



THE RESERVE CLUB  
AT WOODSIDE

# THE RESERVE REVIEW

Official Newsletter of The Reserve Club at Woodside

*September 2024*

A NEW SEASON FOR MAKING  
*Memories Together*





# IN THIS ISSUE

## LEARN MORE ABOUT CHRIS BATES

We recently welcomed Chris Bates as our new Director of Golf. In the center spread, learn more about him and why he is excited to have joined The Reserve Club family.



## SUMMER AT THE CLUB

We have had a busy summer filled with events here at The Reserve Club! Take a look at some of the moments we captured and the memories that were made.



## UPDATES FROM YOUR TRC TEAM

Get the inside scoop about what's happening at The Reserve Club. Read updates from Barry Garrett, Samantha Zabel, and Rich Zabel.

## GOLF AND RACQUETS UPDATES

John Keller shares a note with the Membership as he embarks on a new journey.

Nina Hon offers tips and tricks for getting competitive in pickleball.

## FALL BACK TO FITNESS

Fall is around the corner, and it is the perfect time to get back into a fitness routine! Village Fitness has the perfect challenge for you to get healthy this season.

## SEPTEMBER MUSIC NIGHT

Invite your friends and family to the September Music Night in The Village at Woodside.





# SUMMER AT THE CLUB





# SEPTEMBER EVENTS 2024

**SEPT**  
**02** **LABOR DAY BBQ**  
11:30 AM | BALLROOM

**SEPT**  
**06** **FOOTBALL PUB CLUB**  
5:30 PM | PUB BAR

**SEPT**  
**26** **BINGO NIGHT**  
5:30 PM | BALLROOM



THE RESERVE CLUB  
AT WOODSIDE

**SIGN UP FOR EVENTS ON THE SOCIAL  
CALENDAR OR WITH CLUB CONCIERGE**



FIRST FRIDAY PUB CLUB



# TAILGATE TIME!

— 09.06.24 —

CELEBRATE FOOTBALL  
SEASON WITH US!

Wear your team swag to the Pub on Friday,  
September 6th, to be entered in a raffle  
sponsored by Woodside Development.

Jerseys will be allowed in the Bar, Sports  
Lounge, and Veranda only.







## == A NOTE FROM YOUR GENERAL MANAGER ==

September is a busy golf month at The Reserve, and we have several activities scheduled for your enjoyment. As we approach each of those activities, you will begin to see individual marketing material.

We have our Mixed Member-Guest (31st - 1st), Labor Day BBQ Buffet (2nd), Twilight Zone Golf Event (5th), Club Championships and Dinner (6th - 7th), RCWGA-9 Hole Member-Guest (12th - 13th), the Men's Member-Guest (19th - 21st), and Bingo Night (26th).

The next project planned to begin soon is the construction of a new parking lot on the right side of the clubhouse by the entrance to the cart barn. This addition will greatly increase our parking capacity during peak times. Relocating all employee parking into this area will open up numerous spots around the clubhouse. Once I can confirm when our contractors are ready to begin work, you will be appropriately notified.

In September, several quick-fill purified water stations (Flowater Refill Stations) will be installed at each of the five on-course comfort stations, one at the pool and tennis building, and one at the cart staging area. The refill stations will be installed in an effort to reduce the reliance on bottled water and plastics at the Club. We will continue to add a few bottles of water in each of the golf cart coolers, but the on-course comfort stations and other areas mentioned will only have the chilled purified water refill stations available. Members are encouraged to bring their personal water thermoses, cups, or containers that are so prevalent and popular these days.

As a reminder, the Pool Snack Bar will not be staffed after Labor Day. However, the pool will remain open and heated into late October (weather permitting).

Our new Director of Golf, Chris Bates, joined the team on August 19th. I encourage everyone to take a moment when at the Club to drop by the Golf Shop and introduce yourself. Let's give him a warm Reserve Club welcome! We are excited to have Chris join our team of associates as he hits the ground running with all of our September golf events. I would also like to acknowledge and wish John Keller the very best and applaud him for his dedication and commitment to The Reserve Club over the last 20 years as our Director of Golf. John will continue working as a dedicated sales associate for The Reserve Club for the 2025 Masters Week.

