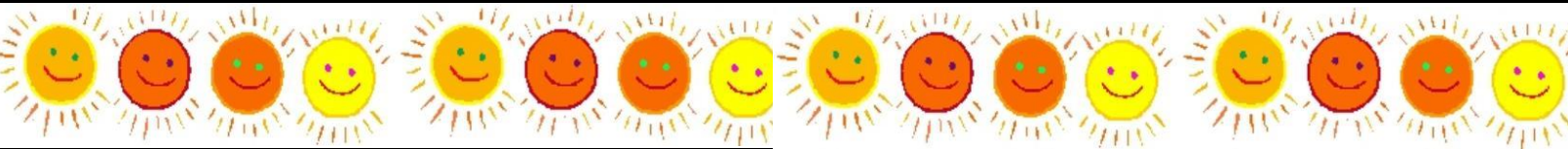



# August 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	Blue Tee Men's Game Member Tee Group 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	Men's Game 11:00am Stretch 'n Roll	9:00am Yoga 101
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	9:00am Water Aerobics Ladies' 9 n Dine 5:45pm Indoor Cycling 7:00pm GUEST SPEAKER: Fantasy Football	8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	Blue Tee Men's Game Member Tee Group 9:00am Water Aerobics 4:00pm Yin Yang Yoga	8:30am Ladies' Day Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling NO 4:15pm TRX	Men's Game 11:00am Stretch 'n Roll	9:00am Cycle Sculpt
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	9:00am Water Aerobics Ladies' 9 n Dine 5:45pm Indoor Cycling	8:30am HIKE: Birds, Bronze, & Brunch 1:00pm Indoor Cycling 5:30pm Cycle Sculpt	Blue Tee Men's Game Member Tee Group 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	Men's Game 11:00am Stretch 'n Roll	9:00am Yoga 101 5:00pm Duckhorn Wine Dinner
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	9:00am Water Aerobics Ladies' 9 n Dine 3:00-5:00pm CPR/First Aid/AED Certification 5:45pm Indoor Cycling	8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	Blue Tee Men's Game Member Tee Group 9:00am Water Aerobics 4:00pm Yin Yang Yoga	8:30am Ladies' Day Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling NO 4:15pm TRX	Men's Game NO 11:00am Stretch 'n Roll	Green & Gold Golf Tournament 9:00am Cycle Sculpt
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Classes are complimentary with WCC membership. Registration on ForeTees is requested for: Indoor Cycling, Cycle Sculpt, TRX, F &amp; B Events Listed.</b> 	
Green and Gold Golf Tournament	9:00am Water Aerobics 10:30am Ladies' 9 Hole Guest Day 5:45pm Indoor Cycling 7:00pm Fantasy Football Draft	8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	Blue Tee Men's Game Member Tee Group 9:00am Water Aerobics 4:00pm Yin Yang Yoga	Ladies' Mini Invitational 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX		