



SUN	MON	TUE	WED	THU	FRI	SAT
			Glassy Wellness Center 1 - Wellness Personality Program	Glassy Club 2 - Sunset Grill	Glassy Club 3 - Mountain Mixer	Keowee Springs Golf Course 4 One Day Member-Guest
			Keowee Falls Wellness Center - Men's Golf Conditioning Class (9:00AM) - Yoga (4:00PM)	Valley Wellness Center - Advanced Golf Conditioning (7:30AM) - Yoga Flexibility (8:30AM) - Water Exercise (8:30AM)	Glassy Golf Course Couples Golf: Sunset Scramble	Valley Club - Scavenge for a Cure
			Keowee Vineyards Marina Pool - Water Fitness (10:15AM)	- Advanced Drills Tennis Clinic (4:00PM) - Spinning (4:30PM)	Keowee Falls Clubhouse - Friday at The Falls	- Showtime! Karaoke at The Cliffs Valley
			Keowee Vineyards Wellness Center - Yoga Level 1 (8:00AM)	Walnut Cove Clubhouse - Bistro Night - Bistro Night	Keowee Falls Wellness Center - Vari Fit (8:30AM)	Walnut Cove Clubhouse - Chef's Signature Dining
			Valley Club - Home-style Comfort Cuisine	Walnut Cove Golf Course - Challenge Cup Walnut Cove vs. Champion Hills	Keowee Springs Golf Course Couples Golf, Patriot Golf Day	
			Valley Golf Course - Couples Golf - Couples Golf	Walnut Cove Wellness Center - Trim and Tone (8:15AM) - Water Fitness (9:30AM)	Keowee Vineyards Clubhouse - Neighborhood Gathering	
			Valley Wellness Center - Morning Mix (6:30AM) - Pilates Mat (8:30AM) - Tennis: Ladies Clinic (9:00AM) - Vary Fit (10:30AM) - Beginner Golf Conditioning (3:30PM) - Beginner Pilates (5:30PM)		Keowee Vineyards Wellness Center - Functional Fitness (8:00AM) - Functional Fitness (9:00AM) - Yoga Stretch (10:00AM)	
			Walnut Cove Clubhouse - En Plein Air at The Tavern		The Village at Mountain Park - The Market at Mountain Park Village	
			Walnut Cove Wellness Center - Fireside Chat: Balance Training with Vance		Valley Club - Elixirs & Edibles - Fireside Chat: Valley Gardening Club	
					Valley Golf Course - Guest Golf Day	
					Valley Wellness	

			Ferrigno, Exercise Physiologist - Strength Circuit (9:15AM) - Pilates (10:30AM)		Center - Pilates Mat (8:30AM) - Tennis: Men's Day (9:00AM) - Water Aerobics (9:30AM) - Water Combo (9:30AM) - Cardio Tennis (10:30AM) - Tennis: Beginner Clinic (adults) (11:00AM)	
					Walnut Cove Clubhouse - Experience the Romance of Italy	
					Walnut Cove Golf Course - Challenge Cup Walnut Cove vs. Champion Hills	
					Walnut Cove Wellness Center - Strength Circuit (9:15AM) - Yoga (10:30AM)	
Glassy Club 5 - Sunday Supper - Mountaintop Brunch	Glassy Golf Course 6 - Labor Day Tournament	Glassy Club 7 - Taste of Summer Tuesdays	Keowee Falls Wellness Center 8 - Men's Golf Conditioning Class (9:00AM)	Glassy Club 9 - Sunset Grill <hr/> Keowee Springs	Glassy Club 10 - Annual Art Exhibit - Mountain Mixer	Glassy Golf Course 11 - The Cliffs at Glassy Club Championship

McKinney Chapel - McKinney Chapel Service	Keowee Falls Clubhouse - Family Night	Keowee Springs Beach Club - Outdoor Yoga (9:00AM)	- Yoga (4:00PM)	Turnhouse - Springs Social	Keowee Falls Clubhouse - Friday at The Falls	Keowee Falls Wellness Center - Yoga 2 (9:30AM)
The Chapel at The Cliffs at Glassy - Chapel Services	Keowee Vineyards Lakehouse - Labor Day Buffet at the Lakehouse	- Water Aerobics (10:00AM)	Keowee Vineyards Marina Pool - Water Fitness (10:15AM)	The Cliffs Organic Farm - Seasonal Farm Tour and Lunch	Keowee Falls Wellness Center - Vari Fit (8:30AM)	Keowee Vineyards Clubhouse - South American Wine Dinner
