

# JUNE 2025 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  Sunday Supper 3:00 – 7:00 PM	2  Clubhouse Closed	3	4  1 <sup>st</sup> Wednesday Lunch Social 12:00 PM	5	6  Double Bubble 5:00 – 8:00 PM	7  Clubhouse & Patio Closed for Private Event  Pool & Tennis Courts Close at 3:00 PM
8  Sunday Supper 3:00 – 7:00 PM	9  Clubhouse Closed	10	11	12  Members Only 5:30 PM  Kids Club	13  Steak by The Ounce 5:00 – 8:00 PM	14  Flag Day BBQ 5:00 – 8:00 PM
15  Father's Day Sunday Supper 3:00 – 7:00 PM	16  Clubhouse Closed	17  Ladies Day	18  Pool, Tennis Courts, Patio & Clubhouse Close at 3:00 PM for Swim Meet	19  Taco Night 5:00 – 8:00 PM	20	21  Clubhouse & Patio Closed for Private Event  Pool & Tennis Courts Close at 3:00 PM
22  Sunday Supper 3:00 – 7:00 PM	23  Clubhouse Closed	24	25  Burger & Beer Night 5:00 – 8:00 PM	26	27  Double Bubble 5:00 – 8:00 PM	28  Clubhouse & Patio Closed for Private Event
29  Sunday Supper 3:00 – 7:00 PM	30  Clubhouse Closed					

## CLUBHOUSE LUNCH

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

## CLUBHOUSE DINNER

Wednesday - Saturday  
5:00 - 8:00 PM

## SUNDAY SUPPER

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

# JUNE 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 with Jim	Functional Training	Yoga with Jim		
10:00 AM	Yoga with Phyllis		Yoga with Jim			
10:15 AM				Tai Chi		
11:00 AM	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Chair Yoga with Phyllis	
5:30 PM	Latin/Hip-Hop		Latin/Hip-Hop			
<i>*Look for Pop Up Yoga Classes on the Front Lawn on Wednesday evening throughout the summer*</i>						

## 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.

**CHAIR YOGA** - 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\**