

November 2018 Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Notes: <hr/> <hr/> <hr/> <hr/>				1 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:30 Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6:30 Pickleball	2 7 Pickleball 8 Club Tennis 9 Water aerobics 1 Bowling	3 7 Pickleball 8 Club tennis
4	5 Men's Golf 7 Pickleball 7:45 Yoga 8 Club tennis 9 Water aerobics	6 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:20 Yoga 10:30 Stretch 11:30 Strength 1 Bocce 2 Ladies 9 Hole 6:30 Pickleball	7 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics 2 Men's 9 Hole 4 Ping Pong	8 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:30 Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6:30 Pickleball 1	9 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg. Line Dance 11 Inter. Line Dance 1 Bowling	10 7 Pickleball 8 Club tennis
11 1 Ping Pong	12 Men's Golf 7 Pickleball 7:45 Yoga 8 Club tennis 9 Water aerobics	13 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:20 Yoga 10:30 Stretch 11:30 Strength 1 Bocce 2 Ladies 9 Hole 6:30 Pickleball	14 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics 1 Ping Pong 2 Men's 9 Hole	15 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:30 Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6:30 Pickleball	16 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Line Dance 11 Inter Line Dance 1 Bowling	17 7 Pickleball 8 Club tennis
18 1 Ping Pong	19 Men's Golf 7 Pickleball 7:45 Yoga 8 Club tennis 9 Water aerobics	20 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:20 Yoga 10:30 Stretch 1 Bocce 2 Ladies 9 Hole 6:30 Pickleball	21 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics CLOSING @ 2pm	22 CLOSED Happy Thanksgiving 	23 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Line Dance 11 Inter Line Dance 1 Bowling	24 7 Pickleball 8 Club tennis
25 1 Ping Pong	26 Men's Golf 7 Pickleball 7:45 Yoga 8 Club tennis 9 Water aerobics	27 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:20 Yoga 10:30 Stretch 2 Ladies 9 Hole 6:30 Pickleball	28 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics 1 Ping Pong 2 Men's 9 Hole	29 Men's Golf 7 Pickleball 8 Ladies tennis 8:15 Fun & Fit 9:30 Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6:30 Pickleball	30 7 Pickleball 8 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Line Dance 11 Inter Line Dance 1 Bowling	