

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boxwood Grille Ala Carte 12pm-2pm  Pool Open 12pm-7pm <b>1</b>	Main Clubhouse closed for food and beverage service  Pool Open 11am -8pm <b>2</b>	Kids' Camp 9am-12noon  Pool Open 11am-8pm <b>3</b>	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille Pool Open 11am-8pm <b>4</b>	Kids' Camp 9am-12noon  Pool Open 11am-8pm <b>5</b>	   Pool Open 11am-9pm <b>6</b>	Lobster Night 1/2 Price Wine in the Bottle over \$25  Pool Open 10am-7pm <b>7</b>
Boxwood Grille Ala Carte 12pm-2pm  Pool Open 12pm-7pm <b>8</b>	Main Clubhouse closed for food and beverage service  Pool Open 11am -8pm <b>9</b>	Pool Open 11am-8pm <b>10</b>	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille Pool Open 11am-8pm <b>11</b>	Duplicate Bridge 12:15pm Lunch 1pm Bridge  Pool Open 11am-8pm <b>12</b>	Men's Member-Guest (Golf Course Closed) Pairs Bridge 5:45pm Dinner 7pm Bridge Shaggin on the Boulevard Summer Blast Beach Party 7pm-Midnight Pool Open 11am-9pm <b>13</b>	Men's Member-Guest (Golf Course Closed)  Lobster Night 1/2 Price Wine in the Bottle over \$25  Pool Open 10am-7pm <b>14</b>
Men's Member-Guest (Golf Course Closed)  Boxwood Grille Ala Carte 12pm-2pm  Pool Open 12pm-7pm <b>15</b>	Main Clubhouse closed for food and beverage service  Pool Open 11am-8pm Pool closes at 6pm for private party <b>16</b>	Pool Open 11am -8pm <b>17</b>	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille Pool Open 11am-8pm Family Night Buffet Tex Mex <b>18</b>	Pool Open 11am-8pm <b>19</b>	Pool Open 11am-9pm <b>20</b>	Lobster Night 1/2 Price Wine in the Bottle over \$25  Pool Open 10am-7pm <b>21</b>
Boxwood Grille Ala Carte 12pm-2pm  Pool Open 12pm-7pm <b>22</b>	Main Clubhouse closed for food and beverage service  Pool Open 3:30pm -8pm (Modified Schedule) <b>23</b>	Pool Open 3:30pm -8pm (Modified Schedule) <b>24</b>	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille 3:30pm -8pm (Modified Schedule) <b>25</b>	Pool Open 3:30pm -8pm (Modified Schedule) <b>26</b>	Pool Open 3:30pm-9pm (Modified Schedule) <b>27</b>	Lobster Night 1/2 Price Wine in the Bottle over \$25  Pool Open 10am-7pm <b>28</b>
Boxwood Grille Ala Carte 12pm-2pm  Pool Open 12pm-7pm <b>29</b>	Main Clubhouse closed for food and beverage service  Pool Open 3:30pm -8pm (Modified Schedule) <b>30</b>	Pool Open 3:30pm -8pm (Modified Schedule) <b>31</b>				

## August 2010

# CHATMOSS FITNESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go for a Walk! <b>1</b>	8:30am - CA <b>Spinning</b> 9:45 - AW <b>Yoga</b> 5:00pm - CG <b>Spinning</b> <b>2</b>	7:30am - AW <b>Level II Yoga</b> 5:00pm - JB <b>Senior Fitness</b> 6:00pm - PB <b>Zumba</b> <b>3</b>	6am - EW <b>Spinning</b> 8:30am - CA <b>Spinning</b> 3:30pm - PH - <b>Gentle Yoga</b> 5pm - CG <b>Spinning</b> <b>4</b>	7:00am <b>Cardio Tennis</b> <b>5</b>	6am - CG <b>Spinning</b> 8:30am - CA <b>Spinning</b> <b>6</b>	Go for a Swim! <b>7</b>
<b>Journey Ride - CG</b> 4pm-5:30pm Spin/Walk 90 Minutes <b>8</b>	8:30am - LR <b>Spinning</b> 9:45 - AW <b>Yoga</b> 5:00pm - CG <b>Spinning</b> <b>9</b>	7:30am - AW <b>Level II Yoga</b> 5:00pm - JB <b>Senior Fitness</b> 6:00pm - PB <b>Zumba</b> <b>10</b>	6am - EW <b>Spinning</b> 8:30am - LR <b>Spinning</b> 3:30pm - PH - <b>Gentle Yoga</b> 5pm - CG <b>Spinning</b> <b>11</b>	7:00am <b>Cardio Tennis</b> 5:00pm - PH <b>Zumba</b> <b>12</b>	6am - CG <b>Spinning</b> 8:30am - LR <b>Spinning</b> <b>13</b>	Play Tennis! <b>14</b>
Go for a Walk! <b>15</b>	8:30am - CA <b>Spinning</b> 9:45 - AW <b>Yoga</b> 5:00pm - CG <b>Spinning</b> <b>16</b>	7:30am - AW <b>Level II Yoga</b> 5:00pm - JB <b>Senior Fitness</b> <b>17</b>	6am - EW <b>Spinning</b> 8:30am - CA <b>Spinning</b> 3:30pm - PH - <b>Gentle Yoga</b> 5pm - CG <b>Spinning</b> <b>18</b>	7:00am <b>Cardio Tennis</b> <b>19</b>	6am - CG <b>Spinning</b> 8:30am - CA <b>Spinning</b> <b>20</b>	Go for a Walk! <b>21</b>
<b>Journey Ride - CG</b> 4pm-5:30pm "I Can" 90 Minutes <b>22</b>	8:30am - CA <b>Spinning</b> 9:45 - AW <b>Yoga</b> 5:00pm - CG <b>Spinning</b> <b>23</b>	7:30am - AW <b>Level II Yoga</b> 5:00pm - JB <b>Senior Fitness</b> <b>24</b>	6am - EW <b>Spinning</b> 8:30am - LR <b>Spinning</b> 3:30pm - PH - <b>Gentle Yoga</b> 5pm - CG <b>Spinning</b> <b>25</b>	7:00am <b>Cardio Tennis</b> <b>26</b>	6am - CG <b>Spinning</b> 8:30am - CA <b>Spinning</b> <b>27</b>	Play Golf! <b>28</b>
Go for a Walk! <b>29</b>	8:30am - CA <b>Spinning</b> 9:45 - AW <b>Yoga</b> 5:00pm - CG <b>Spinning</b> <b>30</b>	7:30am - AW <b>Level II Yoga</b> 5:00pm - JB <b>Senior Fitness</b> <b>31</b>	<b>INSTRUCTOR KEY</b> Linda = LR      June = JB Carol Ann = CA      Carin = CG Pat Hall = PH      Allison = AW Parham = PB      Elizabeth = EW			

## August 2010

\* Class Instructors subject to change without notice.