

2018 Schedule

Revised 8/29/18

Clubhouse Fitness Classes & Clubs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	7:15am- 8:15am Sunrise Yoga W/ Sue Thees ●Fee for Class ●Punch card offered	8:30am to 9:30am Deep Water Aerobics ●Clubhouse Members Only ●Free Class w/Membership	7:15am- 8:15am Sunrise Yoga W/ Sue Thees ●Fee for Class ●Punch card offered	8:30am to 9:30am Deep Water Aerobics ●Clubhouse Members Only ●Free Class w/Membership 9:15am- 10:15am Chair Yoga W/ Sue Thees ●Fee for Class ●Punch card offered	8:30am to 9:30am Water Aerobics ●Clubhouse Members Only ●Free Class w/Membership	No Classes
	8:30am to 9:30am Water Aerobics ●Clubhouse Members Only ●Free Class w/Membership	9:15am- 10:15am Chair Yoga W/ Sue Thees ●Fee for Class ●Punch card offered	8:30am to 9:30am Water Aerobics ●Clubhouse Members Only ●Free Class w/Membership	10:15am to 11:15am SilverSneakers® Classic ●Free to SilverSneakers® ●Fee for Class \$5 ●Drop-in/Non-Members \$5	2nd Friday of month 5:30pm TGIF! Casual group, bring your dinner & meet new friends. Clubhouse Members-Free.	
	Lady's Club Luncheon 2 nd Monday of Month 10:30am RSVP Check Clubhouse Board for planned Lunch.	10:15am to 11:15am SilverSneakers® Classic ●Free to SilverSneakers® ●Fee for Class \$5 ●Drop-in/Non-Members \$5 4pm to 5pm Water Aerobics Class ●Free Class w/Membership ●Drop-in/Non-Members \$5	9am- 10:15am Yoga W/Hailey ●Free Class w/Membership ●Drop-in/Non-Members \$10 No SilverSplash	3pm to 4:30pm Line Dance Class ●Fee for Class ●Drop-in/Non-Members *No LineDance July & August 4pm to 5pm Water Aerobics Class ●Free Class w/Membership ●Drop-in/Non-Members \$5		
				6:30pm Pool Players Club meet in Loft. Come play pool!		

Instructor Contact Info:

[Water Aerobics 8:30am : Mon, Tues, Wed, & Fri](#) See Front desk for information

[4pm Water Aerobics\(Tues & Thurs\)](#) Kim360-547-3969

[SilverSneakers Classic:](#) Kim360-547-3969

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

[Sunrise Yoga Mon & Weds @7:15am & Chair Yoga Tues & Thurs @ 9:15am:](#) Sue Thees 360-770-2489