


May 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30am Indoor Cycle 10:00am Indoor Cycle 5:30pm Cycle Sculpt	2 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	3 8:30am SG Ladies' Day 8:30am Indoor Cycle 10:00am Indoor Cycle 4:15pm TRX	4 10:00am SG Men's Game 11:00am Stretch 'n Roll	5 9:00am Yoga 101 10:00am Titleist Fitting Day
6	7 9:00am Circuit Blast 10:30am 9 'n Dine 5:45pm Indoor Cycle	8 8:30am Hike: Foresthil Divide Loop 1:00pm Indoor Cycle 5:30pm Cycle Sculpt	9 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	10 8:30am SG Ladies' Day NO 8:30am Indoor Cycle NO 10:00am Indoor Cycle 4:15pm TRX	11 11:00am Stretch 'n Roll 1:00pm SG Member/Member Round 1	12 8:30am SG Member/Member Round 2 9:00am Cycle Sculpt
13 HAPPY MOTHER'S DAY! 10:00am & 12:30pm Brunch	14 9:00am Circuit Blast 10:30am 9 'n Dine 5:45pm Indoor Cycle	15 8:30am Indoor Cycle 10:00am Indoor Cycle 5:30pm Cycle Sculpt	16 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga 4:00pm SG NRFPT	17 8:30am SG Ladies' Day 8:30am Indoor Cycle 10:00am Indoor Cycle 4:15pm TRX	18 10:00am SG Men's Game 11:00am Stretch 'n Roll	19 Sock Hop! 9:00am Yoga 101
20 8:30am SG Couples Guest Day	21 9:00am Circuit Blast 10:30am 9 'n Dine 5:45pm Indoor Cycle	22 8:30am Indoor Cycle 10:00am Indoor Cycle 5:30pm Cycle Sculpt	23 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	24 8:30am SG WOWGG Day 8:30am Indoor Cycle 10:00am Indoor Cycle 4:15pm TRX	25 10:00am SG Men's Game 11:00am Stretch 'n Roll	26 9:00am Tee Times NCGA Zone Qualifier 9:00am Cycle Sculpt
27	28 HAPPY MEMORIAL DAY! NO FITNESS CLASSES 10:30am 9 'n Dine	29 8:30am Indoor Cycle 10:00am Indoor Cycle 5:30pm Cycle Sculpt	30 Member Tee Game Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	31 8:30am SG Ladies' Day 8:30am Indoor Cycle 10:00am Indoor Cycle 4:15pm TRX	 <p>Classes are complimentary with WCC membership. ForeTees registration requested for: Indoor Cycling, Cycle Sculpt, TRX, Hikes, and F & B Events Listed</p>	