

Club Events Schedule - July 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Pilates Reformer Training...</i></p> <p>...an exercise system designed to transform the way your body looks, feels and performs. Please inquire at the front desk.</p> 			<p>1 Spinning (Mary Ann) 5:45 AM Spinning (Katie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Team Chevy - 5:30 PM Spinning (Rhomie) - 5:45 PM Pilates (Katie) - 6:00 PM Fitness Equipment Orientation (Rhomie) 6:00 PM</p>	<p>2 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Zumba (Jennifer) - 9:30 AM Ladies' Day 9:00 AM</p>	<p>3</p>
<p>5 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies Intercity Clinic - 9:00 AM Summer Junior Tennis Program 9:00 AM Butts & Guts (Rhomie) - 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Katie) - 6:00 PM</p>	<p>6 Spinning (Mary Ann) 5:45 AM Spinning (Bernie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Fitness Equipment Orientation (Rhomie) 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Spinning (Steffani) - 5:45 PM Pilates (Stephanie) - 6:00 PM</p>	<p>7 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Summer Junior Tennis Program 9:00 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Athletic Conditioning (Rhomie) 6:00 PM Yoga At Sunset (Joanne) 7:30 PM</p>	<p>8 Spinning (Mary Ann) 5:45 AM Spinning (Katie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Team Chevy - 5:30 PM Spinning (Rhomie) - 5:45 PM Pilates (Katie) - 6:00 PM Fitness Equipment Orientation (Rhomie) 6:00 PM</p>	<p>9 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Zumba (Jennifer) - 9:30 AM Ladies' Day 8:00 AM FREE Guest Day July Mixer 6:00 PM</p>	<p>10</p>
<p>12 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies Intercity Clinic - 9:00 AM Summer Junior Tennis Program 9:00 AM Butts & Guts (Rhomie) - 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Katie) - 6:00 PM</p>	<p>13 Spinning (Mary Ann) 5:45 AM Spinning (Bernie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Fitness Equipment Orientation (Rhomie) 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Spinning (Steffani) - 5:45 PM Pilates (Stephanie) - 6:00 PM</p>	<p>14 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Summer Junior Tennis Program 9:00 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Athletic Conditioning (Rhomie) 6:00 PM Yoga At Sunset (Joanne) 7:30 PM</p>	<p>15 Spinning (Mary Ann) 5:45 AM Spinning (Katie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Team Chevy - 5:30 PM Spinning (Rhomie) - 5:45 PM Pilates (Katie) - 6:00 PM Fitness Equipment Orientation (Rhomie) 6:00 PM</p>	<p>16 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Zumba (Jennifer) - 9:30 AM Ladies' Day 8:00 AM</p>	<p>17</p>
<p>19 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies Intercity Clinic - 9:00 AM Summer Junior Tennis Program 9:00 AM Butts & Guts (Rhomie) - 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Katie) - 6:00 PM</p>	<p>20 Spinning (Mary Ann) 5:45 AM Spinning (Bernie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Fitness Equipment Orientation (Rhomie) 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Spinning (Steffani) - 5:45 PM Pilates (Stephanie) - 6:00 PM</p>	<p>21 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Summer Junior Tennis Program 9:00 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Athletic Conditioning (Rhomie) 6:00 PM Yoga At Sunset (Joanne) 7:30 PM</p>	<p>22 Spinning (Mary Ann) 5:45 AM Spinning (Katie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Team Chevy - 5:30 PM Spinning (Rhomie) - 5:45 PM Pilates (Katie) - 6:00 PM Fitness Equipment Orientation (Rhomie) 6:00 PM</p>	<p>23 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Zumba (Jennifer) - 9:30 AM Ladies' Day 8:00 AM FREE Guest Day</p>	<p>24</p>
<p>26 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies Intercity Clinic - 9:00 AM Summer Junior Tennis Program 9:00 AM Butts & Guts (Rhomie) - 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Katie) - 6:00 PM</p>	<p>27 Spinning (Mary Ann) 5:45 AM Spinning (Bernie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Fitness Equipment Orientation (Rhomie) 9:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Spinning (Steffani) - 5:45 PM Pilates (Stephanie) - 6:00 PM</p>	<p>28 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Summer Junior Tennis Program 9:00 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Athletic Conditioning (Rhomie) 6:00 PM Yoga At Sunset (Joanne) 7:30 PM Board of Directors Meeting 6:00 PM</p>	<p>29 Spinning (Mary Ann) 5:45 AM Spinning (Katie) - 8:30 AM Summer Junior Tennis Program 9:00 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Team Chevy - 5:30 PM Spinning (Rhomie) - 5:45 PM Pilates (Katie) - 6:00 PM Fitness Equipment Orientation (Rhomie) 6:00 PM</p>	<p>30 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Zumba (Jennifer) - 9:30 AM Ladies' Day 8:00 AM</p>	<p>31</p>