



Immerse Yourself in the Moment.™



SEPTEMBER/OCTOBER 2010 ACTIVITY SCHEDULE

Monday

- 8:00-9:00 a.m. – **Pilates-n-Ballet Combo** – This new class will incorporate the physio ball and add ballet based toning exercises utilizing the ballet bar.
- 8:30-10:00 a.m. – **NEW TIME – Adult Tennis Clinic** – Expert instruction and drills for any level. (\$25)
- 9:30-10:20 a.m. – **Body Sculpt** – Chisel and tone those problem areas with this resistance training class.
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for all levels. (Pricing depends on monthly attendance)

Tuesday

- 6:00-6:50 a.m. – **Cardio Pump** – Combines interval cardio sessions on spin bikes and treadmills.
- 9:00-9:50 a.m. – **Cardio Boot Camp** – This fast paced class incorporates high intensity cardio drills with toning exercises.
- 9:00-10:30 a.m. – **Intermediate/Advanced Ladies Tennis Clinic** – Level 3.5 and up welcome. (\$25)
- 10:00-11:00 a.m. – **Ladies Golf Clinic** – All levels welcome. Golf Members only. (\$20)
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for more advanced players. (Pricing depends on monthly attendance)
- 5:00-6:00 p.m. – **Power Yoga** – Combines flexibility, strength, and relaxation techniques to balance the body, mind, and spirit.
- 6:00 – 7:00 p.m. – **Pee Wee Tennis** – Get a head start on the other kids in the neighborhood. (4-6 yrs old, \$60/month)

Wednesday

- 8:00-9:00 a.m. – **Pilates Mat** – Designed to strengthen and stretch muscles, open up joints, and release tension.
- 9:00-9:50 a.m. – **Circuit Training** – This fast-paced class combines cardio and resistance training exercise in a circuit program.
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for all levels. (Pricing depends on monthly attendance)
- 5:00-5:50 p.m. – **Spin and Tone** – Forty-five minutes on the spin bike followed by core stabilization. All fitness levels welcome.
- 6:00-7:30 p.m. – **Men's Tennis Clinic** – Come hit with the pro. Ages 18 and up. All levels welcome. (\$25)

Thursday

- 6:00-6:50 a.m. – **Spin and Tone** – Forty-five minutes on the spin bike followed by core stabilization. All fitness levels welcome.
- 9:00-10:00 a.m. – **Cardio Combo** – Burn maximum calories while strengthening your heart and lungs with this interval training Spin and Treadmill class, all levels welcome.
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for more advanced players. (Pricing depends on monthly attendance)

Friday

- 8:00-9:00 a.m. – **Pilates-n-Ballet Combo** – This new class will incorporate the physio ball and add ballet based toning exercises utilizing the ballet bar.
- 9:00-9:50 a.m. – **Super Sets** – Fast-paced class focuses on resistance training for strength and conditioning.
- 10:00-11:00 a.m. – **Kickboxing** – Empowering cardio workout inspired by martial arts that will have you punching and kicking your way through calories to superior cardio fitness.
- 4:00-6:00 p.m. – **Junior Tennis Academy** – Progressive tennis training program for all levels. (Pricing depends on monthly attendance)

Saturday

- 9:00 – 10:00 a.m. – **NEW CLASS - Express Spin/Yoga Combo** – Thirty minutes of spin followed by thirty minutes of yoga.

Dates to Remember

Aug 29-Sept 30	Golf Course, Golf Shop, Clubhouse closed for overseed
September 6	Labor Day
October 7-9	Maddy Graves Classic Golf Tournament
October 23	Southern Highlands Fall Festival, 5K Run and 1 Mile Fun Walk

October 26	Ladies Pink Tee Golf & Social Event
October 28-30	Men's Club Championship Golf Tournament
October 31	Halloween