



City of Cambridge

28.

IN CITY COUNCIL

November 23, 1998

COUNCILLOR TOOMEY
 COUNCILLOR BORN
 COUNCILLOR DAVIS
 MAYOR DUEHAY
 VICE MAYOR GALLUCCIO
 COUNCILLOR REEVES
 COUNCILLOR RUSSELL
 COUNCILLOR SULLIVAN
 COUNCILLOR TRIANTAFILLOU

- WHEREAS: It has come to the attention of this City Council that Enamullah Khan, Boston's (and Cambridge's) "Mr. Squash" is leaving the Cambridge Racquet and Fitness Club (CRFC) to move to Boca Raton, Florida; and
- WHEREAS: Enamullah started the Squash program at CRFC in 1992 with three players; and
- WHEREAS: Thanks to Enamullah's talent and energy, the CRFC Squash program is one of the most popular in New England, with eighty players; and
- WHEREAS: Enamullah was voted "Best of Boston Squash Pro" in 1992 and CRFC's racquet program was awarded "Boston's Best" this year; and
- WHEREAS: Under Enamullah's leadership the club has won the State "B" tournament for team competition for the last two years, and the womens' team made the team playoff the first year in the league; now therefore be it
- RESOLVED: That the City Council go on record expressing its best wishes to Enamullah Khan as he leaves the terrific program he has built at the Cambridge Racquet and Fitness Club and moves to Boca Raton; and be it further
- RESOLVED: That the City Clerk be and hereby is requested to forward a suitably engrossed copy of this resolution to Enamullah Khan on behalf of the entire City Council.

In City Council November 23, 1998.

Adopted by the affirmative vote of eight members.

Attest:- D. Margaret Drury, City Clerk.

A true copy;

D. Margaret Drury

ATTEST:-

D. Margaret Drury
 City Clerk

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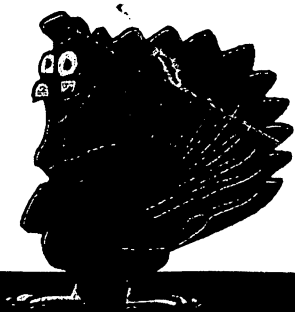
Whereas: Under Enamullah's leadership the club has won the state "B" tournament for team competition the last two years and the women's team made the team playoff the first year in the league; now therefore be it

Resolved: That the C-C go on record expressing its best wishes to Enamullah Khan as he leaves the ~~of~~ tennis program he has built at the Cambridge ~~Racquet~~ Racquet and Fitness Club and

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Resided: SEC

CRF Club News



November 1998

Produced by Tamara Mossey



The Winning Just
Doesn't Stop!

Have you heard the news? CRFC Membership office is giving away prizes every day! In September, we launched the Member Referral Program, where every new member that signs up due to your glowing recommendation, receives \$25 Referral Bucks -and you receive them too! And, the buck doesn't stop there... Both you and the new member are eligible to win the monthly prizes. Keep reading for more information on the upcoming give-aways. (Visit the Membership Office for more details.)



Win...Free Membership with Boston Ski & Sports Club

Ski	Mountain Bike	Floor Hockey
Snowboard	In-Line Skate	Whitewater
Hike	Softball	Rafting
Canoe	Soccer	Tennis
Volleyball	Football	Day Trips
Football	Basketball	Social Events
Rock Climb	Golf	Leagues

"We make it easy to play hard" 617-789-4070

Upcoming Prizes...

November 18th

\$100 gift certificate for
C.Q.I. Hair Salon

December 16th

Free Membership to
Boston Ski & Sports

See inside for more details.

FREE...Facial, Manicure, Hair Cut...

On Wednesday Nov 18, at the Member Appreciation Party, we will be drawing and awarding one lucky member with a \$100 gift certificate for C.Q.I. Hair Salon. Located just 2 blocks away by the Cambridge Galleria Mall, C.Q.I. offers a complete range of services including manicures, pedicures,

facials, tanning, hair services, and more. All CRFC members can take advantage of the savings, because when you present your ID card, you receive...

