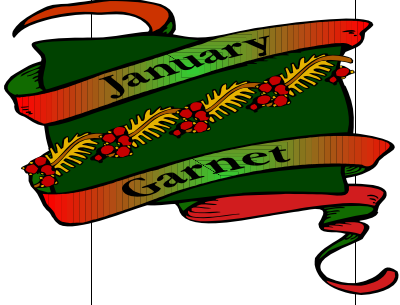
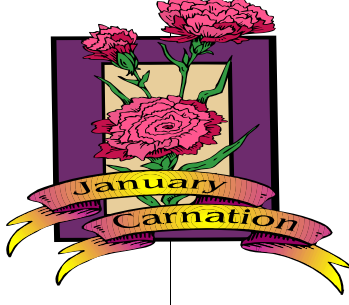



JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm Piano Bar w/ Peter Affa</p>	<p>2</p> <p>10am Juggling Class 10 am Pickleball 6 pm Bar Trivia 7 pm Streak at Cheeks w/ DJ Moody</p>
New Year's Weekend						
<p>3</p> <p>1 pm RC Yacht Club 5 pm BBQ Night</p>	<p>4</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ 2 Smooth</p>	<p>5</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo</p>	<p>6</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 3 pm Pizza Night</p>	<p>7</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Bike Ride 10 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre</p>	<p>8</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 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</p>	<p>9</p> <p>10am Juggling Class 10 am Pickleball 6 pm Bar Trivia 7 pm Madd For Plaid Dance w/ DJ Brenda</p>
Madd For Plaid Weekend						
<p>10</p> <p>10 am Camera Club 5 pm BBQ Night</p>	<p>11</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ Keith Coleman</p>	<p>12</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo</p>	<p>13</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 3 pm Pizza Night 7 pm Apple Computer Club</p>	<p>14</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 10 am Pickleball 10:30 am Water Exercises 1 pm Book Club 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre</p>	<p>15</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 8 pm Scuttlebutts Live w/ BackCountry</p>	<p>16</p> <p>10am Juggling Class 10 am Pickleball 6 pm Bar Trivia 7 pm Classic Country Dance w/ The Sound's Of Nashville</p>
Classic Country Weekend						
<p>17</p> <p>1 pm RC Yacht Club 5 pm BBQ Night</p>	<p>18</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 5:30 pm SPECIAL TIME Music Monday w/ The Uptowers</p>	<p>19</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo</p>	<p>20</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 3 pm Pizza Night</p>	<p>21</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Bike Ride 10 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre</p>	<p>22</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8 pm Oldies Strip @ Scuttlebutts w/ DJ Ron</p>	<p>23</p> <p>10am Juggling Class 11 am Pickleball 6 pm Bar Trivia 7 pm Oldies Dance w/ Peter Alden</p>
Oldies Weekend						
<p>24</p> <p>5 pm BBQ</p>	<p>25</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 12:45 pm Bridge 7 pm Cribbage 7 pm Music Monday w/ Jim from The Dukes</p>	<p>26</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Yoga w/ Esther 9:45 Walking Exercise 10 am Pickleball 10:30 am Water Exercises 1 pm Sit & Stitch 5 pm Taco Night 7 pm Euchre 7 pm Bingo</p>	<p>27</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 3 pm Pizza Night 7 pm Apple Computer Club</p>	<p>28</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 10 am Pickleball 10:30 am Water Exercises 2 pm Bellydancing Class 5 pm Nude Night Lakeside 7 pm Euchre</p>	<p>29</p> <p>6:30am INSANITY Max Cardio 7 am Hip Hop Abs 9 am Stretching & Strengthening w/ Freda 10:30 am Water Exercises 5 pm All You Can Eat Pasta 6 pm Bar Trivia 7 pm Super Mega Trivia 3000 8 pm Pirate Streak at Cheeks w/ DJ Xavier</p>	<p>30</p> <p>10am Juggling Class 11 am Pickleball 12 pm Pirate Pool Party 3pm Pirate Treasure Hunt 6 pm Bar Trivia 7 pm Pirate Dance & Costume Party w/ 2 Smooth</p>
Gasperilla Pirate Festival Weekend						