

FEBRUARY 2019 FITNESS

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