signing Responses

Weeks Three: Two Club Opener and Responses

Email Babe Rogers at donna.baberogers@gmail.com or phone 514-0214 to sign up!



## Fall Junior & Adult Programs



### Madrid-Texas Language Center Spanish Classes

Classes will gradually shift from a bilingual environment to an immersion style classroom through the use of hands-on activities such as arts and crafts, drama, music, literature, cooking, dance and games.

#### *Mondays:*

##### **Intermediate Spanish for Adults**

Some experience necessary 11:00 – 12:00pm

##### **Beginners Spanish for Ages 5 - 6**

No experience necessary 3:30 – 4:20pm

##### **Beginners Spanish for Ages 7 - 10**

No experience necessary 4:20 – 5:20pm

#### *Wednesdays:*

##### **Middle School – High School Spanish**

No experience necessary 4:30 – 5:30pm

##### **Beginners Spanish for Adults**

No experience necessary 6:30 – 7:30pm

#### *Thursdays:*

##### **Beginners Spanish for Ages 3 1/2 – 5**

No experience necessary 9:30 – 10:20am

##### **Beginners Spanish for Adults**

No experience necessary 10:30 – 11:30am

\*Monthly cost: \$50 Fall prep/supply fee: \$40

\*All sponsored guests/non-members are invited to attend for an additional \$50 per month.

Fall session starts September 6 and ends December 17

No classes November 22 – 26 for Thanksgiving Break

Contact Instructor Elisa Zaragoza-Childress at 512.560.5097 or [echildress@gmail.com](mailto:echildress@gmail.com) for additional information.

### Private Music Lessons Piano, Voice, Guitar & Violin

Albertson School of Music has teamed up with Twin Creeks Country Club to provide music lessons on-site at Twin Creeks! All scheduling is done through Albertson School of Music. Call now (or email) for more information and to reserve the best lesson times! 512.349.0090 or [lessoninfo@albertsonmusic.com](mailto:lessoninfo@albertsonmusic.com) [www.albertsonmusic.com](http://www.albertsonmusic.com)  
Monthly cost: \$109

### Junior Golf Instruction Ages 5 to 18

Beginner to Advanced Junior Golf Instruction –  
*See page 7 for details!*



### TGIF- Kid's Dinner and a Movie

Friday, November 5 & 19

Friday, December 10

Ages 3 months and up // 5:30 – 9pm

Social and Golf Members

\$15 / child (includes dinner buffet, movie, and supervision)

Parents, looking for a quiet dinner in the Grille? Kids, looking to have some wild and crazy fun? We have the perfect solution! While parents are dining in the Clubhouse Grille, we are inviting all kids to come to the Family Activity Center for Kid's Dinner and movie. Please call 331-5900 to make dinner and kid's reservations.



### Twin Creeks Aquatic Winter Hours

Recreational Swim at Your Own Risk: Tuesday-Sunday 8am-8pm

Fitness Lap Swim: Tuesday-Sunday 24-hour access

Closed Mondays

*\*While lifeguards are not on duty, kids under the age of 18 must be accompanied by an adult. Your member card will open the pool gate for access. Please help us keep the Aquatic center clean by appropriately disposing of trash and taking home all belongings.*

Please email Coach Brandon at [btwichell@gmail.com](mailto:btwichell@gmail.com) to register or for more information on any of the below winter swim programs!

### Year Round USA Swim Club

Twin Creeks has combined forces with the Anderson Mill Torpedos for the formation of a USA registered year-round age group competitive Swim Club. Open to all ages!

### Adult Masters Swim Program

This swim program has been developed for adult swimmers of all skill levels with varying fitness goals. Practices will be offered 4 times per week: Mondays 5:30am - 6:45am, Tuesdays 7:15pm - 8:30pm, Thursdays 5:30am - 6:45am and Saturday 7:45am-9am.

### American Red Cross Babysitter Bootcamp



Tuesday, December 28 & Wednesday, December 29

9am-4pm // \$180 Members, \$195 Guests

Ages 11 & up

This training program is designed to help develop leadership and decision-making skills, as well as First Aid, CPR and Safety skills. Bootcamp will also include Water Safety training to help keep our babysitters and the children they care for safe around water. Class limited to 10 students.



