

JULY 2019 FITNESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Men's Golf 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics	2 Men's Golf 7 Pickleball 7 Ladies Tennis 7:30 Women's Golf 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	3 7 Club Tennis 7:30 Men's 9 hole 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	4 Men's Golf Women's Golf 7 Pickleball 7 Ladies Tennis 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance	5 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	6 7 Pickleball 7 Club Tennis
7 1 Ping Pong 6:30pm Pickleball	8 Men's Golf 7 Club Tennis 7 Pickleball 7:45 Yoga 9 Water aerobics	9 Men's Golf 7 Pickleball 7 Ladies Tennis 7:30 Women's Golf 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	10 7 Club Tennis 7:30 Men's 9 hole 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	11 Men's Golf Women's Golf 7 Pickleball 7 Ladies Tennis 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	12 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	13 7 Pickleball 7 Club Tennis
14 1 Ping Pong 6:30pm Pickleball	15 Men's Golf 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics	16 Men's Golf 7 Pickleball 7 Ladies Tennis 7:30 Women's Golf 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	17 7 Club Tennis 7:30 Men's 9 hole 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	18 Men's Golf 7 Pickleball 7 Ladies Tennis 7:30 Women's Golf 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	19 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	20 7 Pickleball 7 Club Tennis
21 1 Ping Pong 6:30pm Pickleball	22 Men's Golf 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics	23 Men's Golf 7 Pickleball 7 Ladies Tennis 7:30 Women's Golf 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	24 7 Club Tennis 7:30 Men's 9 hole 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	25 Men's Golf 7 Pickleball 7 Ladies Tennis 7:30 Women's Golf 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	26 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	27 7 Pickleball 7 Club Tennis
28 1 Ping Pong 6:30pm Pickleball	29 Men's Golf 7 Pickleball 7 Club Tennis 7:45 Yoga 9 Water aerobics	30 Men's Golf 7 Pickleball 7 Ladies Tennis 7:30 Women's 9 9 Bocce 9:30 Stretch & Tone 10:30 Strength & Balance 6:30pm Pickleball	31 7 Club Tennis 7:30 Men's 9 hole 7:45 Yoga 9 Water aerobics 1 Ping Pong			