CHATMOSS COUNTRY CLUB

Clubhouse 276-638-2484 / FAX 638-2426
Golf Shop 276-638-7648 rweinerth@chatmosscc.org
Sports Complex Tennis 276-632-1857 chatmoss10s@aol.com
Golf Course Maintenance 276-638-7964 jreecekr@comcast.net
Fitness Center 276-632-1857
Pool / Cabana 276-632-1039
Reservations 276-656-6603
email manager@chatmosscc.org
web page www.chatmosscc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

October 2010

					Oktoberfest 7pm-Midnight Ballroom 1	King Crab Legs Night Boxwood Grille 1/2 Price Wine in the Bottle over $25 2
Boxwood Brunch Buffet 12pm-2pm 3	Main Clubhouse closed for food and beverage service 4	Have lunch at the Club! 5	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille 6	Don't forget to make reservations for Family Night! 7	Order a Homestyle Meal To Go 8	King Crab Legs Night Boxwood Grille 1/2 Price Wine in the Bottle over $25 9
Boxwood Brunch Buffet 12pm-2pm 10	Main Clubhouse closed for food and beverage service 11	Have dinner at the club! 12	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille Family Night German Buffet Boxwood Grille 5:30pm-9:00pm 13	Duplicate Bridge 12:15pm Lunch 1pm Bridge 14	Pairs Bridge 5:45pm Dinner 7:00pm Bridge 15	King Crab Legs Night Boxwood Grille 1/2 Price Wine in the Bottle over $25 16
Boxwood Brunch Buffet 12pm-2pm 17	Main Clubhouse closed for food and beverage service 18	Have lunch at the Club! 19	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille 20	Make reservations to have "King Crab Legs" on Saturday 21	Make reservations for the Hayride 22	King Crab Legs Night Boxwood Grille 1/2 Price Wine in the Bottle over $25 23
24 Boxwood Brunch Buffet 12pm-2pm / Boxwood Brunch Buffet 12pm-2pm 31	Main Clubhouse closed for food and beverage service 25	Make reservations for Family Halloween Celebration 26	"The Chatmoss" Special "One Meat & Three" 11:30pm - 2:00pm Boxwood Grille 27	Duplicate Bridge 12:15pm Lunch 1pm Bridge 28	Have dinner at the club! 29	King Crab Legs Night Boxwood Grille 1/2 Price Wine in the Bottle over $25 Nightmare on Mount Olivet Hayride & Pumpkin Carving 6pm - ? Ballroom 30

Answer to Trivia: The scarab. (dung beetle) Google scarab in ancient Egypt.

CHATMOSS FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

October 2010

INSTRUCTOR KEY

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

					6am - CG **Spinning** 8:30am - TW **Spinning** 1	Go for a Walk! 2
4;00-5:30pm - CG **Spinning** Journey ride California Wine Country 3	6:00am - EW **Spinning** 8:30am - TW **Spinning** 9:45 - AW **Flow Yoga** 5:00pm - CG **Spinning** 4	7:30am - AW 5:00pm - JB **Senior Fitness** 5	6am - EW **Spinning** 8:30am - TW **Spinning** 3:30pm - PH - **Gentle Yoga** 5pm - CG **Spinning** 6	7am - AW **Yoga / Fit** 3:30pm - AW **Flow Yoga** 7	6am - CG **Spinning** 8:30am - CA **Spinning** 8	Play Tennis! 9
Play Golf! 10	6:00am - CG **Spinning** 8:30am - CA **Spinning** 9:45 - AW **Flow Yoga** 5:00pm - CG **Spinning** 11	**NO YOGA CLASS** 5:00pm - JB **Senior Fitness** 12	6am - EW **Spinning** 8:30am - CA **Spinning** 3:30pm - PH - **Gentle Yoga** 5pm - CG **Spinning** 13	7am - AW **Yoga / Fit** 3:30pm - AW **Flow Yoga** 14	6am - CG **Spinning** 8:30am - LR **Spinning** 15	Go for a Walk! 16
Go for a Walk! 17	6:00am - EW **Spinning** 8:30am - TW **Spinning** 9:45 - AW **Flow Yoga** 5:00pm - CG **Spinning** 18	7:30am - AW **Level II Power Yoga** 5:00pm - JB **Senior Fitness** 19	6am - EW **Spinning** 8:30am - LR **Spinning** 3:30pm - PH - **Gentle Yoga** 5pm - CG **Spinning** 20	7am - AW **Yoga / Fit** 3:30pm - AW **Flow Yoga** 21	6am - TBA **Spinning** 8:30am - CA **Spinning** 22	Play Golf! 23
24 4:00pm **Spinning** Halloween Journey Ride 31	6:00am - CG **Spinning** 8:30am - LR **Spinning** 9:45 - AW **Flow Yoga** 5:00pm - CG **Spinning** 25	7:30am - AW **Level II Power Yoga** 5:00pm - JB **Senior Fitness** 26	6am - EW **Spinning** 8:30am - TW **Spinning** 3:30pm - PH - **Gentle Yoga** 5pm - CG **Spinning** 27	7am - AW **Yoga / Fit** 3:30pm - AW **Flow Yoga** 28	6am - CG **Spinning** 8:30am - CA **Spinning** 29	Go for a Walk! 30

* Class Instructors subject to change without notice.