


# November 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	2 Ladies' Day 10am Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX	3 10:00am Men's Game 11:00am Stretch 'n Roll	4 9:00am Yoga 101
5	6 9:00am Circuit Blast 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycling	7 9:15am Art Tour: Nicholson Blown Glass 1:00pm Indoor Cycling 5:30pm Cycle Sculpt	8 8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	9 Ladies' Day 10am Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX	10 10:00am Men's Game 11:00am Stretch 'n Roll	11 3 - Club Tournament 8:30 Tee Times 9:00am Cycle Sculpt
12	13 9:00am Circuit Blast 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycling 7:00pm Guest Speaker: Executive Chef Brian Coe	14 8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	15 8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	16 Ladies' Day 10am Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX	17 10:00am Men's Game 11:00am Stretch 'n Roll	18 9:00am Yoga 101 4:00-6:00pm Sip 'n Shop
19	20 9:00am Circuit Blast 10:30am Ladies' 9 n Dine 5:45pm Indoor Cycling	21 8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	22 8:30am Member Tee Game 9:00am Blue Tee Game <b>NO 9:00am Circuit Blast</b> 4:00pm Yin Yang Yoga	23  9:00am Golf Shotgun <b>NO FITNESS CLASSES</b> <b>HAPPY THANKSGIVING!</b>	24 10:00am Men's Game 11:00am Stretch 'n Roll	25 9:00am Cycle Sculpt
26	27 <b>NO 9:00am Circuit Blast</b> 10:30am Ladies' 9 n Dine <b>NO 5:45pm Indoor Cycling</b>	28 8:30am Indoor Cycling 10:00am Indoor Cycling 5:30pm Cycle Sculpt	29 8:30am Member Tee Game 9:00am Blue Tee Game 9:00am Circuit Blast 4:00pm Yin Yang Yoga	30 Ladies' Day 10am Shotgun 8:30am Indoor Cycling 10:00am Indoor Cycling 4:15pm TRX		

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

