



August 2018 Activity Center/Exercise Schedule

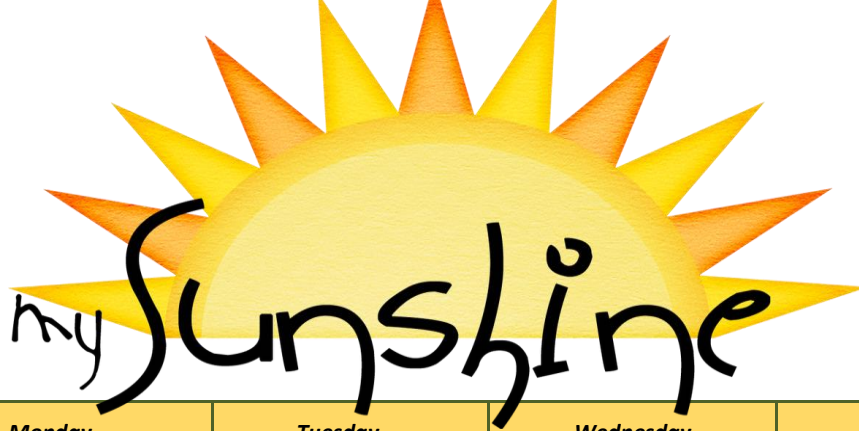
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am	<i>Get Pumped</i>	<i>L.A.B Legs, Abs, & Buns</i>	<i>Absolute Core</i>	<i>L.A.B Legs, Abs, & Buns</i>	<i>Get Pumped</i>
8:00am	<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>		<i>Tone n' Strengthen</i>
8:40am	<i>Strictly Stretching</i>		<i>Strictly 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>
9:30am					
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) Yoga</i>
12:00pm					
1:00pm	<i>Mahjong</i>				
3:00pm				<i>Ladies Bridge</i>	
3:30pm		<i>Couples Bridge</i>			
4:00pm	<i>Yoga</i>		<i>Yoga</i>		
7:00pm					<i>Movie Night No Movie August 17th, 24th, 31st</i>

Please note that the Activity Center will be closed for painting and repairs beginning Monday, August 13th thru Friday, August 31st. All events and classes that would normally take place inside the Activity Center main room, will be held in the Main Dining Room. Pool classes and Circuit Training will be as normal. The Fitness Room/Gym, Admin and Realty office will be open as normal during this time.



You are my

Sunshine



Important Phone Numbers

Clubhouse Administration..... 239-992-4900
 Restaurant Reservations 239-992-1073
 Golf Pro Shop..... 239-947-6467
 Accounting/Utility 239-992-5393
 Security..... 239-992-7691
 The Ridge 239-992-6061

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2018			1 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	2 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	3 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	4 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm
						Movie Night 7:00pm
5 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm 	6 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	7 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	8 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	9 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	10 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm	11 Restaurant Closed for Cleaning & Maintenance The Ridge 11:00-7:00pm
			Movie Night 7:00pm			
12 Clubhouse Closed The Ridge 11:00-7:00pm	13 Clubhouse and Golf Course Closed The Ridge 11:00-7:00pm	14 Activity Center Closed Lunch 11:00-2:00pm Casual Dining 5-8:00pm The Ridge 11:00-5:00pm Ladies Day Golf	15 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm 	16 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-5:00pm Casual Dining 5-8pm Ladies Day Golf	17 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm	18 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm Men's Day Golf 
19 Activity Center Closed Clubhouse Closed The Ridge 11:00-7:00pm	20 Activity Center Closed Clubhouse and Golf Course Closed The Ridge 11:00-7:00pm	21 Activity Center Closed Lunch 11:00-2:00pm Casual Dining 5-8:00pm The Ridge 11:00-5:00pm Ladies Day Golf	22 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm Men's Day Golf	23 Activity Center Closed Lunch 11:00-2:00pm Casual Dining 5-8pm The Ridge 11:00-5:00pm Ladies Day Golf	24 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm	25 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm Men's Day Golf
26 Activity Center Closed Clubhouse Closed The Ridge 11:00-7:00pm 	27 Activity Center Closed Clubhouse and Golf Course Closed The Ridge 11:00-7:00pm	28 Activity Center Closed Lunch 11:00-2:00pm Casual Dining 5-8:00pm The Ridge 11:00-5:00pm Ladies Day Golf	29 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm Men's Day Golf	30 Activity Center Closed Lunch 11:00-2:00pm Casual Dining 5-8:00pm The Ridge 11:00-5:00pm Ladies Day Golf	31 Activity Center Closed Lunch 11:00-2:00pm The Ridge 11:00-7:00pm	