


# September 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						9:00am Yoga 101
2	3	4	5	6	7	8
	NO Fitness Classes HAPPY LABOR DAY! 10:30am Ladies' 9 n Dine	8:30am Hike: Robie Point to No Hands Bridge 1:00pm Indoor Cycling 5:30pm Cycle Sculpt	8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Water Aerobics 4:00pm Yin Yang Yoga	8:30am Ladies' Day Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX 5:30pm Fantasy Football Season Opener	10:00am Men's Game 11:00am Stretch 'n Roll	9:00am Cycle Sculpt
9	10	11	12	13	14	15
	8:30am Ladies Team Play 9:00am Water Aerobics 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycling	8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Water Aerobics NO 4:00pm Yin Yang Yoga	8:30am Ladies' Fall Derby 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX 3:00-6:00pm 3-D Foot Scan	8:30am Shotgun Gentlemen's Mini-Invitational 11:00am Stretch 'n Roll	9:00am Cycle Sculpt 5:00pm Harvest Dinner
16	17	18	19	20	21	22
	8:30am Shotgun WGANC OPEN DAY 9:00am Water Aerobics 5:45pm Indoor Cycling 7:00pm GUEST SPEAKER: Registered Dietician	8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Water Aerobics NO 4:00pm Yin Yang Yoga 4:30pm Not Ready For Prime Time	8:30am Ladies' Day Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX	11:00am Stretch 'n Roll 1:00pm Shotgun Pine Cup Matches	9:00am Cycle Sculpt
23	24	25	26	27	28	29
	9:00am Water Aerobics 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycling	8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Water Aerobics NO 4:00pm Yin Yang Yoga	8:30am Ladies' Day Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX	10:00am Men's Game 11:00am Stretch 'n Roll 5:30pm Taste of Winchester	Stroke Play Championships Day # 1 9:00am Cycle Sculpt
30	<p>Classes are complimentary with WCC membership. Registration on ForeTees is requested for: Indoor Cycling, Cycle Sculpt, TRX, F &amp; B Events Listed</p> 					
Stroke Play Championships Day # 2						