We are anxiously waiting to receive our shipment of new Main Dining Room chairs, Main Dining Room chandeliers and wallpaper, HVAC vents, paint, Veranda lighting sconces, and Veranda chairs in the near term. It may be necessary to relocate our à la carte dining business for a week or so when it's time to do all the painting and wallpaper work. As soon as I have a definitive schedule, I will communicate any alternations that may be necessary to facilitate the required work to be efficiently completed.

We are continuing to work on building and developing our Service and Culinary team under the leadership of Executive Chef Jon Gamlen and Executive Sous Chef Jose Seary and our service team under the leadership of Rich Zabel and Brent Spitzer. We appreciate the positive support we have been receiving throughout the Club. We are only as good as our last meal, and thus, we strive daily to put forth our best effort. We appreciate your patience and continual support throughout this journey.

Respectfully,



*Barry Garrett*

**BARRY GARRETT**  
CCM, CCE  
CHIEF OPERATING OFFICER AND GENERAL MANAGER





## A LETTER FROM YOUR MEMBERSHIP DIRECTOR

Thank you all for a great month of August! We tried something new this month: the Murder Mystery Dinner. I was blown away by how fast the event sold out, so thank you all for your participation. The night was a blast, and it was so fun seeing everyone dressed in their sock hop attire. We will definitely host another in the future due to such a great evening! We also hosted Yappy Hour and the Make a Splash Pub Club, which is an amazing chance to support local charities and see your friends and neighbors!

Member activities are picking back up with fall on the horizon. Cornhole, a Member favorite, started back up this month. Bocce Ball will be starting back in October. The spring/summer league had a blast and is ready to get the ball rolling with cooler weather around the corner. Fall is full of golf tournaments, and we cannot wait to host them all! If you are interested in joining the men's or women's golf leagues, I would be happy to help get you in contact with the groups that are open to all Golf Members. If you are currently a Social or Sports Member and are interested in upgrading to a Golf Membership, I would be happy to assist!

Thank you all for your continued support. Please welcome our newest Members as you see new faces around the Club. The Reserve Club is a truly special place thanks to each of you!

### WELCOME NEW MEMBERS!

*AUGUST 2024*

Kander and David King

Laurie and Michael Mattheis

Dr. Kristen Paysinger and Mandeep Singh

Andrea Baumgartl and Ernest Zappoli

Carla and Timothy Gamache

Tove and Ernest Barth

Claudette and Michael Kingery



*Samantha Zabel*

SAMANTHA ZABEL  
MEMBERSHIP DIRECTOR







# MEATLOAF

## Ingredients

2.5 lbs Ground Beef  
1.5 cups Red Bell Pepper, small dice  
1.5 cups Green Bell Pepper, small dice  
2 cups Red Onion, small dice  
0.25 cup Marsala  
2 cups Panko  
1 oz. Garlic  
1.25 cup Milk  
3 Eggs  
0.25 bunch Parsley, chopped  
1 cup Parmesan, shaved  
0.5 cup Mozzarella  
1 cup BBQ Sauce  
1 tsp. Salt & Pepper

## Directions

1. In a pan, sweat the Peppers, Onions, and Garlic until cooked down.
2. Deglaze with the Marsala and cook until almost gone. Chill this mixture.
3. Mix the Panko and Milk together. Allow the Panko to absorb the Milk for 15 minutes.
4. Add the Beef to a stand mixer.
5. Add the Veggie mix, Cheeses, Panko mixture, Parsley, BBQ sauce, and seasonings to the mixer. Mix for 1 minute on speed 1, then another minute on speed 2. While the mixer is on speed 2, add the Eggs one at a time until incorporated.
6. Shape the mixture into a loaf pan (make sure to pack the mixture well to avoid air pockets).
7. Bake at 400 degrees for 10-15 minutes, then reduce the temperature to 300 degrees. Allow to cook at this temperature until the center of the loaf reaches 155 degrees.
8. Allow to rest for 15 minutes before serving, or cool down and slice for grilling later.



*Jon Gamlen*

**JON GAMLEN**  
EXECUTIVE CHEF



# Champagne Mojito

## INGREDIENTS:

2 oz. Silver Rum

6-8 leaves of fresh Mint

1 oz. Agave

Fresh Lime Juice

1-2 oz. Champagne or Prosecco

## PROCEDURE:

1. Add Rum, Agave, Lime Juice, and fresh Mint to a shaker with ice.
2. Shake ingredients.
3. Double strain into a glass.
4. Top with your favorite choice of bubbly.
5. Enjoy!



