

APRIL 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clubhouse Closed	2	3  Half Off Any Beer	4	5  Double Bubble 5:00 - 8:00 PM	6 Prime Rib Night 5:00 - 8:00 PM
7 Sunday Supper 3:00 - 7:00 PM	8 Clubhouse Closed	9	10  \$10.00 Bottomless Sangria Euchre Night 6:00 - 8:30 PM	11 Members Only 5:30 PM	12 Open House Celebration for Becky 3:00 - 5:00 PM	13 Fried Chicken Night 5:00 - 8:00 PM
14 Sunday Supper 3:00 - 7:00 PM	15 Clubhouse Closed	16	17  Half Off Craft Cocktails Administrative Professionals Day Buffet 11:00 AM - 2:00 PM	18	19  Double Bubble 5:00 - 8:00 PM	20
21 Sunday Supper 3:00 - 7:00 PM	22 Clubhouse Closed	23	24  Half Off Select Bottles of Wine	25	26 Burger Basket Night 5:00 - 8:00 PM	27
28 Sunday Supper 3:00 - 7:00 PM	29 Clubhouse Closed	30				

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 April

APRIL 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		
11:00 AM			Chair 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.

TAI CHI will be back on the schedule at a later month!

CHAIR YOGA - A gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.

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!