

# 2020 Schedule

## Clubhouse Fitness Classes & Clubs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	<b>8:30am to 9:30am</b> <b>Water Aerobics</b> ●Clubhouse Members Only ●Free Class w/Fitness Access Membership	<b>9am- 10am</b> <b>Chair Yoga W/Hailey</b> ●Fee for Class ●Punch card offered	<b>8:30am to 9:30am</b> <b>Water Aerobics</b> ●Clubhouse Members Only ●Free Class w/Fitness Access Membership	<b>9am- 10am</b> <b>Chair Yoga W/Glenda</b> ●Fee for Class ●Punch card offered	<b>8:30am to 9:30am</b> <b>Water Aerobics</b> ●Clubhouse Members Only ●Free Class w/Membership	No Classes
		<b>10:30am to 11:30am</b> <b>Thrive Group Fitness Class (Strength, Balance, Agility, &amp; Power)</b> ●Free SilverSneakers Members ●Free Silver&Fit Members ●Free RenewActive Members ●Fee for Class \$5 ●Drop-in/Non-Members \$5 ●PunchCards 11 classes/\$50	<b>9am- 10:15am</b> <b>Yoga W/Hailey</b> ●Free Class w/Fitness Access Membership ●Drop-in/Non-Members \$10	<b>10:30am to 11:30am</b> <b>Thrive Group Fitness Class (Strength, Balance, Agility, &amp; Power)</b> ●Free SilverSneakers Members ●Free Silver&Fit Members ●Free RenewActive Members ●Fee for Class \$5 ●Drop-in/Non-Members \$5 ●PunchCards 11 classes/\$50	<b>1<sup>st</sup> Friday of month</b> <b>5pm-7pm Beach 1 Gallery, New Artist Reception.</b> Open to everyone. No cost. Come meet the featured Artist for the month & mingle.	

### Instructor Contact Info:

Water Aerobics Mon, Wed, & Fri @ 8:30am Instructors: Ginger & Sheryl

Thrive Group Fitness Class: Tues & Thurs @ 10:30am Instructors: Kim 360-547-3969 & Nicole

Swim Lessons (Group & Private Lessons): Kim 360-547-3969 Yoga class(Hailey) Weds @9am: email: yoleeo@gmail.com

Chair Yoga Tues w/Hailey & Thurs w/Glenda @ 9am: email: yoleeo@gmail.com