

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Main Clubhouse closed for food and beverage service 1	VOTE! Have dinner at the Club! 2	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille 3	Ladies Golf Association End of the Year Luncheon 12noon - Virginia Room Boys-n-Girls Club Annual Dinner 6pm - Ballroom 4	Make reservations for Brunch! 5	Fall Two Ball Invitational (course closed) 1/2 Price Wine in the Bottle over \$25 6
Boxwood Grille Brunch Buffet 12pm-2pm Fall Two Ball Invitational (course closed) 7	Main Clubhouse closed for food and beverage service 8	Make reservations for the Fashion Show 9	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille 10	Veterans Day Celebration Boxwood Grille Duplicate Bridge 12:15pm Lunch 1pm Bridge 11	Pairs Bridge 5:45pm Dinner 7:00pm Bridge 12	1/2 Price Wine in the Bottle over \$25 13
Boxwood Grille Brunch Buffet 12pm-2pm 14	Main Clubhouse closed for food and beverage service 15	Have lunch at the Club! 16	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille Ladies Christmas Extravaganza Fashion Show 6:30pm Magnolia Ballroom 17	Make reservations for Thanksgiving 18	Order a Homestyle Meal ToGo for Dinner! 19	1/2 Price Wine in the Bottle over \$25 20
Boxwood Grille Brunch Buffet 12pm-2pm 21	Main Clubhouse closed for food and beverage service 22	Make plans to spend New Year's Eve at the Club! 23	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille 24	Thanksgiving Day Buffet 11:30am-2:00pm Reservations Required 25	Eat a salad at the Club! 26	1/2 Price Wine in the Bottle over \$25 27
Boxwood Grille Brunch Buffet 12pm-2pm 28	Main Clubhouse closed for food and beverage service 29	Make it a date night! 30	Club Christmas Celebration Kick off to the holidays 6pm-8pm 1			

November 2010

Answer to Trivia: Carrots.

CHATMOSS FITNESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00am - CG Spinning 8:30am - LR Spinning 9:45 - AW Flow Yoga 5:00pm - CA Spinning 1	7:30am - AW Level II Power Yoga 5:00pm - JB Senior Fitness 2	6am - EW Spinning 8:30am - TW Spinning 3:30pm - PH - Gentle Yoga 5pm - CG Spinning 3	7am - AW Yoga / Weights 4	6am - CG Spinning 8:30am - CA Spinning 5	Go for a Walk! 6
Play Tennis! 7	6:00am - CG Spinning 8:30am - CA Spinning 9:45 - AW Flow Yoga 5:00pm - MT Spinning 8	7:30am - AW Level II Power Yoga 5:00pm - JB Senior Fitness 9	6am - EW Spinning 8:30am - TW Spinning 3:30pm - PH - Gentle Yoga 5pm - CG Spinning 10	7am - AW Yoga / Weights 11	6am - CG Spinning 8:30am - CA Spinning 12	Play Tennis! 13
Play Golf! 14	6:00am - EW Spinning 8:30am - LR Spinning 9:45 - AW Flow Yoga 5:00pm - CG Spinning 15	7:30am - AW Level II Power Yoga 5:00pm - JB Senior Fitness 16	6am - EW Spinning 8:30am - TW Spinning 3:30pm - PH - Gentle Yoga 5pm - MT Spinning 17	7am - AW Yoga / Weights 18	6am - CG Spinning 8:30am - CA Spinning 19	Go for a Walk! 20
4:00pm Spinning Wizard of Oz Journey Ride 21	6:00am - EW Spinning 8:30am - CA Spinning 9:45 - AW Flow Yoga 5:00pm - CG Spinning 22	7:30am - AW Level II Power Yoga 5:00pm - JB Senior Fitness 23	6am - EW Spinning 8:30am - CA Spinning 3:30pm - PH - Gentle Yoga 5pm - CG Spinning 24	Happy Thanksgiving! 25	No Classes 26	Play Golf! 27
Go for a Walk! 28	6:00am - EW Spinning 8:30am - CA Spinning 9:45 - AW Flow Yoga 5:00pm - CG Spinning 29	7:30am - AW Level II Power Yoga 5:00pm - JB Senior Fitness 30				

INSTRUCTOR KEY

Linda = LR
 Carol Ann = CA
 Pat Hall = PH
 Telisha = TW
 Megan = MT
 June = JB
 Carin = CG
 Allison = AW
 Elizabeth = EW

November 2010

* Class Instructors subject to change without notice.