

OCTOBER 2019 FITNESS

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