

# Schedule

## Clubhouse Fitness Classes & Clubs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	<b>8:30am to 9:30am Water Aerobics</b> ●Clubhouse Members Only ●Free Class w/Membership	<b>8:30am to 9:30am Deep Water Aerobics</b> ●Clubhouse Members Onl ●Free Class w/Membership	<b>8:30am to 9:30am Water Aerobics</b> ●Clubhouse Members Only ●Free Class w/Membership	<b>9am to 10am Cardio Core &amp; Strength</b> ●Fee for Class ●Drop-in/Non-Members Ok	<b>8:30am to 9:30am Water Aerobics</b> ●Clubhouse Members Only ●Free Class w/Membership	No Classes
	Lady's Club Luncheon 2 <sup>nd</sup> Monday of Month 10:30am-12:30pm RSVP, *Fee for Lunch	<b>9am to 10am Zumba Gold</b> ●Fee for Class ●Drop-in/Non-Members Ok	<b>9am- 10:15am Yoga with Sharon</b> ●Free Class w/Membership ●Drop-in/Non-Members OK	10:15am to 11:15am SilverSneakers® Classic ●Free to SilverSneakers® ●Fee for Class ●Drop-in/Non-Members OK	<b>2<sup>nd</sup> Friday of month 5:30pm TGIF! Casual group, bring your dinner &amp; meet new friends. Clubhouse Members-Free.</b>	
		10:15am to 11:15am SilverSneakers® Classic ●Free to SilverSneakers® ●Fee for Class ●Drop-in/Non-Members OK	<b>10:30am – 11:30am Tai Chi w/Jeanne</b> ●Fee for Class ●Drop-in/Non-Members OK	11:30am to 12:30pm SilverSneakers® Splash Water Class ●Free to SilverSneakers® ●Fee for Class ●Drop-in/Non-Members OK		
		11:30am to 12:30pm Cross Currents Water Exercise ●Fee for Class ●Drop-in/Non-Members OK		<b>3pm to 5pm Line Dance Class w/Kathy</b> ●Fee for Class ●Drop-in/Non-Members Ok		
				<b>6:30pm Pool Player's Club. Casual group, meet in Loft. Free to Clubhouse Members.</b>		

### Instructor Contact Info:

Water Aerobics 8:30am: See Front desk for information

Cross Currents & SilverSneakers Splash: Kathy 1-425-205-0870

Zumba Gold 9am Tuesdays & Thursdays: Kathy 1-425-205-0870 SilverSneakers Classic: Kathy 1-425-205-0870

Line Dance Class: Kathy 1-425-205-0870 Swim Lessons (Group & Private Lessons): Kathy 1-425-205-0870

Yoga 9am-10:15am Wednesdays: Email Sharon for information: [kelly.sharon@gmail.com](mailto:kelly.sharon@gmail.com)