


Club Events Schedule - January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Body Sculpt (Steffani) - 9:45 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Elizabeth) - 6:00 PM	3 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Jules) - 8:30 AM Pilates Mat (Jules) - 9:45 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Pilates Mat (Steffani) - 6:00 PM	4 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Flow Yoga (Joanne) - 6:00 PM	5 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Bernie) - 8:30 AM Body Sculpt (Bernie) - 9:45 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Team Chevy - 5:30 PM Pilates Mat (Katie) - 6:00 PM	6 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies' Day - 9:00 AM Zumba (Jen) - 9:45 AM	7 Spinning (Jules or Shannon) 8:30 AM	
9 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Body Sculpt (Steffani) - 9:45 AM Junior Tennis Program 3:15 PM, 4:00 PM, 5:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Elizabeth) - 6:00 PM Cardio Tennis - 6:00 PM	10 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Jules) - 8:30 AM Pilates Mat (Jules) - 9:45 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Junior Tennis Program 4:00 PM, 5:00 PM Pilates Mat (Steffani) - 6:00 PM	11 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Junior Tennis Program 3:15 PM, 4:00 PM, 5:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Flow Yoga (Joanne) - 6:00 PM	12 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Bernie) - 8:30 AM Body Sculpt (Bernie) - 9:45 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Junior Tennis Program 4:00 PM, 5:00 PM Team Chevy - 5:30 PM Pilates Mat (Katie) - 6:00 PM	13 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies' Day - 9:00 AM Zumba (Jen) - 9:45 AM Ladies Beginners Clinic - 10:00 AM FREE Guest Day	14 Spinning (Jules or Shannon) 8:30 AM	
16 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Body Sculpt (Steffani) - 9:45 AM Junior Tennis Program 3:15 PM, 4:00 PM, 5:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Elizabeth) - 6:00 PM Cardio Tennis - 6:00 PM	17 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Jules) - 8:30 AM Pilates Mat (Jules) - 9:45 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Junior Tennis Program 4:00 PM, 5:00 PM Pilates Mat (Steffani) - 6:00 PM	18 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Junior Tennis Program 3:15 PM, 4:00 PM, 5:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Flow Yoga (Joanne) - 6:00 PM	19 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Bernie) - 8:30 AM Body Sculpt (Bernie) - 9:45 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Junior Tennis Program 4:00 PM, 5:00 PM Team Chevy - 5:30 PM Pilates Mat (Katie) - 6:00 PM	20 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies' Day - 9:00 AM Zumba (Jen) - 9:45 AM Ladies Beginners Clinic - 10:00 AM	21 Spinning (Jules or Shannon) 8:30 AM	
23 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Body Sculpt (Steffani) - 9:45 AM Junior Tennis Program 3:15 PM, 4:00 PM, 5:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Elizabeth) - 6:00 PM Cardio Tennis - 6:00 PM	24 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Jules) - 8:30 AM Pilates Mat (Jules) - 9:45 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Junior Tennis Program 4:00 PM, 5:00 PM Pilates Mat (Steffani) - 6:00 PM	25 Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne or Giovanni) 8:30 AM Junior Tennis Program 3:15 PM, 4:00 PM, 5:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Flow Yoga (Joanne) - 6:00 PM Board of Directors Meeting 6:00 PM	26 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Bernie) - 8:30 AM Body Sculpt (Bernie) - 9:45 AM Yoga (Giovanni) - 12:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Junior Tennis Program 4:00 PM, 5:00 PM Team Chevy - 5:30 PM Pilates Mat (Katie) - 6:00 PM	27 Spinning (Mary Ann) 5:45 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Ladies' Day - 9:00 AM Zumba (Jen) - 9:45 AM Ladies Beginners Clinic - 10:00 AM FREE Guest Day	28 Spinning (Jules or Shannon) 8:30 AM	
30 Sunrise Yoga (Giovanni) 6:00 AM Masters 7:30 AM, 8:30 AM, 5:45 PM Yoga (Joanne) - 8:30 AM Body Sculpt (Steffani) - 9:45 AM Junior Tennis Program 3:15 PM, 4:00 PM, 5:00 PM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Men's Monday Night Doubles 5:30 PM Yoga (Elizabeth) - 6:00 PM Cardio Tennis - 6:00 PM	31 Spinning (Mary Ann) 5:45 AM Balance & Conditioning (Jamie) 8:30 AM Spinning (Jules) - 8:30 AM Pilates Mat (Jules) - 9:45 AM Dolphins 3:30 PM, 4:00 PM, 4:45 PM Junior Tennis Program 4:00 PM, 5:00 PM Pilates Mat (Steffani) - 6:00 PM	Tennis Schedule Fitness Schedule Aquatics Schedule Start Times				<div style="text-align: center;"> <h2>Sweethearts' Dinner</h2> <p>Saturday, February 11th 6:00 PM</p>  </div>