*Michelle Walker*

**MICHELLE WALKER**  
BAR MANAGER



# MEET TRC'S NEW *Director of Golf*

## GET TO KNOW CHRIS BATES, PGA



### CAN YOU TELL THE MEMBERS A LITTLE BIT ABOUT YOURSELF?

I was born and raised in the Pacific Northwest. After high school, I attended Washington State University, where I received a degree in Exercise Science and Sports Management. I started my golf career in Seattle but soon after moved to North Carolina, where I met my wife, Kristi. We have two children, our daughter Megan (17) and son Charlie (15). They have been fortunate to grow up with a true Southern lifestyle.

### WHEN AND HOW DID YOU BEGIN TO BE INTERESTED IN GOLF?

After I had exhausted all avenues of competitive collegiate athletics, I turned to golf. I loved the challenge of the sport and realized it was a sport I could play for my entire life. I think the reason I enjoy being around the sport and teaching it is so I can relay that message to established and new golfers alike.

### WHAT IS YOUR EXPERIENCE IN GOLF?

My experience in golf comes from my passion to serve and teach. Taking up golf later in life pushed me to get to a level that was not only competitive but also experienced in service and instruction. I have been serving and instructing for almost 24 years, and I've been a member of the PGA of America for 20 years. I pride myself on providing an atmosphere of learning, professionalism and, most importantly, fun for my students, Members, and their guests.





## **WHICH GOLF EVENTS WERE YOUR FAVORITE TO PARTICIPATE IN?**

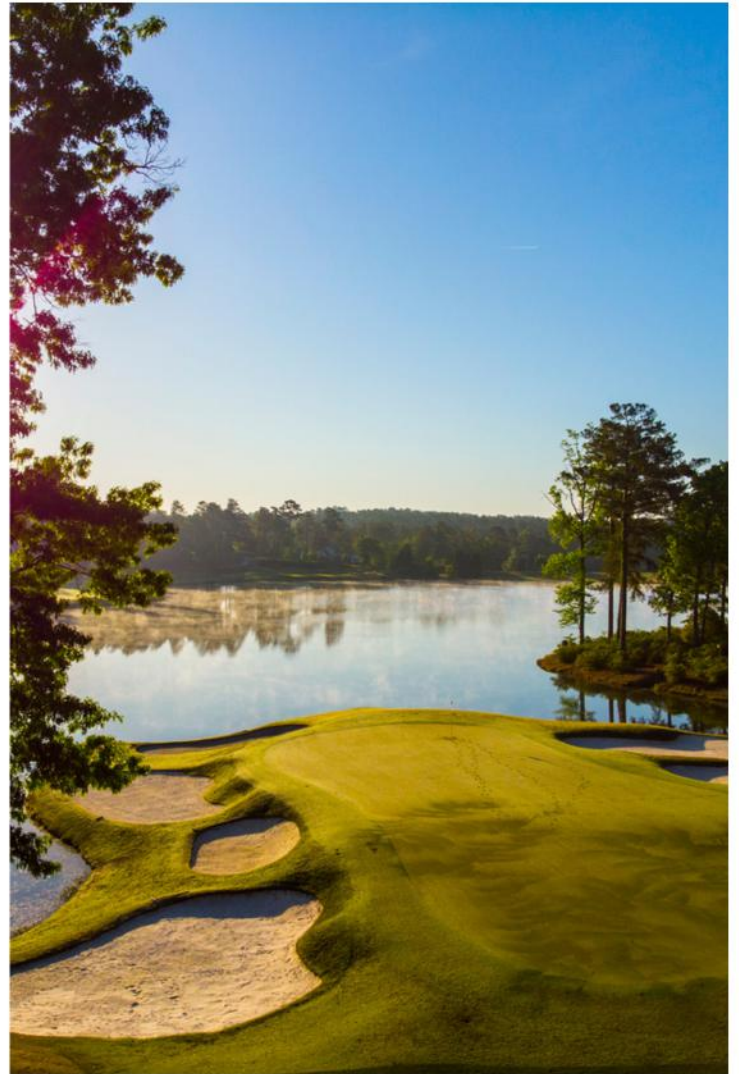
The Carolinas Open was the first event I participated in as a professional. I will never forget it!

