

AUGUST 2019 FITNESS

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