

OCTOBER 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Double Bubble 5:00 – 8:00 PM	5 Oktoberfest 5:30 PM – 8:00 PM
6 Sunday Supper 3:00 – 7:00 PM	7 Clubhouse Closed	8	9 Euchre Night in the Pub	10 Members Only 5:30 PM Kids Club 5:30 PM	11	12 Never Ending Pasta Night 5:00- 8:00 PM
13 Sunday Supper 3:00 – 7:00 PM	14 Clubhouse Closed	15 Ladies Day	16 ½ Price Bottles of Wine under \$70.00	17	18 Double Bubble 5:00 – 8:00 PM	19 Prime Rib Night 5:00 – 8:00 PM
20 Sunday Supper 3:00 – 7:00 PM	21 Clubhouse Closed	22	23 ½ Price Bottles of Wine under \$70.00	24 Burger Night 5:00 – 8:00 PM	25	26 Halloween Party 5:30 – 8:00 PM
27 Sunday Supper 3:00 – 7:00 PM	28 Clubhouse Closed	29	30 \$2.00 Drafts	31		

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

CLUBHOUSE DINNER
Wednesday - Saturday
5:00 - 8:00 PM

SUNDAY SUPPER
Every Sunday in October
from 3:00 - 7:00 PM

OCTOBER 2024 WELLNESS CALENDAR

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Yoga Classes are one hour. All other classes are 45 minutes.</i>						
8:00 AM		Functional Training		Functional Training		
9:00 AM	Functional Training	Yoga	Functional Training	Yoga		
10:15 AM				Tai Chi		
11:00 AM	Mindful Movement	Mindful Movement	Mindful Movement			
4:00 PM	Stretch and Strengthen					
5:30 PM	Latin/Hip-Hop		Latin/Hip-Hop	Yoga		

CLASS DESCRIPTIONS

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 - a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health.

STRETCH & STRENGTHEN - This class will focus on stretching & releasing tension from the body. It can help improve flexibility, reduce muscle tension & improve range of motion. Suitable for all fitness levels & genders

MINDFUL MOVEMENT - This class offers a blend of gentle, yet effective exercises aimed at enhancing strength, flexibility, balance, and overall functional fitness in a supportive and engaging 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!

Schedule subject to change