Valley Club - Sunday Brunch	La Bastide - Alfresco at La Bastide	Keowee Vineyards Clubhouse - Tuesday Table D'hôte	Keowee Vineyards Wellness Center - Step & Ball (7:00AM) - Yoga Level 1 (8:00AM)	Valley Golf Course - Ladies Classic Member-Guest	Keowee Vineyards Wellness Center - Fireside Chat: Agility Training with Vance Ferrigno, Exercise Physiologist	Valley Golf Course - Ladies Classic Member-Guest
Walnut Cove Clubhouse - Sunday Brunch at The Tavern	Valley Club - Labor Day Cookout	La Bastide - Alfresco at La Bastide	- Step & Ball (9:00AM)	Valley Wellness Center - Advanced Golf Conditioning (7:30AM) - Water Exercise (8:30AM) - Yoga Flexibility (8:30AM) - Advanced Drills Tennis Clinic (4:00PM) - Spinning (4:30PM)	- Functional Fitness (8:00AM) - Functional Fitness (9:00AM)	Walnut Cove Clubhouse - Chef's Signature Dining
Walnut Cove Golf Course - Sunday Couples	Valley Golf Course - Labor Day Golf Tournament	Valley Wellness Center - Golf Smart - Advanced Golf Conditioning (7:30AM) - Yoga Strength (8:30AM) - Water Exercise (9:00AM) - Tennis: Men's Day (9:00AM)	Valley Club - Home-style Comfort Cuisine	Walnut Cove Clubhouse - Danny Ellis "800 Voices" My Life in an Irish Orphanage	The Village at Mountain Park - The Market at Mountain Park Village	Walnut Cove Golf Course - Men and Ladies Club Championship
	Valley Wellness Center - Labor Day Tennis - Morning Mix (6:30AM) - Spinning (8:30AM) - Tennis: Ladies Doubles (9:00AM) - Water Aerobics (9:30AM) - Low Impact Aerobics (10:30AM) - Beginner Golf Conditioning (3:30PM) - Spinning (4:30PM) - Yoga Stretch (5:30PM)	Walnut Cove Wellness Center - Zumba - Panthertown-Tuckasegee Trail Hike - Stretch & Mobility (8:30AM) - Functional Fitness (9:30AM) - Yoga (10:30AM)	Valley Wellness Center - Morning Mix (6:30AM) - Pilates Mat (8:30AM) - Tennis: Ladies Clinic (9:00AM) - Vary Fit (10:30AM) - Beginner Golf Conditioning (3:30PM) - Beginner Pilates (5:30PM)	Walnut Cove Clubhouse - Danny Ellis "800 Voices" My Life in an Irish Orphanage	Valley Club - Elixirs & Edibles	
	Walnut Cove Wellness Center - Nia Aerobics (9:00AM) - Nia Aerobics (9:00AM) - Water Fitness (10:30AM) - Beginner Pilates (3:00PM)		Walnut Cove Wellness Center - Tennis Open Social - Strength Circuit (9:15AM) - Pilates (10:30AM)	Walnut Cove Wellness Center - Trim and Tone (8:15AM) - Water Fitness (9:30AM)	Valley Golf Course - Ladies Classic Member-Guest	
					Valley Wellness Center - Navitat Canopy Adventure Experience - Pilates Mat (8:30AM) - Tennis: Men's Day (9:00AM) - Water Aerobics (9:30AM) - Water Combo (9:30AM) - Cardio Tennis (10:30AM) - Tennis: Beginner Clinic (adults) (11:00AM)	
					Walnut Cove Clubhouse - Bistro Night - Bistro Night	
					Walnut Cove Golf	

					Course - Men and Ladies Club Championship Walnut Cove Wellness Center - Chair Massage - Strength Circuit (9:15AM) - Yoga (10:30AM)	
