

DECEMBER 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Sunday Supper 3:00 - 7:00 PM	2	3 Candlelight Dinner 6:00 PM	4 ½ Price Bottles of Wine under \$70.00	5	6	7
8 Lunch with Santa 11:30 AM - 1:30 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
15 Holiday Brunch 11:00 AM - 1:00 PM	16 Clubhouse Closed	17 Ladies Day	18 ½ Price Bottles of Wine under \$70.00	19	20 Double Bubble 5:00 - 8:00 PM	21 Gingerbread Workshop 5:30 - 7:30 PM Prime Rib Night 5:00 - 8:00 PM
22 Sunday Supper 3:00 - 7:00 PM	23 Clubhouse Closed	24 Clubhouse Closed	25 Clubhouse Closed	26	27 Double Bubble 5:00 - 8:00 PM	28
29 Sunday Supper 3:00 - 7:00 PM	30 Clubhouse Closed	31 New Years Eve Dinner 5:30 - 8:30 PM	1 Clubhouse Closed			

CLUBHOUSE LUNCH

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

CLUBHOUSE DINNER

Wednesday - Saturday
5:00 - 8:00 PM

SUNDAY SUPPER

December 1st, 22nd & 29th
from 3:00 - 7:00 PM

DECEMBER 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	Senior Chair Fitness	Chair Yoga	Senior Chair Fitness	Chair Yoga	
4:15 PM				Yoga with Phyllis		
4:30 PM	Christina's Stretch & Strength					
5:30 PM	Latin/Hip-Hop	Christina's Strength	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.

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.

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