

# September 2019 FITNESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 1 Ping Pong 6:30pm Pickleball	2 Men's Golf 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics  <b>CENTER HOURS</b> <b>7:30AM—2PM</b>	3 Men's Golf 7 Pickleball 7:30 Women's 9 hole 7:30 Ladies Tenn 9:30 Stretch & Tone	4 Men's Golf 7 Pickleball 7:30 Club Tennis 7:30 Men's 9 hole 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	5 Men's Golf 7 Pickleball 7:30 Women's 9 hole 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 6:30pm Pickleball	6 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	7 7 Pickleball 7:30 Club Tennis
<b>8</b> 1 Ping Pong 6:30pm Pickleball	9 Men's Golf 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics	10 Men's Golf 7 Pickleball 7:30 Women's 9 hole 7:30 ladies Tennis 9:30 Stretch & Tone	11 Men's Golf 7 Pickleball 7:30 Club Tennis 7:30 Men's 9 hole 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	12 Men's Golf 7 Pickleball 7:30 Women's 9 hole 7:30 Ladies Ten 9 Bocce 9:30 Stretch & Tone 6:30pm Pickleball	13 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	14 7 Pickleball 7:30 Club Tennis 2 Ping Pong
<b>15</b> 1 Ping Pong 6:30pm Pickleball	16 Men's Golf 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics	17 Men's Golf 7 Pickleball 7:30 Ladies Ten 8:30 Ai Chi 9 Bocce 9:30 Stretch & Tone 6:30pm Pickleball	18 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	19 Men's Golf 7 Pickleball 7:30 Ladies Ten 8:30 Ai Chi 9 Bocce 9:30 Stretch & Tone 6:30pm Pickleball	20 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	21 7 Pickleball 7:30 Club Tennis 2 Ping Pong
<b>22</b> 1 Ping Pong 6:30pm Pickleball	23 Men's Golf 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics	24 Men's Golf 7 Pickleball 7:30 Ladies Ten 8:30 Ai Chi 9 Bocce 9:30 Stretch & Tone 6:30pm Pickleball	25 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics 1:30 Ping Pong	26 Men's Golf 7 Pickleball 7:30 Ladies Ten 8:30 Ai Chi 9 Bocce 9:30 Stretch & Tone 6:30pm Pickleball	27 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics 10 Beg Dance 11 Inter Dance 1 Bowling	28 7 Pickleball 7:30 Club Tennis
<b>29</b> 1 Ping Pong 6:30pm Pickleball	30 Men's Golf 7 Pickleball 7:30 Club Tennis 7:45 Yoga 9 Water aerobics	<b>NOTE:</b> <b>Men and Ladies 9-hole is cancelled 9/15—10/4/19</b> <b>Pines course is being reseeded</b>				