## **WHAT DO YOU THE LOVE MOST ABOUT GOLF?**

Unlike any other sport, the game of golf provides us with the opportunities to form lifetime relationships and friendships. The opportunity to spend four hours with a potential stranger, get to know them, and form a friendship, is a priceless trait of this great game.

## **WHO ARE YOUR THREE FAVORITE PROFESSIONAL GOLFERS AND WHY?**

Jack Nicklaus set the bar with 18 majors, Arnold Palmer brought the game of golf to the common person, and Tiger Woods changed the perception of golf through youth, style, and athleticism. The game provides us with so many personalities and flair, there is someone out there for everyone to root for.



## **WHAT BROUGHT YOU TO THE RESERVE CLUB?**

Fifteen years ago, I was presented with the opportunity to spend some time in Aiken. After a few years of gaining some familiarity with The Reserve Club, it was not a hard decision when the opportunity was presented.

## **WHAT ARE YOU LOOKING FORWARD TO AT THE RESERVE CLUB?**

I am extremely excited about forming new, lasting relationships and rekindling old ones. I am looking forward to combining some of my experiences and expectations with the true, formed traditions of The Reserve Club.







# DINING & EVENT UPDATES

Fall has almost arrived! As summer comes to a close, I wanted to briefly recap the incredible events we hosted in August and highlight what is to come in September.

## TAKE A LOOK BACK AT AUGUST

August was a great month for us as we held a variety of events, including golf tournaments, birthday and farewell celebrations, and some fun-themed nights.

The month kicked off with Italian Night in the Main Dining Room as we had over 100 Members and guests come and enjoy some delicious offerings from Chef Jon and the team. The RCMGA hosted their “Dog Days of Summer” tournament and enjoyed an excellent post-round spread. On August 24th, we hosted a Murder Mystery Dinner in the ballroom where Members spent the evening trying to figure out “whodunit.” Thank you to all who came out and enjoyed the evening. We rounded out the month with our annual “Make a Splash” Pub Club, where Mike Battaglia and Jim Ruthven took turns in the dunk tank raising money for Aiken Equine Rescue and CanHope, two excellent local charities. Thank you for all of your donations, and I am glad everyone had a blast!



## SEPTEMBER IS ALMOST HERE

September will be quite a busy month around the Club as we close out the pool season with our Labor Day BBQ and welcome back golf tournament season. Please be sure to make your reservation for the BBQ as spots are filling up. We are also hosting the W.O.W. kickoff event where both new and existing Members can come and check out what we have to offer inside this amazing community. Some of the golf tournaments we will be hosting include our Mixed Member-Guest, Twilight Zone, RCWGA 18-Hole Pool Event, RCWGA 9-Hole Member-Guest, Men’s Member-Guest, and the monthly RCMGA event. We are excited to see everyone around the Club in September.

As always, we thank you for your continued support of our Food & Beverage team.



*Rich Zabel*

**RICH ZABEL**  
ASSISTANT MANAGER





# Time to Get Competitive!

## UPCOMING EVENTS

### Labor Day Racquets

*Play rounds with multiple partners for a fun, social Round Robin. All levels welcome!*

September 2 | 9:00 AM - 11:00 AM

### Adult Pickleball Bootcamp

*3 days of full immersion pickleball instruction and play!*

September 12 - 14 | 9:00 AM - 12:45 PM

### USTA Thyroid Cancer Tournament

*Enjoy friendly tennis competition while benefitting a great cause!*

September 27 - 29 | 8:00 AM

### Mixed Pickleball Bootcamp with Tournament

*Experience a 2 day bootcamp for skills and strategies for MIXED Doubles Pickleball!*

*Finish the 3rd day with a competitive Round Robin Tournament.*

October 10 - 12 | 9:00 AM - 12:45 AM

---

## WEEKLY EVENTS

### Three and a Pro - Pickleball

Thursdays | 10:30 AM

### Private Pickleball Lessons

By Appointment

### Beginner Clinics

Tuesdays | 10:00 AM

\*\*\*Please be sure you always sign up for the event you are intending to participate in. If there is no one scheduled for an event, you run the risk of us scheduling an event in its place or the event getting canceled. Signing up on the calendar is the only way to secure your spot.\*\*\*

You have been playing for a while now. You have taken lessons and improved your game. You win most of your recreational games. It's time for a new challenge! Why not try your hand at a local pickleball tournament? We are fortunate to live in the CSRA, where multiple opportunities exist to participate in competitive events. There are tournaments monthly from Augusta to Columbia! Tournaments can be a great way to gauge your progress in the sport.

