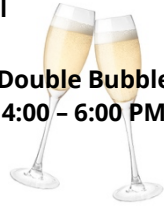

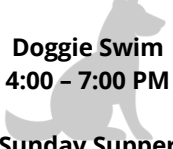

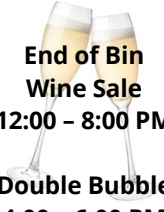





SEPTEMBER 2023 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  Double Bubble 4:00 - 6:00 PM	2
3 Sunday Supper 3:00 - 7:00 PM	4 Labor Day Pool Party Clubhouse Closed	5	6  Unwind Wednesday	7 Taco Night 5:00 - 8:00 PM	8	9 Steak By the Ounce 5:00 - 8:00 PM
10 Pool Closes at 3:00 PM  Doggie Swim 4:00 - 7:00 PM Sunday Supper 3:00 - 7:00 PM	11 Clubhouse Closed	12 Ladies Day Bridge	13  Unwind Wednesday <i>Euchre Night in the Pub 5:30 PM</i>	14 Members Only 5:30 PM OC Kids Club 5:00 - 8:00 PM	15  End of Bin Wine Sale 12:00 - 8:00 PM Double Bubble 4:00 - 6:00 PM	16 End of Bin Wine Sale 12:00 - 8:00 PM
17 End of Bin Wine Sale 2:00 - 7:00 PM Sunday Supper 3:00 - 7:00 PM	18 Clubhouse Closed	19 Ladies Day Bridge	20  Unwind Wednesday	21	22	23  Oktoberfest 5:30 - 8:00 PM OC Kids Club 5:00 - 8:00 PM
24 Sunday Supper 3:00 - 7:00 PM	25 Clubhouse Closed	26	27  Unwind Wednesday	28 Burger Night 5:00 - 8:00 PM	29 Family Fish Fry 5:00 - 8:00 PM	30

CLUBHOUSE LUNCH

Tuesday - Friday
11:00 AM - 2:00 PM

CLUBHOUSE DINNER

Wednesday - Saturday
5:00 - 8:00 PM

SEPTEMBER 2023 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 – 7:45 AM		Movement		Movement		
8:00 AM		Functional Training		Functional Training		Specialty Pop Up Classes TBA
9:00 AM				Tai Chi		
11:00 – 11:45 AM	Water Fitness	Water Fitness	Water Fitness	Water Fitness	*Last day of Water Fitness is September 7 th *	
4:45 – 5:30 PM	Total Fitness		Total Fitness			

CLASS DESCRIPTIONS

All Abilities welcome, instructions will help come up with modifications to make it harder and/or easier for each member.

***NEW** Look for Workouts posted on the white board in the Wellness Center for a little inspiration.

Movement - All ages and abilities welcome. Focusing on total body movement with own body weight hand weights.

Functional Training - You will be using all varieties of fitness equipment and your own bodyweight in this class. This class is as little or as much as you want it to be. It will complement your current workouts.

Tai Chi - Tai Chi originates from ancient China and is now practiced throughout the world as a means to improve quality of life. Tai Chi consists of slow, fluid, gentle movements. Breathing is slow, relaxed and deep to aid concentration. Tai Chi can be done almost anywhere and is suitable for individuals of all fitness levels. It is often referred to as meditation in motion.

Total Fitness - All abilities welcome. Every class varies from using different forms of resistance like bands, weights, physio balls, etc.

PERSONAL TRAINING with Sara! Meet with Sara to go over your wellness goals and needs. She will work with you privately or grab a couple friends for a small group sessions!