Glassy Club 12 - Sunday Supper - Mountaintop Brunch Glassy Golf Course - The Cliffs at Glassy Club Championship The Chapel at The Cliffs at Glassy - Chapel Services Valley Club - Sunday Brunch Walnut Cove Clubhouse - Sunday Brunch at The Tavern Walnut Cove Golf Course - Men and Ladies Club Championship	Keowee Falls Clubhouse 13 - Family Night Keowee Falls Wellness Center - Yoga 1 (8:30AM) - Vari Fit (9:30AM) Keowee Vineyards Lakehouse - Mondays Lakeside at The Lakehouse Keowee Vineyards Marina Pool - Water Fitness (10:15AM) Keowee Vineyards Wellness Center - Morning Mix (7:00AM) - Yoga Level 1 (8:00AM) - Morning Mix (9:00AM) La Bastide - Alfresco at La Bastide Valley Club - Monday Night Football Valley Wellness Center - Morning Mix (6:30AM) - Spinning (8:30AM) - Tennis: Ladies Doubles (9:00AM) - Water Aerobics (9:30AM) - Low Impact Aerobics (10:30AM)	Glassy Club 14 - Taste of Summer Tuesdays Glassy Wellness Center - Glassy Mountain Amazing Race Keowee Springs Beach Club - Outdoor Yoga (9:00AM) - Water Aerobics (10:00AM) Keowee Vineyards Clubhouse - Tuesday Table D'hôte La Bastide - Alfresco at La Bastide The Chapel at The Cliffs at Glassy - Chapel Concert Valley Wellness Center - Agility Training Lecture - Golf Smart - Advanced Golf Conditioning (7:30AM) - Yoga Strength (8:30AM) - Water Exercise (9:00AM) - Tennis: Men's Day (9:00AM) Walnut Cove Wellness Center - Zumba	Glassy Wellness Center 15 - Wellness Personality Program Keowee Falls Wellness Center - Men's Golf Conditioning Class (9:00AM) - Yoga (4:00PM) Keowee Vineyards Lakehouse - Birthday Club Dinner Keowee Vineyards Marina Pool - Water Fitness (10:15AM) Keowee Vineyards Wellness Center - Trim and Tone (7:00AM) - Yoga Level 1 (8:00AM) - Trim and Tone (9:00AM) Valley Club - Home-style Comfort Cuisine Valley Wellness Center - Morning Mix (6:30AM) - Pilates Mat (8:30AM) - Tennis: Ladies Clinic (9:00AM) - Vary Fit (10:30AM) - Beginner Golf Conditioning (3:30PM) - Beginner Pilates (5:30PM)	Glassy Club 16 - Sunset Grill Valley Wellness Center - Members vs Associates Tennis - Advanced Golf Conditioning (7:30AM) - Yoga Flexibility (8:30AM) - Water Exercise (8:30AM) - Advanced Drills Tennis Clinic (4:00PM) - Spinning (4:30PM) Walnut Cove Clubhouse - Bistro Night - Bistro Night Walnut Cove Wellness Center - Trim and Tone (8:15AM) - Water Fitness (9:30AM)	Glassy Club 17 - Mountain Mixer Keowee Falls Clubhouse - Friday at The Falls - Blues, Brews & Barbeque Keowee Falls Wellness Center - Raven Rock-Keowee Toxaway Wellness Hike - Vari Fit (8:30AM) Keowee Vineyards Wellness Center - Functional Fitness (8:00AM) - Functional Fitness (9:00AM) - Yoga Stretch (10:00AM) The Village at Mountain Park - The Market at Mountain Park Village Valley Club - Elixirs & Edibles - Grand Wine Tasting Valley Clubhouse - Member Orientation Valley Wellness Center - Pilates Mat (8:30AM) - Tennis: Men's Day (9:00AM)	Keowee Falls Golf Course 18 - Keowee Falls Club Championship Keowee Vineyards Lakehouse - Boat Crawl and Shag Night Valley Club - Birthday Club Valley Wellness Center - Mixed Doubles Tennis Championship Walnut Cove Clubhouse - Chef's Signature Dining - Asheville Brewing Company Beer Dinner

	<ul style="list-style-type: none"> - Beginner Golf Conditioning (3:30PM) - Spinning (4:30PM) - Yoga Stretch (5:30PM) 	<ul style="list-style-type: none"> - Stretch & Mobility (8:30AM) - Functional Fitness (9:30AM) - Yoga (10:30AM) 	<p>Walnut Cove Clubhouse</p> <ul style="list-style-type: none"> - En Plein Air at The Tavern 		<ul style="list-style-type: none"> - Water Aerobics (9:30AM) - Water Combo (9:30AM) - Cardio Tennis (10:30AM) - Tennis: Beginner Clinic (adults) (11:00AM) 	