So, what should you expect from your first tournament? Prepare for a fun, long day. Pack like a scout and prepare for everything! You'll want to pack snacks that have both carbs and protein to keep you fueled all day. Tournaments will likely have water on hand, but you should also bring some form of electrolyte replacement (Gatorade, Powerade, etc.). A change of clothes and socks is also very useful. Make sure you dress for the weather. If it is warm, light clothing that is moisture-wicking is optimal. Cooler days require layers.

On the day of the tournament, be sure to arrive early. You'll want to check in at the registration desk. Usually, tournaments will provide a goodie bag! Be sure to check your playing times, tournament format, and court locations. After you have gotten settled, be sure to leave time for a good warmup with your partner. A good pregame warmup should take at least 10 minutes or longer. Be sure to get your heart rate up and stretch. When you hit with your partner, practice your dinks, drops, volleys, and speed volleys. Make sure you and your partner feel ready to play. While you are warming up, try to pay attention to your competition. Size them up so you know what to expect. Does one of them like to hit the ball hard and drive it? Are any of them left-handed?

Lastly, play your game and HAVE FUN! It is normal to be a little nervous, try to relax and play your game. You may find yourself playing games against great players. In tournaments, it is common practice for teams to focus on who they believe is the weaker player. If this is you, do not take it personally. Be determined and use it to get better. Don't forget that you and your partner can use the same strategy. At the end of the day, remember it is just a game and the most important thing is to grow as a player and have fun!

See you on the courts!



*Nina Hon*

**NINA HON**

HEAD PICKLEBALL PROFESSIONAL



# Superintendent's Message

A farmer's weather forecast: if it's dry, it'll rain soon; if it's wet, wait for the drought! Greens Superintendents are a lot like farmers, we're always watching the weather, and we're usually looking for something different. Living in the southeastern United States, we can see some wild weather, and August was no exception. We had heavy rains, tropical storm Debby, and warm/dry stretches. The good news is that bermudagrass does well in these conditions, and the survey results show that you (the Membership) can see the results. The unfortunate news is that invasive grasses and weeds also like this weather, and we are actively taking action to address these and other pests, such as armyworms.

Like every month, we were busy in August. The busy fall event season is almost upon us, and we want to be in peak condition! The aerification process on the Reserve Course went well, and we got a lot of work done, including multiple drainage projects and previously delayed maintenance work. We worked on many of the native areas (including the pond on #9 Reserve) and continue to do so.

A few cautionary words: we normally spray insecticides, weed killers, and anti-emergents on Mondays. I mention this because we have pictures of Members practicing on the course on Mondays, and the problem with that is our sprays (which in many cases are not suitable for the greens) may be walked onto the greens causing damage. I implore you to please not engage in this practice.

The minutes from the Greens Committee meeting can be found on the Club website. Simply go to the "Resources" tab, select "Advisory Board & Committee Role and Responsibility," and click on "Recent Committee Minutes."



This is a picture of #1 Hollow Creek after a recent gully washer, taken from the last hill above the green. As you can see, when water has to travel very far over land it can be very destructive. The greens maintenance team repaired and resodded this area. Another underground spring has been discovered in this area which will be repaired with additional drainage.



*Robert Padgett*

**ROBERT PADGETT**  
GOLF COURSE SUPERINTENDENT

## TIP OF THE MONTH

Please remember to rake the bunkers after hitting your shot. No one likes to play out of footprints. Return the rake to its proper position with the raking end in the bunker.

