

July 2018 Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 1 Ping Pong 6:30 Pickleball	2 Men's Golf 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics	3 7 Pickleball 7 Ladies tennis 7:30 Ladies 9 hole 8:15 Yoga 9 Bocce 9:30 Stretch 10:30 Strength 6:30 Pickleball	4 7 Pickleball 7 Club Tennis 7 Men's 9 hole 7:45 Yoga 9 Water aerobics 1 Ping Pong	5 Men's Golf 7 Pickleball 7 Ladies tennis 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball	6 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics 1 Bowling	7 7 Pickleball 7 Club tennis
8 1 Ping Pong 6:30 Pickleball	9 Men's Golf 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics	10 7 Pickleball 7 Ladies tennis 7:30 Ladies 9 hole 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball	11 7 Pickleball 7 Club Tennis 7 Men's 9 hole 7:45 Yoga 9 Water aerobics 1 Ping Pong	12 Men's golf 7 Pickleball 7 Ladies Tennis 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball	13 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics 1 Bowling	14 7 Pickleball 7 Club tennis
15 1 Ping Pong 6:30 Pickleball	16 Men's golf 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics	17 7 Pickleball 7 Ladies tennis 7:30 Ladies 9 hole 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball	18 7 Pickleball 7 Club tennis 7 Men's 9 hole 7:45 Yoga 9 Water aerobics 1 Ping Pong	19 Men's golf 7 Pickleball 7 Ladies tennis 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball	20 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics 1 Bowling	21 7 Pickleball 7 Club tennis
22 1 Ping Pong 6:30 Pickleball	23 Men's golf 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics	24 7 Pickleball 7 Ladies tennis 7:30 Ladies 9 hole 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball	25 7 Pickleball 7 Club tennis 7 Men's 9 hole 7:45 Yoga 9 Water aerobics 1 Ping Pong	26 Men's golf 7 Pickleball 7 Ladies tennis 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball	27 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics 1 Bowling	28 7 Pickleball 7 Club tennis
29 1 Ping Pong 6:30 Pickleball	30 Men's golf 7 Pickleball 7 Club tennis 7:45 Yoga 9 Water aerobics	31 7 Pickleball 7 Ladies tennis 7:30 Ladies 9 hole 8:15 Yoga 9 Bocce 9:30 Stretch 6:30 Pickleball				

Notes: _____
