

Sports Complex ~ August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Women's Tennis</i> 9:00 <i>Water Aerobics</i> 3:00	3 <i>NIA</i> 9:00 <i>Men's Tennis</i> 9:00 <i>Pilates</i> 3:00	4 <i>Water Aerobics</i> 3:00	5 <i>Keep Fit</i> 8:30 <i>Water Aerobics</i> 10:00	6 <i>Division A</i> <i>Tennis</i> 9:00 <i>Pilates</i> 10:00	7 <i>Show-up</i> <i>Tennis Mixer</i> 9:00
8	9 <i>Women's Tennis</i> 9:00 <i>Water Aerobics</i> 3:00	10 <i>NIA</i> 9:00 <i>Men's Tennis</i> 9:00 <i>Pilates</i> 3:00	11 <i>FREE Tennis Clinic</i> 10:00 <i>Water Aerobics</i> 3:00	12 <i>Keep Fit</i> 8:30 <i>Water Aerobics</i> 10:00	13 <i>Division A</i> <i>Tennis</i> 9:00 <i>Pilates</i> 10:00	14 <i>Show-up</i> <i>Tennis Mixer</i> 9:00
15	16 <i>Women's Tennis</i> 9:00 <i>Water Aerobics</i> 3:00	17 <i>NIA</i> 9:00 <i>Men's Tennis</i> 9:00 <i>Pilates</i> 3:00	18 <i>Water Aerobics</i> 3:00	19 <i>Keep Fit</i> 8:30 <i>Water Aerobics</i> 10:00	20 <i>Division A</i> <i>Tennis</i> 9:00 <i>Pilates</i> 10:00	21 <i>Show-up</i> <i>Tennis Mixer</i> 9:00
22	23 <i>Women's Tennis</i> 9:00 <i>Water Aerobics</i> 3:00	24 <i>NIA</i> 9:00 <i>Men's Tennis</i> 9:00 <i>Pilates</i> 3:00	25 <i>Water Aerobics</i> 3:00	26 <i>Keep Fit</i> 8:30 <i>Water Aerobics</i> 10:00	27 <i>Division A</i> <i>Tennis</i> 9:00 <i>Pilates</i> 10:00	28 <i>Show-up</i> <i>Tennis Mixer</i> 9:00
29	30 <i>Women's Tennis</i> 9:00 <i>Water Aerobics</i> 3:00	31 <i>NIA</i> 9:00 <i>Men's Tennis</i> 9:00 <i>Pilates</i> 3:00				
<p>Fitness Center — 891-3458. Staffed 8:00 — 5:00. Members have access by key at other times. Please remember to sign in and lock the door and turn off the lights when you leave.</p> <p>Swimming Pool & Hot Tub — 7:00-8:00</p> <p>Massage Therapist Sharon Shuster available by appointment.</p> <p>For reservations, call 828-698-1748.</p>						