	# of		Reserve	Reserve	Reserve	Reserve	HC	HC	HC	HC
Month	Surveys	Score	Greens	Fairways	Tees	Bunkers	Greens	Fairways	Tees	Bunkers
January	1	7.00	1.00	2.00	2.00	3.00	2.00	2.00	2.00	3.00
February	49	7.47	4.00	3.28	3.79	3.12	4.05	3.22	3.81	3.16
March	102	8.03	4.18	3.30	3.79	3.32	4.24	3.34	3.94	3.32
April	101	8.18	4.28	3.74	3.68	3.30	4.21	3.47	3.71	3.29
May	150	8.20	4.40	3.97	3.84	3.44	4.31	3.69	3.86	3.49
June	111	8.49	4.23	4.15	3.75	3.32	4.23	3.80	3.80	3.38
July	78	8.95	4.55	4.39	4.09	3.53	4.49	4.30	4.27	3.77
August	50	9.30	4.24	4.24	4.09	3.24	4.35	4.20	4.20	3.35
<b>Total</b>	<b>642</b>	<b>8.31</b>	<b>4.27</b>	<b>3.86</b>	<b>3.83</b>	<b>3.33</b>	<b>4.26</b>	<b>3.69</b>	<b>3.89</b>	<b>3.40</b>



# Golf Updates

Dear Members,

After 20 years of service as Director of Golf at The Reserve Club, the time has come for me to step down. This change, though bittersweet, marks the end of a significant chapter in my life and the beginning of a new, exciting journey.

When I first stepped onto the grounds of The Reserve Club in 2004, I could never have imagined the incredible experiences and friendships that would unfold. It has been my utmost honor to serve you and contribute to our shared passion for the game of golf.

Throughout these years, we have enjoyed countless tournaments, celebrated numerous champions, witnessed remarkable achievements, and embraced the ever-evolving nature of golf. Each moment has been a testament to the spirit and dedication of our Members and staff. Your enthusiasm, support, and commitment to the game of golf have been the driving force behind our Club's success.

Although I will no longer be involved in daily golf operations at The Reserve Club, I will continue to focus on growing the Club's Masters Week program and providing exciting golf travel opportunities for Reserve Club Members. I am excited about the opportunity to spend more time with my wife, Barbara, and enjoy some time traveling. I also look forward to having time to work on my golf game, play our beautiful Reserve Club courses with you, and possibly compete in a tournament or two.

I am confident that Chris Bates will be a passionate and dedicated Director of Golf to lead The Reserve Club into the next chapter.

In closing, I want to express my deepest thanks to each of you for your support, friendship, and the countless memories we have shared. The Reserve Club will always hold a special place in my heart, and I am eager to see how the Club continues to grow and thrive in the years to come.



*John Keller*

**JOHN KELLER**  
DIRECTOR OF GOLF



## Don't Hesitate to Sign Up!

RCWGA 9 Reserve  
Woodside Exchange

September 4

Men's & Women's  
Club Championships

September 6

Women After Work  
Weekly

Begins September 19

RCMGA Reserve  
Club Classic

September 26

RCWGA-18  
Member-Guest

October 2 - 4



# RCMGA NEWS

"We have Something for Everyone!"



## RCMGA BOARD

Mike Battaglia, President  
Bill McKool, VP &  
Communications  
Jim Ruthven, Treasurer  
Scott Calhoun, Secretary  
Dave Hemingway, Events  
Tom Butler  
Ron Kuntz

**ADVISORS**

Scott Johnson  
Mike Lee

## DOG DAYS OF SUMMER WINNERS

Gross Winners:  
Bill Crowl, Joel Gissendanner,  
Jerry Fortenberry, Mike Battaglia

Net Winners:  
Scott Calhoun, Jim Rados,  
Al Connelly, Steve Pate

## THE RESERVE CLASSIC MAJOR CHALLENGE

RESERVE COURSE  
SEPTEMBER 26

Four-Man Teams  
2 Best Balls  
Stableford Scoring  
Gross & Net Divisions  
50% More Cup Points  
\$500 Added to the Prize Pool

Awards for Winning Teams in Both Divisions

## President's Message:

The chase is on! The top ten leaderboard has gotten incredibly tight, with just two events remaining in the chase for the 2024 RCMGA Jim Hudson Cup Championship. This month's Dog Days of Summer 4-man team scramble winners (pictured) picked up some precious points, and the competition is keen. For the Dog Days scramble event, the RCMGA Board added a \$500 cash award for any team skins winner to go along with its normal monthly awards, once again proving the RCMGA "has something for everyone".

With two events remaining, our membership has "their eyes on the prize" as they wish to capture the Jim Hudson Cup and the first-place \$600 cash prize that goes along with it. Our September event, The Reserve Classic, is the second major of the year, and all Hudson Cup points will be doubled for that event.