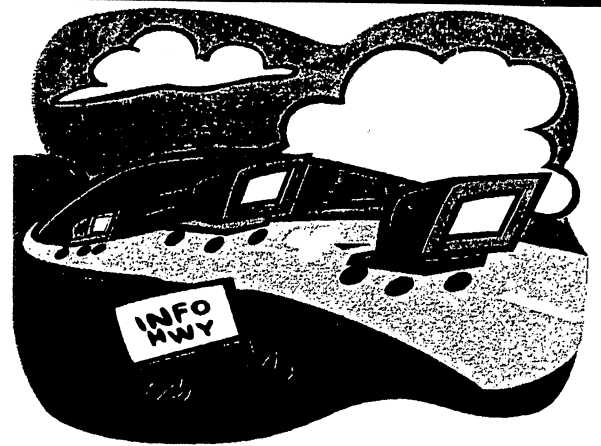
\$3 off all hair services
10% off all retail products
(Shampoo, conditioner, nail products, tanning lotions, and more -all 10% off)

Call 617-354-0053

Cycling Trip Through the Rockies



Are you bored with your cardiovascular workout? Are you tired of doing the same thing to the same tape every day? How would you like to have an instructor and invigorating music motivating you through 45 minutes of heart pounding, sweat pouring, endorphin popping, calorie burning, cardiovascular challenge? Now that winter is on its way, how would you like to take this virtual outdoor biking trip on an indoor bike. You can do this in the comfort of CRFC's Studio Cycling room. The good news is this class caters to all fitness levels because... if you can pedal, you can do the class! The class is self-paced and therefore allows the novice exerciser and the Olympian enthusiast to both leave satisfied. The cycle classes are free for Gold members and \$5 for Silver members. Never tried one before? No problem! Stop by the Membership office and we will issue first time Silver users a free cycling pass to try one of these fabulous classes. This offer is good for classes November 14 through November 28.



Visit us on the web!

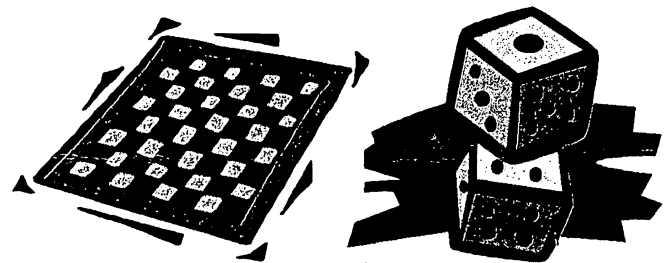
Check it out! CRFC's web site has new features. The "Workout of the Week" will be posted and past ones catalogued, CRF Club News will be featured monthly and the "What's New" button on the main menu will link to a page announcing upcoming events. You can also find the updated aerobics schedule. So, click on to...

www.cambridgefitness.com

Dawn Ponte ..."Artiste"



By the way, did you know that Dawn Ponte is the talented artiste that painted the mountain scene in the cycling room! Dawn will be continuing to display her talent, as her next project is to paint a mural in the massage therapy room.



GAMES...

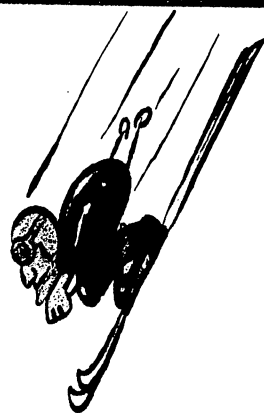
Challenge your friends to a game while you are eating, relaxing, or socializing in the Restaurant & Sports Bar. We now have Scrabble, Jenga, Scattagories and Chess. You can check out a game at the front desk.



MEMBER APPRECIATION PARTY!

We Appreciate You So
You Can Appreciate Us!

CRFC's second monthly Member Appreciation Party was a smashing success, with good friends, good food, and the premiere of Scattegories! Kerri Underwood was the first winner in the new Member Referral Program. She was the lucky recipient of a dinner for two in CRFC's Restaurant & Sports Bar and two 1/2 hour massages -that she shared with her workout partner Teri Nelson. The fun continues on Wednesday Nov 18th (7-9pm) at the next Member Party. We hope to see you all there!



SKI CONDITIONING

Get in shape for the slopes with CRFC's annual Ski Conditioning class. This popular program incorporates Reebok slides and ski poles to improve your techniques and endurance so your ready to ski your way through the winter months.

