



JANUARY/FEBRUARY CLASS SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
Rest Day	WORKOUT OF THE MONTH AS POSTED ON DESK	10:15am CABLE MACHINE WORKSHOP	9am 5K OUTDOOR RUN	9am YOGA	8:30am STRENGTH CIRCUIT	9:30am HOLLOW BODY HOLD
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THE BELLA DONNAS

JANUARY EVENTS

SATURDAY, JANUARY 7TH | CARDIO TENNIS
9AM COMPLIMENTARY TO SPORTS MEMBERS

Come join us for some fast paced drills that will combine ground strokes and volleys. Reservations required by Thursday, January 5th and can be made by calling 407-469-4904.

SATURDAY, JANUARY 14TH | MIXED ROUND ROBIN
9:00AM LUNCH 11:30AM | COMPLIMENTARY TO SPORTS MEMBERS | GUEST OF MEMBER: \$20++

Every four games players switch partners. This is a great way to interact with other Members. You do not need a partner to participate. All levels are welcome. Lunch will be served after play. Reservations are required by Thursday, January 12th.

SATURDAY, JANUARY 28TH | TENNIS FUNDAMENTALS FOR BEGINNERS
9:00AM | COMPLIMENTARY TO SPORTS MEMBERS
GUEST OF MEMBER: \$30+

Join us with this great beginner's clinic to learn the basic forehand and backhand strokes. Reservations are required by Thursday, January 26th and can be made by calling 407-469-4904.

EVERY WEDNESDAY | BETTER BODY/ BETTER GOLF
11AM-2PM | COMPLIMENTARY TO SPORTS MEMBERS

Spend 15 minutes to learn one simple exercise to start or keep a golf fit body. Reserve your appointment with Lana in the Fitness Center 407-469-4904.

FEBRUARY EVENTS

SATURDAY, FEBRUARY 11TH | LADIES MEMBER GUEST TOURNAMENT
9AM-12PM | MEMBERS: \$30++ GUEST OF MEMBERS \$40++

Ladies invite a guest and play in our tennis tournament! Eight game pro set with no ad scoring. Lunch will be served and prizes awarded to top competitors. Reservations are required by Thursday, February 9th and can be made by calling 407-469-4904.

SATURDAY, FEBRUARY 18TH | TENNIS CLINIC-ALL VOLLEYS & OVERHEADS
9:00AM | COMPLIMENTARY TO SPORTS MEMBERS

Come play with other Members and learn how to attack and recover after each shot. Reservations are required by Thursday, February 16th and can be made by calling 407-469-4904.

SATURDAY, FEBRUARY 25TH | MENS MEMBER GUEST TOURNAMENT
9AM-12PM | MEMBERS: \$30++ GUEST OF MEMBERS \$40++

Members invite a guest and play in our tennis tournament! Eight game pro set with no ad scoring. Lunch will be served and prizes awarded to top competitors. Reservations are required by Thursday, February 23rd and can be made by calling 407-469-4904.

EVERY WEDNESDAY | BETTER BODY/ BETTER TENNIS
11AM-2PM | COMPLIMENTARY TO SPORTS MEMBERS

Spend 15 minutes to learn one simple exercise to start or keep a golf fit body. Reserve your appointment with Lana in the Fitness Center 407-469-4904.