

January 2019 Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2019 May we all have a wonderful year filled with joy and laughter		1 Men's Golf Women's Golf 8 Pickleball 9 Ladies Tennis 1 Bocce 2 Ladies 9 hole 6pm Pickleball <u>CENTER IS CLOSED</u>	2 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole	3 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	4 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 1 Bowling	5 7 Pickleball 8 Club Tennis	
	6 1 Ping Pong 6pm Pickleball	Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics	8 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	9 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole	10 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	11 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	12 7 Pickleball 8 Club Tennis
	13 1 Ping Pong 6pm Pickleball	14 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics	15 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	16 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole	17 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	18 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	19 7 Pickleball 8 Club Tennis 12:30 Ping Pong
	20 6pm Pickleball	21 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics	22 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	23 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole	24 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	25 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	26 7 Pickleball 8 Club Tennis 12 Ping Pong
	27 6pm Pickleball	28 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water aerobics	29 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	30 7:45 Yoga 9 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole	31 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		