## Golf Events

### Credit Book Balances

This is a friendly reminder that all remaining credit book balances will expire at the end of the year. If you wish to inquire about any credit book balances, please call the golf shop at 512-331-2752.



Sundowners is on hold through Daylight Savings and will resume March 17, 2011

### November Senior League Play

Wednesday, November 10 // 9am shotgun

*Format:* 4-Person Step Away Scramble. Every player on the team hits a tee shot then whomever's shot is used must sit out on the next shot. This is continued until the ball is holed out.

*Entry:* \$10+ cart fee

### Golf Shop Balloon Pop Holiday Sale

Thursday, December 2 through Sunday, December 5

With the Holidays upon us, now is the time to stock up on those special finds for friends and family. Don't miss our annual Golf shop holiday balloon pop sale the first weekend in December! Balloons will fill the Golf shop with discounts up to 50% OFF! Take your time browsing the golf shop, then once you find something for everyone on your list, POP a balloon at the counter for a special holiday savings!



### Holiday Schedule

Thanksgiving Day: 10am shotgun, Clubhouse closes at 4pm

Christmas Eve: 10am shotgun, Clubhouse closes at 4pm

Christmas Day: Course and Club Closed

New Year's Day: Course open for regular tee times starting 10am, Regular Clubhouse hours

### Chris' Corner

#### How to become more consistent in putting

The thing I hear the most from my students when working on their game is a want to become more consistent. When it comes to putting, people tend to be inconsistent because they use the small muscles in their hands and arms too much and not enough of their core and back muscles to control the stroke. It begins with a proper set up. To make sure you're set up properly and to feel the correct muscles controlling the stroke, follow these steps: 1. Hold the putter up in front of you with the shaft and arms parallel to the ground. 2. Bring the butt of the putter in toward you belly button so that your arms are touching your sides. 3. Tilt from the waist until your putter touches the ground. From this position you can really feel how the core and back control the stroke. No hands, arms or shoulders in the stroke!



### COUPLES GOLF

#### Couples Club Championship

Sunday, December 5 // 11am tee times

*Format:* 18 hole 2-Person Teams, Best 1 ball of 2. Players will receive 90% of the course handicap. Both players will play their own ball until the round is complete. The team will count the 1 low ball (net score) per hole.

*Entry Fee:* \$40/couple + cart fees (Includes trophies for the top finishers and prize money.)



## TWIN CREEKS LADIES' GOLF ASSOCIATION

### LGA Trunk Show

Save the Date!

Thursday, December 16 // 6:30pm-9pm

More details to come!



### LGA Horse-Race Season Ending Event

Sunday, November 14 // 10am shotgun

**Format:** All Ladies will play as one big group. We will eliminate players per hole based on score until we are left with 2 players on the final hole.

**Cost:** \$15

All the holes will be 100 yards or less! After players are eliminated they are encouraged to stay with the group to cheer for the remaining players. Not only does this give all the ladies a chance to build camaraderie, but when else can you play as one big group? So sign up in the Pro Shop for this ladies' favorite!

## TWIN CREEKS MEN'S GOLF ASSOCIATION

### TCMGA Season Finale

Saturday, November 13 // 9am shotgun

**Format:** 3 Club Tournament (9-holes), Season Ending Shoot-Out  
Entry Fee: \$20 + Appropriate Cart Fee

This event is open to all MGA members, but no points will be awarded. Lunch will be served after the completion of the round.

The end-of-season shoot out, for the top 30 in points standing and second chance pool, will take place at 1:30pm after lunch.

Evening awards and dance for all MGA members and spouses will begin at 6:30pm with cocktail hour, followed by hors d'oeuvres from 7-8pm. The awards presentation will begin at 8pm with DJ to follow.



## JUNIOR GOLF

### Turkey Break Junior Golf Camp

Monday, Tuesday & Wednesday, November 22-24

10am-12:30pm // Ages 6-9, Ages 10-12

Cost \$120 Golf Members, \$150 Non Golf Members

Tune up your golf skills this Turkey break with this three day camp and enjoy fun skills challenges with prizes to top off each day!