The RCMGA is privileged to be a key asset for the Club, aiding new TRC Members as they navigate a new home, a new city, and for many, a new lifestyle. The RCMGA provides the opportunity for new Members to meet and create new friendships. This year we are very excited about the growth of the RCMGA with 27 new members. Not only has our overall membership grown, but we are also extremely proud to show a year-over-year increase in monthly registration at every event this year.

As the season races to the Championship, much work remains to do. Crowning a champion at our year-end banquet in November is essential, but the introduction of new Board members is equally important. The strength of the RCMGA comes from the willingness of nine men to dedicate their time as RCMGA Board members, and we have two openings for 2025. The election process is underway. I want to invite any of our members interested in being part of the 2025 Board and beyond to speak to a present Board member. We would love to discuss the voting process and Board responsibilities with you. The wonderful events you have attended take dedication, creative thinking, and a willingness to be part of a winning team. If that's you, we would like to hear from you!

I wish all our members the best of luck with our last two events, which will be much fun! There will be plenty of time to grab some good money, great prizes, and have great lunches with friends. See you at the Club!

*Mike Battaglia, President*



Gross Winners

Net Winners

*Find more information about the RCMGA on the Club website.*



# RCWGA NEWS

## 9 - HOLERS

The RCWGA-9 Holer ladies got together on August 1st for the Summer Mingle. We tested our skills at the indoor putting contest and enjoyed each other's company! The Niners are gearing up for our annual Member-Guest tournament at "Mulligan's Island." It will surely be a great time with everyone dressed in their best nautical outfits!

## RCWGA 9 RESERVE/WOODSIDE EXCHANGE

September 4

Join the Niners on the Nicklaus Course for the Reserve/Woodside Exchange. Enjoy a 4-person scramble, lunch, and awards. Registration is open on ForeTees until September 1st, so don't hesitate to sign up!



## 18 - HOLERS

Our Member-Guest tournament, "The Camellia Classic," is coming up and is scheduled for October 2nd—4th. This is a two-day ringer tournament format that allows players to improve their scores over the two days of play. There are several fun activities planned, such as a Par 3 scramble, welcome reception pool party, fashion show, dinner with music, and awards.

The RCWGA 18 welcomes female golfers of all abilities. It is never too late in the year to join. If you are interested, you can contact Holly Connelly.

## CAMELLIA CLASSIC

October 2 - 4

Mark your calendars and invite your guests to the annual Member-Guest Tournament! The details and schedule can be found online at [www.thereserveclubatwoodside.com/camellia/](http://www.thereserveclubatwoodside.com/camellia/)





# Fall Back to Fitness



As the leaves start to fall, it's the perfect time to fall back into your fitness routine! Our Fall Back to Fitness Challenge is designed to help you rest, recharge, and finish the year stronger than ever. We have two programs so you can decide which works best for you and your lifestyle:

## Option 1

### 3-Week Program

\$99

**Begins 9/30/24 or 10/21/24**

## Option 2

### 6-Week Program

\$170

**Begins 9/30/24**

## What's Included?

- **3 Small Group Personal Training Sessions a Week** (by appointment)
- **Unlimited Team Training** (Afterburn & Foundations)
- **Personalized Program Design**
- **Meal Planning Guidance**
- **Pre & Post Assessments** with our FIT-3D Proscanner
- **Functional Movement Screening** (FMS)
- **Tailored Programs** based on your FMS scores
- **Proactive Accountability** to keep you on track

Whether you're looking for a quick reset or a comprehensive transformation, this challenge is tailored to help you achieve your goals!

## Ready to Commit?

Secure your spot today at  
[www.JoinVFFallBackToFitness.com/2024](http://www.JoinVFFallBackToFitness.com/2024)





the  
**Village**  
at Woodside

# September **MUSIC** Night

SEPT. 27 | 6 PM - 8 PM

**THE VILLAGE AT WOODSIDE**

Join us for an evening of live music from North Carolina-based performer Joshua Kendrick. The event is free and open to the public, so invite your friends and family!



Scan  
for More  
Info  
→







# THE RESERVE CLUB

AT WOODSIDE



803.648.1601

[www.TheReserveClubAtWoodside.com](http://www.TheReserveClubAtWoodside.com)