

AUGUST 2025 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pub & Patio Closed for Dinner due to Private Event	2 Clubhouse & Patio Closed for Private Event Pool & Tennis Courts Close at 3:00 PM for Private Event
3 Sunday Supper 3:00 – 7:00 PM	4 Clubhouse Closed	5	6 1st Wednesday Lunch Social	7	8 Double Bubble 5:00 – 8:00 PM	9 Clubhouse & Patio Closed for Private Event Pool & Tennis Courts Close at 3:00 PM
10 Sunday Supper 3:00 – 7:00 PM	11 Clubhouse Closed	12	13	14 Members Only 5:30 PM Kids Club	15	16 Movie Night at the Pool 8:30 PM
17 Sunday Supper 3:00 – 7:00 PM	18 Clubhouse Closed	19 Ladies Day	20 Fried Chicken Night 5:00 – 8:00 PM	21	22 Prime Rib Night 5:00 – 8:00 PM	23 Pub & Patio Closed for Private Event
24 Sunday Supper 3:00 – 7:00 PM	25 Clubhouse Closed	26	27 ½ off any Bottle of Wine under \$100	28	29 Double Bubble 5:00 – 8:00 PM	30 Steak by the Ounce 5:00 – 8:00 PM
31 Sunday Supper 3:00 – 7:00 PM	1 Clubhouse Closed Labor Day Pool Party	<div> <div> CLUBHOUSE LUNCH Tuesday - Friday 11:00 AM - 2:00 PM </div> <div> CLUBHOUSE DINNER Wednesday - Saturday 5:00 - 8:00 PM </div> <div> SUNDAY SUPPER Every Sunday in August 3:00 - 7:00 PM </div> </div>				

AUGUST 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					
10:15 AM				Tai Chi		
11:00 AM	Water Fitness	Water Fitness	Yoga with Phyllis 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