

December 2018 Fitness

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|---|--|--|
| | | | | | | 1 7 Pickleball 8 Club Tennis |
| 2 11 Ping Pong 6pm Pickleball | 3 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics | 4 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 8:15 Fun & Fit 9:20 Chair Yoga 10:30 Stretch 11:30 Strength 1 Bocce 2 Ladies 9 hole 6pm Pickleball | 5 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole | 6 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 8:15 Fun & Fit 9:20 Chair Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6pm Pickleball | 7 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 1 Bowling | 8 8 Pickleball 9 Club Tennis 1 Ping Pong |
| 9 6pm Pickleball | 10 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics | 11 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 8:15 Fun & Fit 9:20 Chair Yoga 10:30 Stretch 11:30 Strength 1 Bocce 2 Ladies 9 hole 6pm Pickleball | 12 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping pong 2 Men's 9 hole | 13 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 8:15 Fun & Fit 9:20 Chair Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6pm Pickleball | 14 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 10 Beg dance 11 Inter dance 1 Bowling | 15 8 Pickleball 9 Club Tennis |
| 16 11 Ping Pong 6pm Pickleball | 17 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics | 18 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 8:15 Fun & Fit 9:20 Chair Yoga 10:30 Stretch 11:30 Strength 1 Bocce 2 Ladies 9 hole 6pm Pickleball | 19 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping pong 2 Men's 9 hole | 20 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 8:15 Fun & Fit 9:20 Chair Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6pm Pickleball | 21 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 10 Beg dance 11 Inter dance 1 Bowling | 22 8 Pickleball 9 Club Tennis |
| 23 1 Ping Pong 6pm Pickleball 30 11 Ping Pong 6pm Pickleball | 24 CLOSING AT 2PM Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 31 Men's golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics | 25 Closed Happy Holidays  | 26 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole | 27 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 8:15 Fun & Fit 9:20 Chair Yoga 10:30 Stretch 11:30 Strength 1 Bocce 6pm Pickleball | 28 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 10 Beg dance 11 Inter dance 1 Bowling | 29 8 Pickleball 9 Club Tennis |