

2018 Schedule

Revised 4/12/18

Clubhouse Fitness Classes & Clubs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New starting 4/15/18! 12pm- 1pm Gentle Yoga W/ Sarah ●Free Class w/Membership ●Drop-in/Non-Members \$10</p>	<p>New! Start 4/16 7am- 8am Sunrise Yoga W/ Sue Thees ●Clubhouse Members \$40 4 week session/ 8 classes ●Non-Members \$50 4 week session/8 classes</p>	<p>8:30am to 9:30am Regular Water Aerobics w/Kim ●Clubhouse Members Only ●Free Class w/Membership</p>	<p>New! Start 4/18 7am- 8am Sunrise Yoga W/ Sue Thees ●Clubhouse Members \$40 4 week session/ 8 classes ●Non-Members \$50 4 week session/8 classes</p>	<p>10:15am to 11:15am SilverSneakers® Classic w/Kathy until 4/12 After 4/12 w/Kim ●Free to SilverSneakers® ●Fee for Class \$5 ●Drop-in/Non-Members \$5</p>	<p>8:30am to 9:30am Water Aerobics w/Ginger ●Clubhouse Members Only ●Free Class w/Membership</p>	<p>No Classes</p>
	<p>8:30am to 9:30am Water Aerobics w/Ginger ●Clubhouse Members Only ●Free Class w/Membership</p>	<p>10:15am to 11:15am SilverSneakers® Classic w/Kathy until 4/12 After 4/12 w/Ginny ●Free to SilverSneakers® ●Fee for Class \$5 ●Drop-in/Non-Members \$5</p>	<p>8:30am to 9:30am Water Aerobics w/Kim ●Clubhouse Members Only ●Free Class w/Membership</p>	<p>New! Start 4/12 3pm to 4:30pm Line Dance Class w/Sarah ●Fee for Class \$5 ●Drop-in/Non-Members \$5</p>	<p>2nd Friday of month 5:30pm TGIF! Casual group, bring your dinner & meet new friends. Clubhouse Members-Free.</p>	
	<p>Lady's Club Luncheon 2nd Monday of Month 10:30am RSVP Check Clubhouse Board for planned Lunch.</p>	<p>NEW Time! 4pm to 5pm Water Aerobics Class w/Kim & As of 4/10/18 SilverSneakers® Splash Water Class w/Kim ●Free to SilverSneakers® ●Free Class w/Membership ●Drop-in/Non-Members \$5</p>	<p>9am- 10:15am Yoga with Hailey ●Free Class w/Membership ●Drop-in/Non-Members \$10</p>	<p>NEW Time! 4pm to 5pm Water Aerobics Class w/Kim & As of 4/12/18 SilverSneakers® Splash Water Class w/Kim ●Free to SilverSneakers® ●Free Class w/Membership ●Drop-in/Non-Members \$5</p>		
			<p>New! Start 4/18/18 5pm-6pm Gentle Yoga W/ Sarah ●Free Class w/Membership ●Drop-in/Non-Members \$10</p>	<p>6:30pm Pool Players Club meet in Loft. Come play pool!</p>		

Instructor Contact Info:

Water Aerobics 8:30am : Mon, Tues, Wed, & Fri See Front desk for information 4pm Water Aerobics & SilverSneakers Splash: Kim360-547-3969

SilverSneakers Classic: Ginny 1-425-205-0870 Line Dance Class & Gentle Yoga Sunday & Wednesday: Sarah 1-425-263-6983

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

Yoga class Mon & Weds @7am: Sue Thees 360-770-2489