

FEBRUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9:30 am Pickleball 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7pm Music Monday w/ 2 Smooth	2 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 9:30 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5pm Taco Night 7 pm Euchre 7 pm Bingo	3 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 10:30 am Doubles Tennis Clinic 3pm Pizza Night 7pm Game Night	4 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Bike Ride 9:30 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5pm Nude Night Lakeside 7 pm Euchre	5 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9:30 am Pickleball 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm Piano Bar w/ Peter George	6 9:30 am Pickleball 10am Juggling Class 6 pm Bar Trivia 7 pm Keith Coleman's Las Vegas Revue
Super Bowl Tailgate Weekend						
7 9 am Health Drive 1 pm RC Yacht Club 6:00 pm Super Bowl BBQ Party at Cheeks - 52" HDTV, Specials!	8 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 9:30 am Pickleball 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ The Jim & Danny Show	9 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 9:30 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5pm Taco Night 7 pm Euchre 7 pm Bingo	10 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 10:30 am Doubles Tennis Clinic 3 pm Pizza Night 6PM CCRCYC Pig Roast 7pm Game Night 7 pm Apple Computer Club	11 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9:30 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre	12 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9:30 am Pickleball 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm SCUTTLEBUTTS LIVE w/ John Babcock	13 8:30am Fun Tennis Tournament 9:30 am Pickleball 10 am Juggling Class 6 pm Bar Trivia 7 pm Valentine's Ball w/ Beatlebeat
Valentines Weekend						
14 3:30 pm Daytona 500 at Cheeks 5 pm BBQ Night at Cheeks	15 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 9:30 am Pickleball 12:45 pm Bridge 7 pm Cribbage 7 pm Mardi Gras Music Monday w/ A Hit and a Miss	16 Fat Tuesday 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 9:30 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 1 pm -Fat Tuesday Parade 5 pm Taco Night 7 pm Euchre 7 pm Bingo	17 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 10:30 am Doubles Tennis Clinic 3 pm Pizza Night 7pm Game Night 7 pm Digital Photography Fundamentals Class	18 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Bike Ride 9:30 am Pickleball 10:30 am Water Exercises 1 pm Book Club 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre	19 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9:30 am Pickleball 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8:00 pm Laughter Society Show	20 9:30 am Pickleball 10am Juggling Class 12 pm Pool Party 12 pm Golf Cart Drag Racing 1 pm Golf Cart Road Rally 3 pm Golf Cart Games 6 pm Bar Trivia 7 pm Streak at Cheeks w/ DJ Brenda
NASCAR Weekend						
21 5 pm BBQ Night	22 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9:30 am Pickleball 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ Peter Alden	23 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 9:30 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5pm Taco Night 7 pm Euchre 7 pm Bingo	24 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 10:30 am Doubles Tennis Clinic 3 pm Pizza Night 7pm Game Night 7 pm Apple Computer Club 7 pm Digital Photography Fundamentals Class	25 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9:30 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre	26 6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 9:30 am Pickleball 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8 pm Karaoke Party w/ Regis	27 9:30 am Pickleball 10am Juggling Class 6 pm Bar Trivia 7 pm Sadie Hawkins Dance w/ DJ Xavier
28 7:30 am Breakfast Buffet	Sadie Hawkins Weekend					