

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2011

MAIN CLUB HOUSE CLOSED FOR FOOD AND BEVERAGE							1
2	3	4	5	6	7	8	
MAIN CLUB HOUSE CLOSED FOR FOOD AND BEVERAGE							9
9	10	11	12	13	14	15	
Boxwood Grille Brunch Buffet 12pm-2pm	Main Clubhouse closed for food and beverage service	Tini Tuesday \$4 Martinis	Kids Eat Free (10 and Under)	Duplicate Bridge 12noon Lunch 1:00pm Bridge	Sports Complex Annual Open House Grand Opening Tennis Social 7:00pm	1/2 Price Wine in the Bottle over \$25	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
Boxwood Grille Brunch Buffet 12pm-2pm	Main Clubhouse closed for food and beverage service	Tini Tuesday \$4 Martinis	Kids Eat Free (10 and Under)	Duplicate Bridge 12noon Lunch 1:00pm Bridge	Make reservations for the Super Bowl Party!	1/2 Price Wine in the Bottle over \$25	
30	31						

Answer to Trivia: There are 102 floors.

CHATMOSS FITNESS



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INSTRUCTOR KEY

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

Go for a Walk! 1

Mondays Yoga = All Levels							1
Play Tennis!	6:00am - CG Spinning 8:30am - TW Spinning 9:45 - AW Yoga 5:00pm - CA Spinning	7:30am - AW Yoga Fit 5:00pm - JB Senior Fitness 6:00pm - CG Spin Yoga	6am - EW Spinning 8:30am - LR Spinning 3:30pm - PH Gentle Yoga 5pm - MT Spinning	7am - AW Yoga Fit	6am - LR Spinning 8:30am - CA Spinning	Play Tennis!	
2	3	4	5	6	7	8	
Go for a Walk!	6:00am - EW Spinning 8:30am - LR Spinning 9:45 - AW Flow Yoga 5:00pm - CA Spinning	7:30am - AW Yoga Fit 5:00pm - JB Senior Fitness 6:00pm - CA Spin Yoga	6am - EW Spinning 8:30am - CA Spinning 3:30pm - PH Gentle Yoga 5pm - CG Spinning	7am - AW Yoga Fit	6am - CG Spinning 8:30am - LR Spinning	Go for a Walk!	
9	10	11	12	13	14	15	
4:00pm Lactat Threshold Workshop CA & Spinning Staff	6:00am - CA Spinning 8:30am - LR Spinning 9:45 - AW Flow Yoga 5:00pm - CG Spinning	7:30am - AW Yoga Fit 5:00pm - JB Senior Fitness 6:00pm - CA Spin Yoga	6am - EW Spinning 8:30am - TW Spinning 3:30pm - PH Gentle Yoga 5pm - CA Spinning	7am - AW Yoga Fit	6am - TW Spinning 8:30am - CA Spinning	Play Tennis!	
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30	31						

* Class Instructors subject to change without notice.