

JULY 2025 CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------------------------|------------------|---|--|---|---|
| | | 1 | 2 Bring your own Bottle of Wine Night! | 3 | 4 4 th of July Pool Party 10:00 AM – 6:00 PM | 5 |
| 6 Sunday Supper 3:00 – 7:00 PM | 7 Clubhouse Closed | 8 | 9 | 10 Members Only 5:30 PM Kids Club | 11 Double Bubble 5:00 – 8:00 PM | 12 |
| 13 Sunday Supper 3:00 – 7:00 PM | 14 Clubhouse Closed | 15 Ladies Day | 16 Free Guest Day at the Pool! | 17 | 18 | 19 Ice Cream Social on the Pool Deck 2:00 – 4:00 PM |
| 20 Sunday Supper 3:00 – 7:00 PM | 21 Clubhouse Closed | 22 | 23 | 24 | 25 Double Bubble 5:00 – 8:00 PM | 26 Steak By the Ounce 5:00 – 8:00 PM |
| 27 Sunday Supper 3:00 – 7:00 PM | 28 Clubhouse Closed | 29 | 30 Burger & Beer Night 5:00 – 8:00 PM | 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 July
3:00 - 7:00 PM

JULY 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 | Water Fitness Yoga with Phyllis | 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