

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo	2 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 1 pm Quilting Club 3 pm Pizza Night	3 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre	4 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm Piano Bar w/ Glenn Mack	5 8:30 am Fun Tennis Tournament 10 am Craft Show 10 am Pickleball 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8 pm Sock Hop Dance with The Danny & Jim Show
		Singles Sock Hop Weekend				
6 1 pm RC Yacht Club 5 pm BBQ Night	7 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ 2Smooth	8 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo	9 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 3 pm Pizza Night 7 pm Apple Computer Club	10 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre	11 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 6 pm Bar Trivia 7:30 pm Crab Race 8 pm 50's Karaoke Party w/ Regis	12 10 am Pickleball 6pm RC Yacht Club Lighted Boat Parade 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8 pm 50's Dance with an Elvis Tribute Show 9 pm 50's Costume Contest
		Back to the 50's Weekend				
13 9 am Health Drive 10 am Camera Club 5 pm BBQ Night	14 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ Peter Alden	15 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo	16 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 3 pm Pizza Night	17 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10 am Pickleball 10:30 am Water Exercises 1pm Book Club 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre	18 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 6 pm Bar Trivia 7 pm Christmas Hayride 7:30 pm Crab Race 8 pm Streak at Cheeks w/ DJ Ron	19 10 am Pickleball 1 pm Christmas Parade 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8 pm Christmas Dance with DJ Xavier
		Christmas Weekend				
20 1 pm RC Yacht Club 5 pm BBQ Night	21 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ The Danny & Jim Show	22 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo	23 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 3 pm Pizza Night 7 pm Apple Computer Club	24 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre	25 Merry Christmas 4 pm Christmas Dinner	26 10 am Pickleball 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8 pm New Year's Eve Rehearsal Dance with DJ Xavier
		Happy Holidays Weekend				
27 5 pm BBQ Night	28 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ Jim from The Dukes	29 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9 am Yoga w/ Esther 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo	30 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Phyllis 10:30 am Water Exercises 3 pm Pizza Night	31 8:30 pm New Year's Eve with Dreams at Lakeside & DJ Xavier at Cheeks		