

2018 Schedule

Revised 7/02/18

Clubhouse Fitness Classes & Clubs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New! 12pm- 1pm Gentle Yoga W/ Sarah</p> <ul style="list-style-type: none"> ●Free Class w/Membership ●Drop-in/Non-Members \$10 	<p>7am- 8am Sunrise Yoga W/ Sue Thees</p> <ul style="list-style-type: none"> ●Fee for Class ●Punch card offered 	<p>8:30am to 9:30am Deep Water Aerobics</p> <ul style="list-style-type: none"> ●Clubhouse Members Only ●Free Class w/Membership 	<p>7am- 8am Sunrise Yoga W/ Sue Thees</p> <ul style="list-style-type: none"> ●Fee for Class ●Punch card offered 	<p>8:30am to 9:30am Deep Water Aerobics</p> <ul style="list-style-type: none"> ●Clubhouse Members Only ●Free Class w/Membership <p>9am- 10am Chair Yoga W/ Sue Thees</p> <ul style="list-style-type: none"> ●Fee for Class ●Punch card offered 	<p>8:30am to 9:30am Water Aerobics</p> <ul style="list-style-type: none"> ●Clubhouse Members Only ●Free Class w/Membership 	<p>No Classes</p>
	<p>8:30am to 9:30am Water Aerobics</p> <ul style="list-style-type: none"> ●Clubhouse Members Only ●Free Class w/Membership 	<p>9am- 10am Chair Yoga W/ Sue Thees</p> <ul style="list-style-type: none"> ●Fee for Class ●Punch card offered 	<p>8:30am to 9:30am Water Aerobics</p> <ul style="list-style-type: none"> ●Clubhouse Members Only ●Free Class w/Membership 	<p>10:15am to 11:15am SilverSneakers® Classic</p> <ul style="list-style-type: none"> ●Free to SilverSneakers® ●Fee for Class \$5 ●Drop-in/Non-Members \$5 	<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>10:15am to 11:15am SilverSneakers® Classic</p> <ul style="list-style-type: none"> ●Free to SilverSneakers® ●Fee for Class \$5 ●Drop-in/Non-Members \$5 <p>4pm to 5pm Water Aerobics Class</p> <ul style="list-style-type: none"> ●Free Class w/Membership ●Drop-in/Non-Members \$5 	<p>9am- 10:15am Yoga W/Hailey</p> <ul style="list-style-type: none"> ●Free Class w/Membership ●Drop-in/Non-Members \$10 <p>NEW Time! 4pm to 5pm Splash Water Class</p> <ul style="list-style-type: none"> ●Free to SilverSneakers® & Silver/Fit Members ●Drop-ins AND Non-SS & SF Members \$5 	<p>3pm to 4:30pm Line Dance Class</p> <ul style="list-style-type: none"> ●Fee for Class ●Drop-in/Non-Members *No LineDance July & August <p>4pm to 5pm Water Aerobics Class</p> <ul style="list-style-type: none"> ●Free Class w/Membership ●Drop-in/Non-Members \$5 		
			<p>New! 5pm- 6pm Gentle Yoga W/ Sarah</p> <ul style="list-style-type: none"> ●Free Class w/Membership ●Drop-in/Non-Members \$10 	<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\(Tues & Thurs\) & 4pm Splash Water Class \(Wed\):](#) Kim360-547-3969 [SilverSneakers Classic:](#) Kim360-547-3969

[Swim Lessons \(Group & Private Lessons\):](#) Kim 360-547-3969 [Gentle Yoga Sunday & Wednesday:](#) Sara 1-425-263-6983

[Yoga class\(Hailey\) Weds @9am:](#) voleeo@gmail.com [Sunrise Yoga Mon & Weds @7am & Chair Yoga Tues & Thurs @ 9am:](#) Sue Thees 360-770-2489