

October 2018 Fitness

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