### Winter Break Junior Golf Camp

Monday, Tuesday & Wednesday, December 20-22

12:30-2:30pm // Ages 6-9, Ages 10-12

\$120 Golf Members, \$150 Non-Golf Members

Bundle up and buff up those golf skills in this three day winter break golf camp. Hot chocolate will be provided as well as raffle prizes and gifts. During camp juniors will work on the fundamentals of golf including driving, chipping, putting, and golf etiquette.



## JUNIOR GOLF CLINICS

### Beginner Golf Clinics (Ages 5-12)

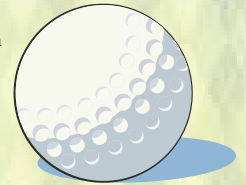
\*You may attend clinics at either Twin Creeks or River Place C.C.\*

**Clinics at Twin Creeks with Jeff Ronquillo**

Tuesday	All Ages	4-5pm
Wednesday	All Ages	3:30-4:30pm
Thursday	All Ages	4-5pm
Saturday	Ages 5-9	10:30-11:30am
Saturday	Ages 10-12	11:45-12:45pm

**Clinics at River Place Country Club**

Tuesday	All Ages	4-5pm
Thursday	All Ages	4-5pm
Saturday	All Ages	2-3pm



\$15 per clinic for Golf Members // \$20 Non-Golf Members // \$30 Sponsored Guests

\$50 monthly fee for one clinic per week for Golf Members

\$65 Non-Golf Members // \$90 Sponsored Guests

\*Unlimited Clinics per Month for \$90 for Golf Members

\$125 Non-Golf Members // \$160 Sponsored Guests

### Intermediate to Advanced Golf Lessons

with Chris de Keratry

(Ages 11 & up) \*You may attend clinics at either Twin Creeks or River Place C.C.\*

**Clinics at Twin Creeks**

Tuesdays	Ages 11-13 Girls	5-6pm
Thursdays	Ages 11-13 Boys	5-6pm
Saturdays	Ages 11-13 Boys	10-11am
Saturdays	Ages 11-13 Girls	2-3pm
Saturdays	Ages 14 & up	11:30am-1pm

**Per Clinic:**

\$20 per Clinic for Golf Members // \$25 Non-Golf Members // \$35 Sponsored guests

**Monthly fee Option 1:**

Includes (1) Weekly clinic PLUS (1) Private Lesson Per Month and

(1) 9-hole Playing Lesson Per Month

\$125 Golf Members // \$150 Non-Golf Members // \$175 Sponsored Guests

**Monthly fee Option 2:**

Includes (2) Weekly Clinics PLUS (1) Private Lesson Per Month and (1) 9-hole Playing Lesson Per Month

\$175 for Golf Members // \$200 Non-Golf Members // \$225 Sponsored Guests

\*\*\*Optional Personalized Team Golf Bag and 3 Team Golf Shirts \$200\*\*\*

**Instructors:** Chris de Keratry, Director of Instruction for Twin Creeks and River Place Country Clubs, Jeff Ronquillo, Twin Creeks Assistant Golf Professional, and other Staff Professionals.

Contact the Golf Shop to register or for additional details! 331.2752.



## Self Defense Classes

Join Urban Reality Self Defense in simplistic, yet effective, reality-based training with an introduction to both the mental and physical approaches to self defense as it applies to real life situations.

### Women's Self Defense: Rape Prevention Seminar (Ages 14 & up)

Sunday, November 14 // 1-5pm  
Members \$50, Guests \$75

This special interactive course will include a one hour lecture on myths and demystification of sexual assault and prevention, followed by three hours of hands-on self defense training. RSVP by 11/12.

### Complimentary Self Defense Awareness Class (All Ages)

Wednesday, November 17 // 7-8:30pm  
RSVP by 11/16.

## Personal Training



Personal Training // \$45 per 1 hour session  
iMett Testing \$70

The iMett is a metabolic testing system that evaluates & monitors aerobic fitness by determining each individual's anaerobic threshold & VO2

Fitness Program Design \$70

Includes a 60 minute one-on-one assessment & 12-week personalized program

### Semi-Private Training Classes

Semi-Private training is for small groups of clients that want the guidance & motivation of a personal trainer, the camaraderie of working out with others & a lower cost solution than traditional personal training. Each client will have a personalized, goal focused program.