5 week class

Starts Nov 12

7:30 - 8:15pm

Silver Members \$20/5 weeks

Gold Members FREE

Non-Members \$50/5 weeks

Bring your own ski poles.

Sign up at the front desk.



CHANGES TO GROUP EXERCISE SCHEDULE... NEW CLASSES!

AEROBICS...

Mon	6:30-7:30pm	Ultimate Weights and Conditioning (Melissa)
Tues	12:05-1:00	Body Blitz (Kristy)
Thurs	6:30-7:30pm	The Athletes' Circuit (Tamara)
Fri	6:30-7:30am	Interval (Kristy)

CYCLING...

Tues	7:00-7:45pm	(Steve U)
Wed	6:30-7:15am	(Steve U)
Thurs	7:00-7:45pm	(Sheila) NEW!
Fri	6:30-7:15am	(Steve U)

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11/23



FAREWELL TO A CRFC FAVORITE... WE'LL MISS YOU ENAMULLAH!

Toomey

We are sad to announce that Enamullah Khan, Boston's Mr. Squash, is moving to Boca Raton, Florida on November 5. Enamullah started the Squash program at CRFC in 1992 with 3 players. His incredible talent and exuberant personality are responsible for developing the program into the most popular one in New England, currently with 80 players. He was voted "Best of Boston Squash Pro" in 1992 and CRFC's racquet programs were awarded "Boston's Best" this year. The club has won the state "B" tournament for team competition the last 2 years and the womens' team made the team playoff the first year in the league. Enamullah comes from a family of world-renowned and world champion squash players. We are fortunate to have his three brothers running the award-winning program in Enamullah's absence. Please welcome Naji, Sakhi and Niamat Khan. There will be a gathering on Wednesday night, Nov 4, in the bar to say farewell to him. Best of luck Enamullah. You will be missed!!

Healing Hands of Massage

There is a growing awareness that a complete workout routine includes not only the exercise itself, but also caring for the wear-and-tear and minor injuries that naturally occur with strenuous movement. Everyone can benefit from regular massage. Conditionning is the process of pushing your physical limit thereby making small tears in your muscle tissue, followed by recovery and then building up the muscle tissue to meet the new demands. This "tearing down" process often involves stiffness and soreness. Heavily exercised muscles may also lose their capacity to relax, causing chronically tight muscles, and loss of flexibility. Massage helps by improving blood and lymph circulation, leading to increased removal of waste products such as lactic acid, and also muscle and mental relaxation. It all leads up to relief from soreness and stiffness, better flexibility and less potential for future injury. Have you tried the healing hands of Jean,

Andrea or Rose yet? Reward yourself with a 30, 60, or 90 minute massage.

Appointments are booked at the front desk.

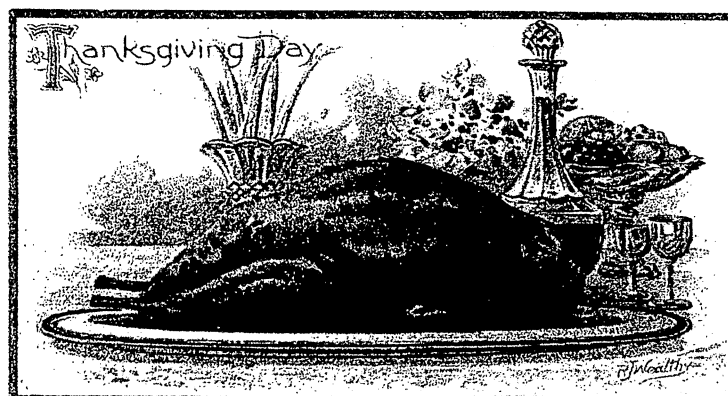


For the mind...

"We are what we repeatedly do.

Excellence, then, is not an act, but a habit."

-Aristotle



HAPPY THANKSGIVING FROM CRFC!



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Consent Order #28

Councillor Toomey re: best wishes to
Enamullah Khan as he leaves the
Cambridge Racquet and Fitness Club and
moves to Boca Raton, Florida.

In City Council November 23, 1998

ORDER ADOPTED