

# 2019 Schedule

Revised 06/02/19

## Clubhouse Fitness Classes & Clubs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No classes	<b>8:30am to 9:30am</b> <b>Water Aerobics</b> <ul style="list-style-type: none"> <li>•Clubhouse Members Only</li> <li>•Free Class w/Membership</li> </ul>	<b>9am- 10am</b> <b>Chair Yoga</b> <b>W/Hailey</b> <ul style="list-style-type: none"> <li>•Fee for Class</li> <li>•Punch card offered</li> </ul>	<b>8:30am to 9:30am</b> <b>Water Aerobics</b> <ul style="list-style-type: none"> <li>•Clubhouse Members Only</li> <li>•Free Class w/Membership</li> </ul>	<b>9am- 10am</b> <b>Chair Yoga</b> <b>W/Glenda</b> <ul style="list-style-type: none"> <li>•Fee for Class</li> <li>•Punch card offered</li> </ul>	<b>8:30am to 9:30am</b> <b>Water Aerobics</b> <ul style="list-style-type: none"> <li>•Clubhouse Members Only</li> <li>•Free Class w/Membership</li> </ul>	No Classes
	<b>10:30am to 11:30am</b> <b>SilverSneakers® Classic</b> <ul style="list-style-type: none"> <li>•Free to SilverSneakers®</li> <li>•Fee for Class \$5</li> <li>•Drop-in/Non-Members \$5</li> </ul>		<b>9am- 10:15am</b> <b>Yoga W/Hailey</b> <ul style="list-style-type: none"> <li>•Free Class w/Membership</li> <li>•Drop-in/Non-Members \$10</li> </ul>	<b>6:30pm Pool Players</b> <b>Club meet in Loft.</b> <b>Come play pool!</b>	<b>1<sup>st</sup> Friday of month</b> <b>5pm-7pm Beach 1</b> <b>Gallery, New Artist</b> <b>Reception.</b> <i>Open to everyone. No cost.</i> <i>Come meet the featured</i> <i>Artist for the month &amp;</i> <i>mingle.</i>	
	<b>4:30pm to 5:30pm</b> <b>Water Aerobics Class</b> <ul style="list-style-type: none"> <li>•Free Class w/Membership</li> <li>•Drop-in/Non-Members \$5</li> </ul>		<b>10:30am to 11:30am</b> <b>SilverSneakers® Classic</b> <ul style="list-style-type: none"> <li>•Free to SilverSneakers®</li> <li>•Fee for Class \$5</li> <li>•Drop-in/Non-Members \$5</li> </ul>		<b>2<sup>nd</sup> Friday of month</b> <b>5:30pm TGIF! Casual</b> <b>group, bring your dinner</b> <b>&amp; meet new friends.</b> <b>Clubhouse Members-Free.</b>	
			<b>4:30pm to 5:30pm</b> <b>Water Aerobics Class</b> <ul style="list-style-type: none"> <li>•Free Class w/Membership</li> <li>•Drop-in/Non-Members \$5</li> </ul>			

### Instructor Contact Info:

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

[4:30pm Water Aerobics\(Mon & Wed\)](#) Kim360-547-3969 [SilverSneakers Classic:](#) Kim360-547-3969

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

[Chair Yoga Tues w/Hailey & Thurs w/Glenda @ 9am:](#) [yoleeo@gmail.com](mailto:yoleeo@gmail.com)