\$50 Enrollment Fee

(includes a 1 on 1 assessment & program design)

12 sessions per month: Mondays, Wednesdays, & Fridays

Classes begin at the top of the hour: 6-10am &/or 5-6pm

\$220 OR 8 sessions per month: Tuesdays & Thursdays

Classes begin at the top of the hour from 7-9am

\$160

For questions or additional information regarding Twin Creeks personal training programs, please contact:

Brad Patridge: brad@forwardmotiontx.com // 512.623.9911

Lauren Alexander: lauren@forwardmotiontx.com // 512.639.0668

## Spa

Twin Creeks Members receive 20% all Spa and Lodging Services at The Crossings Resort & Spa! Visit [www.thecrossings.com](http://www.thecrossings.com) for Spa services and facility details.

## Group Fitness Classes

All Members // Complimentary

### Daytime Classes

Yoga

Mondays 9:15 – 10:15am

Wednesdays 9:30 – 10:30am

Beginning Strength and Balance

Tuesdays // Thursdays

8:30 – 9:30am

Aqua Fitness

Mondays // Wednesdays // Fridays

9-10am

Core and More!

Tuesdays // Thursdays

9:30 – 10:30am

### Evening Classes

Interval and Body Sculpting Plus

Tuesdays 6 – 7pm

Yoga

Tuesdays 7 – 8pm

### Weekend Classes

Running Club Saturdays 8am

Boot Camp Saturdays 9-10am

50/50

Wednesdays // Fridays

8:30 – 9:30am

Neighborhood Walk

Wednesdays // Fridays

8:30 – 9:30am

Advanced Strength Training

Fridays 9:30 – 10:30am

Boot Camp

Wednesdays 6 – 7pm

Yoga and Pilates Combo

Thursdays 6 – 7pm

## Tae Kwon-Do (please note additional fee applies)

Children & Adult TaeKwon-Do (Ages 6 and up)

Tuesdays // Thursdays 4:30 – 6pm // All Members

If you're interested in learning a martial art based on discipline, respect, and the development of the character of a person, as well as reaping the benefits of a great physical and mental workout, then TaeKwon-Do is for you! *Cost: \$90 / month*



## New! Massage Therapy

Twin Creeks is excited to welcome aboard, Candice Townley, licensed Massage Therapist! Candice will be offering onsite massage therapy ranging from relaxing Swedish massages and deep tissue, to localized therapy for injuries. As a special welcome gift, Candice will be offering a FREE aromatherapy upgrade to the first five Members who book an appointment with her for their first two sessions!

### Pricing:

1 hour customized massage \$55

1.5 hours customized massage \$75

### Upgrades:

Aromatherapy \$5

Paraffin Wax on your hands and feet \$25

Contact Candice Townley at 214.796.8979 or [candictownley@yahoo.com](mailto:candictownley@yahoo.com) to schedule an appointment.

## Clubhouse Phone Numbers

Clubhouse ..... 512.331.5900  
Clubhouse Fax ..... 512.331.5565  
Twin Creeks Golf Shop ..... 512.331.2752  
Dining Reservations ..... 512.331.5900  
or 512.275.2349  
Childcare Services ..... 512.334.4147

Bryant Early, *General Manager* ..... 250.3954  
Heather Bedwell, *Membership Director* ..... 250.3953  
Kyle O'Brien, *Head Golf Professional* ..... 250.3951

To email staff: [FirstnameinitialLastname@twincreeksclub.com](mailto:FirstnameinitialLastname@twincreeksclub.com)  
(ex. [bearly@twincreeksclub.com](mailto:bearly@twincreeksclub.com))

Scott Main, *Director of Golf Maintenance* ..... 506.8069  
Amy DeMars, *Club Accountant* ..... 250.3952  
Sarah Thornton, *Service Director* ..... 250.3956  
Kevin Koller, *Executive Chef* ..... 275-2301  
Jenny Newton, *Member Services* ..... 331.5900

## Sister Clubs

River Place: 512.346.1114  
[www.riverplaceclub.com](http://www.riverplaceclub.com)

Onion Creek: 512.282.2150  
[www.onioncreekclub.com](http://www.onioncreekclub.com)

The Dominion: 210.698.3364  
[www.the-dominion.com](http://www.the-dominion.com)

Lantana: 940.728.4653  
[www.lantanagolf.com](http://www.lantanagolf.com)