

APRIL 2019 FITNESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
Tennis Clubs play Monday, Wednesday, Friday and Saturday at 8a.m.	1 Men's Golf 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics	2 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	3 7:45 Yoga 8 Club Tennis 9 Water aerobics 1:30 Ping Pong 2 Men's 9 hole	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 6pm Pickleball	5 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics 1 Bowling	6 7 Pickleball 8 Club Tennis		
7 1 Ping Pong 6pm Pickleball	8 Men's Golf 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics	9 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	10 7:45 Yoga 8 Club Tennis 9 Water aerobics 1:30 Ping Pong 2 Men's 9 hole	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 6pm Pickleball	12 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	13 7 Pickleball 8 Club Tennis		
14 1 Ping Pong 6pm Pickleball	15 Men's Golf 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics	16 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	17 7:45 Yoga 8 Club Tennis 9 Water aerobics 1:30 Ping Pong 2 Men's 9 hole	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 6pm Pickleball	19 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	20 7 Pickleball 8 Club Tennis		
21 6pm Pickleball HAPPY EASTER CENTER HOURS 11A.M.-2P.M.	22 Men's Golf 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics	23 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	24 7:45 Yoga 8 Club Tennis 9 Water aerobics 1 Ping Pong 2 Men's 9 hole	25 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	26 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	27 7 Pickleball 8 Club Tennis		
28 1 Ping Pong 6pm Pickleball	29 Men's Golf 7:45 Yoga 8 Pickleball 8 Club Tennis 9 Water aerobics	30 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	 <p><i>"Believe you can and you're halfway there"</i> - THEODORE ROOSEVELT - MOTIVATIONPING.COM</p>					