

APRIL 2025 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 ½ Price Bottles of Wine under \$70.00	3	4 Friday Fish Fry 5:00 - 8:00 PM Double Bubble 5:00 - 8:00 PM	5
6 Sunday Supper 3:00 - 7:00 PM	7 Clubhouse Closed	8	9 ½ Price Bottles of Wine under \$70.00	10 Members Only 5:30 PM Kids Club	11 Friday Fish Fry 5:00 - 8:00 PM	12 Burger Night 5:00 - 8:00 PM
13 Sunday Supper 3:00 - 7:00 PM	14 Clubhouse Closed	15 Ladies Day	16 Euchre Night 5:30 PM	17	18 Friday Fish Fry 5:00 - 8:00 PM	19 Easter Egg Hunt 11:30 AM - 1:30 PM
20 Easter Brunch 11:00 AM - 1:00 PM No Sunday Supper	21 Clubhouse Closed	22	23 ½ Price Bottles of Wine under \$70.00	24 Fried Chicken Night 5:00 - 8:00 PM	25 Double Bubble 5:00 - 8:00 PM	26
27 Sunday Supper 3:00 - 7:00 PM	28 Clubhouse Closed	29	30 ½ Price Bottles of Wine under \$70.00			

CLUBHOUSE LUNCH

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

CLUBHOUSE DINNER

Wednesday - Saturday
5:00 - 8:00 PM

SUNDAY SUPPER

April 6th, 12th & 27th
3:00 - 7:00 PM

APRIL 2025 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	Chair Yoga	Senior Chair Fitness	Chair Yoga	Senior Chair Fitness	Chair Yoga	
5:30 PM	Latin/Hip-Hop		Latin/Hip-Hop	Yoga with Phyllis		

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.

SENIOR CHAIR CLASS - Great for all levels. Rehabbing an injury? Needing more stability while exercising? Can't get down on the floor for exercises? This class can be as little or as much as you want it to be. Using dumbbells, bands, physiotherapy, 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!

Schedule subject to change