


August 2018 Fitness

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

Notes: _____
