

# SEPTEMBER 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Supper 3:00 – 7:00 PM	2 Labor Day Pool Party 10:00 AM – 6:00 PM  Clubhouse Closed	3	4 ½ Price Bottles of Wine under \$70.00	5	6 Double Bubble 5:00 – 8:00 PM	7 BBQ Night 5:00 – 8:00 PM
8 Doggie Swim & Pool Close 4:00 - 7:00 PM  Sunday Supper 3:00 – 7:00 PM	9 Clubhouse Closed	10	11 ½ Price Bottles of Wine under \$70.00	12 Members Only 5:30 PM  Kids Club 5:30 PM	13	14 Bacon & Bourbon Night 6:00 – 8:00 PM
15 Sunday Supper 3:00 – 7:00 PM	16 Clubhouse Closed	17 Ladies Day	18 Burgers & Beer Night 5:00 – 8:00 PM	19	20 Double Bubble 5:00 – 8:00 PM	21 Pub & Patio Closed for Private Event
22 Sunday Supper 3:00 – 7:00 PM	23 Clubhouse Closed	24	25 ½ Price Bottles of Wine under \$70.00	26 Fried Chicken Night 5:00 - 8:00 PM	27 Prime Rib Night 5:00 – 8:00 PM	28
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 September  
from 3:00 - 7:00 PM

# SEPTEMBER 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					

## 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\**