

# JANUARY 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clubhouse Closed	2	3  Unwind Wednesday	4	5  Double Bubble 4:00 - 6:00 PM	6 Prime Rib Night 5:00 - 8:00 PM
7 Sunday Supper 3:00 - 7:00 PM	8 Clubhouse Closed	9	10  Unwind Wednesday	11 Members Only 5:30 PM	12	13  Asian Noodle Bar 5:00 - 8:00 PM
14 Sunday Supper 3:00 - 7:00 PM	15 Clubhouse Closed	16 Ladies Day Bridge	17  Unwind Wednesday	18	19  Double Bubble 4:00 - 6:00 PM	20 Winter Wonderland Wine Dinner 6:00 PM
21 Sunday Supper 3:00 - 7:00 PM	22 Clubhouse Closed	23	24  Unwind Wednesday	25  Burger & Beer Night 5:00 - 8:00 PM	26	27 Fried Chicken Night 5:00 - 8:00 PM
28 Sunday Supper 3:00 - 7:00 PM	29 Clubhouse Closed	30	31  Unwind Wednesday			

## CLUBHOUSE LUNCH

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

## CLUBHOUSE DINNER

Wednesday - Saturday  
5:00 - 8:00 PM

## SUNDAY SUPPER

3:00 - 7:00 PM  
Every Sunday in January

# JANUARY 2024 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM		Functional Training		Functional Training		
9:00 AM	Functional Training	Yoga	Functional Training	Yoga		
10:00 AM				Tai Chi		YOGA

## CLASS DESCRIPTIONS

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

**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.

**YOGA** - Explore body alignment and deep breathing while developing strength, flexibility, and balance in a supportive environment.

**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!