

January 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HAPPY NEW YEAR! 10am Golf Shotgun Start No Fitness Classes	2 NO 8:30am Indoor Cycle NO 10:00am Indoor Cycle 5:30pm Cycle Sculpt	3 Member Tee Game Blue Tee Game NO 9:00am Circuit Blast 4:00pm Yin Yang Yoga	4 Ladies 10am SG 8:30am Indoor Cycle 10:00am Indoor Cycle 4:15pm TRX	5 Friday Gentlemen's Game 10am SG 11:00am Stretch 'n Roll	6 9:00am Yoga 101
7	8 9:00am Circuit Blast 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycle	9 8:30am Hike: Nevada County Trail 1:00pm Indoor Cycling 5:30pm Cycle Sculpt	10 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	11 Ladies 10am SG 8:30am Indoor Cycle 10:00am Indoor Cycle 4:15pm TRX	12 Friday Gentlemen's Game 10am SG 11:00am Stretch 'n Roll	13 9:00am Cycle Sculpt
14	15 9:00am Circuit Blast 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycle 7:00pm Guest Speaker: WCC Fitness 2018	16 8:30am Indoor Cycle 10:00am Indoor Cycle 5:30pm Cycle Sculpt	17 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	18 Ladies 10am SG NO 8:30am Indoor Cycle NO 10:00am Indoor Cycle 4:15pm TRX	19 Friday Gentlemen's Game 10am SG 11:00am Stretch 'n Roll	20 9:00am Yoga 101 5:00pm Prime Rib Dinner
21	22 9:00am Circuit Blast 10:30am Ladies' 9 n Dine NO 5:45pm Indoor Cycle 6:00pm Town Hall	23 8:30am Indoor Cycle 10:00am Indoor Cycle 5:30pm Cycle Sculpt	24 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	25 Ladies 10am SG 8:30am Indoor Cycle 10:00am Indoor Cycle 4:15pm TRX	26 Friday Gentlemen's Game 10am SG 11:00am Stretch 'n Roll	27 9:00am Cycle Sculpt
28	29 9:00am Circuit Blast 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycle	30 8:30am Indoor Cycle 10:00am Indoor Cycle 5:30pm Cycle Sculpt	31 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga			

Classes are complimentary with WCC membership. ForeTees registration requested for: Indoor Cycling, Cycle Sculpt, TRX, Hikes, and F & B Events.