

Sports Complex ~ September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Water Aerobics 3:00	2 Water Aerobics 10:00	3 Division A Tennis 9:00 Pilates 10:00	4 Show-up Tennis Mixer 9:00
5	6 Women's Tennis 9:00 Water Aerobics 3:00	7 NIA 9:00 Men's Tennis 9:00 Pilates 3:00	8 Water Aerobics 3:00	9 Water Aerobics 10:00	10 Round Robin Tennis & Potluck lunch 9:00 Pilates 10:00	11 Show-up Tennis Mixer 9:00 Water Aerobics 10:00
12	13 Women's Tennis 9:00 Water Aerobics 3:00	14 NIA 9:00 Men's Tennis 9:00 Pilates 3:00	15 Water Aerobics 3:00	16 Water Aerobics 10:00	17 Division A Tennis 9:00 Pilates 10:00	18 Show-up Tennis Mixer 9:00
19	20 Women's Tennis 9:00 Water Aerobics 3:00	21 NIA 9:00 Men's Tennis 9:00 Pilates 3:00	22 Water Aerobics 3:00	23 Water Aerobics 10:00	24 Division A Tennis 9:00 Pilates 10:00	25 Show-up Tennis Mixer 9:00 Water Aerobics 10:00
26	27 Women's Tennis 9:00 Water Aerobics 3:00 CPR Class 5:00	28 NIA 9:00 Men's Tennis 9:00 Pilates 3:00	29 Water Aerobics 3:00	30 Water Aerobics 10:00		
<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>						