

DECEMBER 2009

| 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 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 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 pm Super Mega Trivia 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 50's Dance with an Elvis Tribute Show 8 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 Exercises 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 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 Exercises 6 pm Bar Trivia 7 pm Christmas Hayride 7 pm Super Mega Trivia 8 pm Streak at Cheeks w/ DJ Ron | 19 10 am Pickleball 1 pm Christmas Parade 6 pm Bar Trivia 7 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 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 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 2 pm Christmas Dinner  | 26 10 am Pickleball 6 pm Bar Trivia 7 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 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 Exercises 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  |  |  |