

# October 2017

## Activity/Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am	<i>Get Pumped</i>	<i>L.A.B. Legs, Abs, Buns</i>	<i>Absolute Core</i>	<i>L.A.B. Legs, Abs, Buns</i>	<i>Get Pumped</i>
8:00am	<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>
8:40am	<i>Strictly Stretching</i>		<i>Strictly Stretching</i>		<i>Strictly Stretching</i>
9:00am		<i>Beginner's Zumba</i>		<i>Beginner's Zumba</i>	
9:15am	<i>Water Aerobics</i>		<i>Aqua Zumba</i>		<i>Water Aerobics</i>
10:15am		<i>Water Aerobics</i>		<i>Water Aerobics</i>	
11:30am	<i>Circuit Training (Limited to 6 People)</i>		<i>Circuit Training (Limited to 6 People)</i>		<i>Circuit Training (Limited to 6 People)</i>
1:00pm	<i>Mahjong</i>		<i>Mahjong Crafty Ladies (Clubhouse Ladies Lounge)</i>		
3:00pm				<i>Game Day Ladies Bridge Dominoes</i>	
3:30pm		<i>Couples Bridge</i>			
4:00pm	<i>Yoga</i>		<i>Yoga</i>		
7:00pm					<i>Movie Night</i>

We also offer personal training  
with Lylia (239-994-3543)

