

JUNE 2019 FITNESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
EVERY JOURNEY BEGINS WITH A SINGLE STEP. BUT YOU'LL NEVER FINISH IF YOU DON'T START.						1 7 Pickleball 7:30 Club Tennis
2 1 Ping Pong 6:30pm Pickleball	3 Men's Golf 7 Pickleball 7:45 Yoga 7:30 Club Tennis 9 Water aerobics	4 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	5 7:45 Yoga 7:30 Club Tennis 7:30 Men's 9 hole 9 Water aerobics 1:30 Ping Pong	6 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	7 7:45 Yoga 7 Pickleball 7:30 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	8 7 Pickleball 7:30 Club Ten
9 1 Ping Pong 6:30pm Pickleball	10 Men's Golf 7 Pickleball 7:45 Yoga 7:30 Club Tennis 9 Water aerobics	11 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickle-	12 7:45 Yoga 7:30 Club Tennis 7:30 Men's 9 hole 9 Water aerobics 1:30 Ping Pong	13 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	14 7:45 Yoga 7 Pickleball 7:30 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	15 7 Pickleball 7:30 Club Ten
16 1 Ping Pong 6:30pm Pickleball	17 Men's Golf 7 Pickleball 7:45 Yoga 7:30 Club Tennis 9 Water aerobics	18 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickle-	19 7:45 Yoga 7:30 Club Tennis 7:30 Men's 9 hole 9 Water aerobics 1:30 Ping Pong	20 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	21 7:45 Yoga 7 Pickleball 7:30 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	22 7 Pickleball 7:30 Club Ten
23 1 Ping Pong 6:30pm Pickleball 30 1 Ping Pong 6:30pm Pickleball	24 Men's Golf 7 Pickleball 7:45 Yoga 7:30 Club Tennis 9 Water aerobics	25 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	26 7:45 Yoga 7:30 Club Tennis 7:30 Men's 9 hole 9 Water aerobics 1:30 Ping Pong	27 Men's Golf Women's Golf 7 Pickleball 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	28 7:45 Yoga 7 Pickleball 7:30 Club Tennis 9 Water aerobics 10 Beg Dance 11 Inter Damce 1 Bowling	29