
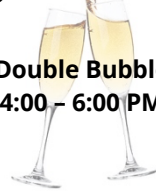



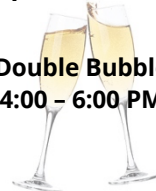



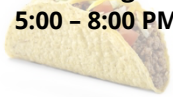


NOVEMBER 2023 CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-------------------------------|--------------------------------|--|---|---|---|
| | | | 1  Unwind Wednesday | 2 | 3  Double Bubble 4:00 – 6:00 PM | 4 Fajita Night 5:00 – 8:00 PM |
| 5 Sunday Supper 3:00 – 7:00 PM | 6 Clubhouse Closed | 7 | 8  Unwind Wednesday | 9 Members Only 5:30 PM | 10 | 11  Desserts on Us! |
| 12 Sunday Supper 3:00 – 7:00 PM | 13 Clubhouse Closed | 14 | 15  Unwind Wednesday | 16 | 17  Double Bubble 4:00 – 6:00 PM | 18 Chili & Beer Bar 5:00 – 8:00 PM |
| 19 Sunday Supper 3:00 – 7:00 PM | 20 Clubhouse Closed | 21 Ladies Day Bridge | 22  Unwind Wednesday | 23  Thanksgiving Buffet 11:00 AM – 1:00 PM | 24 Clubhouse Closed | 25 Prime Rib Night 5:00- 8:00 PM |
| 26 Sunday Supper 3:00 – 7:00 PM | 27 Clubhouse Closed | 28 | 29  Unwind Wednesday | 30  Taco Night 5:00 – 8:00 PM | 31 | |

CLUBHOUSE LUNCH

Tuesday – Friday
11:00 AM – 2:00 PM

CLUBHOUSE DINNER

Wednesday – Saturday
5:00 – 8:00 PM

NOVEMBER 2023 WELLNESS CALENDAR

| DAY/TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---------------------|------------------------|---------------------|---------------------|--------|----------|
| 8:00 AM | | Functional Training | | Functional Training | | |
| 9:00 AM | Functional Training | | Functional Training | Tai Chi | | |
| 10:30 AM | | Strength & Flexibility | | | | |
| 5:00 PM | Fit and Strength | | Fit and Strength | | | |

CLASS DESCRIPTIONS

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

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.

Strength and Flexibility - Let's get strong and increase our range of motion with deep stretching and some light strengthening exercises

Fit and Strength - Total body workout geared with getting stronger. We will use hand weights, TRX, circuits, bands, and your own body for resistance training. Never the same workout twice.

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!