



DECEMBER 2019 FITNESS



SUN	MON	TUE	WED	THU	FRI	SAT
1 1 Ping Pong 6 Pickleball	2 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics	3 Hike 8 Pickleball 8:15 Fun & Fit 9 Ladies Tennis 9:20 Chair Yoga 10:30 Stretch & Ton 11:30 Strength & B 1 Bocce 2 Ladies 9 hole 6 Pickleball	4 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics 1 Ping Pong 2 Men's 9-hole	5 Men's Golf 8 Pickleball 8:15 Fun & Fit 9 Ladies Tennis 9:20 Chair Yoga 10:30 Stretch & Tone 11:30 Strength & B 1 Bocce 6 Pickleball	6 Hike 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics 1 Bowling	7 8 Pickleball 9 Club Tennis
8 1 Ping Pong Canceled 6 Pickleball	9 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics	10 Hike 8 Pickleball 8:15 Fun & Fit 9 Ladies Tennis 9:20 Chair Yoga 10:30 Stretch & Ton 11:30 Strength & B 1 Bocce 2 Ladies 9 hole 6 Pickleball	11 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics 1 Ping Pong 2 Men's 9-hole	12 Men's Golf 8 Pickleball 8:15 Fun & Fit 9 Ladies Tennis 9:20 Chair Yoga 10:30 Stretch & Tone 11:30 Strength & B 1 Bocce 6 Pickleball	13 Hike 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics 10 Beg Line Dance 11 Inter Line Dance 1 Bowling	14 8 Pickleball 9 Club Tennis
15 1 Ping Pong 6 Pickleball	16 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics	17 Hike 8 Pickleball 8:15 Fun & Fit 9 Ladies Tennis 9:20 Chair Yoga 10:30 Stretch & Ton 11:30 Strength & B 1 Bocce 2 Ladies 9 hole 6 Pickleball	18 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics 1 Ping Pong 2 Men's 9-hole	19 Men's Golf 8 Pickleball 8:15 Fun & Fit 9 Ladies Tennis 9:20 Chair Yoga 10:30 Stretch & Tone 11:30 Strength & B 1 Bocce 6 Pickleball	20 Hike 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics 10 Beg Line Dance 11 Inter Line Dance 1 Bowling	21 8 Pickleball 9 Club Tennis
22 1 Ping Pong 6 Pickleball	23 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics	24 Hike 8 Pickleball 8:15 Fun Canceled 9 Ladies Tennis 9:20 Yoga Canceled 10:30 Stretch Cancel 11:30 Strength & B 1 Bocce 2 Ladies 9 hole 6 Pickleball	25 V.C. Closed* 7:45 Yoga Cancel 8 Pickleball 9 Club Tennis 9 Water A. Cancel 1 Ping Pong Cancel 2 Men's 9-hole	26 Men's Golf 8 Pickleball 8:15 Fun Cancel 9 Ladies Tennis 9:20 Yoga Cancel 10:30 Tone Cancel 11:30 Strength & B 1 Bocce 6 Pickleball	27 Hike 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics 10 Beg Line Dance 11 Inter Line Dance 1 Bowling	28 8 Pickleball 9 Club Tennis
29 1 Ping Pong 6 Pickleball	30 Men's Golf 7:45 Yoga 8 Pickleball 9 Club Tennis 9 Water Aerobics	31 Hike 8 Pickleball 8:15 Fun Canceled 9 Ladies Tennis 9:20 Yoga Canceled 10:30 Stretch Cancel 11:30 Strength & B 1 Bocce 2 Ladies 9 hole 6 Pickleball	January 1st Village Center Closed*	* Access to Fitness and Pool by Proximity Card 5 am-11pm When Village Center is Closed.		Hanukkah December 26th-30th Kwanzaa December 26th-January 1st.