	<p>Walnut Cove Wellness Center</p> <ul style="list-style-type: none"> - Nia Aerobics (9:00AM) - Nia Aerobics (9:00AM) - Water Fitness (10:30AM) - Beginner Pilates (3:00PM) 		<p>Walnut Cove Wellness Center</p> <ul style="list-style-type: none"> - Fireside Chat: Agility Training with Vance Ferrigno, Exercise Physiologist - Strength Circuit (9:15AM) - Pilates (10:30AM) 		<p>Walnut Cove Golf Course</p> <ul style="list-style-type: none"> - Member Mixer (Nine & Dine) 	
					<p>Walnut Cove Wellness Center</p> <ul style="list-style-type: none"> - Women's Health and Integrative Options - Dietician Q&A with Katherine Spinks, Registered Dietician - Strength Circuit (9:15AM) - Yoga (10:30AM) 	
<p>Glassy Club 19</p> <ul style="list-style-type: none"> - Sunday Supper - Mountaintop Brunch 	<p>Glassy Wellness 20 Center</p> <ul style="list-style-type: none"> - Agility Training with Vance Ferrigno 	<p>Glassy Club 21</p> <ul style="list-style-type: none"> - Fireside Chat: The Squire of Dark Corner - Taste of Summer Tuesdays 	<p>Glassy Club 22</p> <ul style="list-style-type: none"> - Cooking Class: Stewin' on the Bayou 	<p>Glassy Club 23</p> <ul style="list-style-type: none"> - Sunset Grill - Women Who Wine 	<p>Glassy Club 24</p> <ul style="list-style-type: none"> - Mountain Mixer 	<p>Glassy Club 25</p> <ul style="list-style-type: none"> - Birthday Club
<p>Keowee Falls Golf Course</p> <ul style="list-style-type: none"> - Keowee Falls Club Championship 	<p>Keowee Falls Clubhouse</p> <ul style="list-style-type: none"> - Family Night 	<p>Keowee Springs Beach Club</p> <ul style="list-style-type: none"> - Outdoor Yoga (9:00AM) 	<p>Keowee Falls Wellness Center</p> <ul style="list-style-type: none"> - Men's Golf Conditioning Class (9:00AM) - Yoga (4:00PM) 	<p>Valley Wellness Center</p> <ul style="list-style-type: none"> - Cliffs NCAA Tennis Classic Men's Tennis 	<p>Keowee Falls Clubhouse</p> <ul style="list-style-type: none"> - Friday at The Falls 	<p>Keowee Falls Clubhouse</p> <ul style="list-style-type: none"> - Birthday Club Dinner
<p>The Chapel at The Cliffs at Glassy</p> <ul style="list-style-type: none"> - Chapel Services 	<p>Keowee Falls Wellness Center</p> <ul style="list-style-type: none"> - Yoga 1 (8:30AM) - Vari Fit (9:30AM) 	<p>Keowee Vineyards Beach Club</p> <ul style="list-style-type: none"> - Water Aerobics (10:00AM) 	<p>Keowee Vineyards Marina Pool</p> <ul style="list-style-type: none"> - Water Fitness (10:15AM) 	<ul style="list-style-type: none"> - Advanced Golf Conditioning (7:30AM) - Water Exercise (8:30AM) - Yoga Flexibility (8:30AM) 	<p>Keowee Falls Wellness Center</p> <ul style="list-style-type: none"> - Agility Training with Vance Ferrigno - Vari Fit (8:30AM) 	<p>Keowee Falls Wellness Center</p> <ul style="list-style-type: none"> - Yoga 2 (9:30AM)
<p>Valley Club</p> <ul style="list-style-type: none"> - Sunday Brunch 	<p>Keowee Vineyards Lakehouse</p> <ul style="list-style-type: none"> - Mondays Lakeside at The Lakehouse 	<p>Keowee Vineyards Clubhouse</p> <ul style="list-style-type: none"> - Tuesday Table D'hôte 	<p>Keowee Vineyards Wellness Center</p> <ul style="list-style-type: none"> - Water Fitness (10:15AM) 	<ul style="list-style-type: none"> - Advanced Drills Tennis Clinic (4:00PM) - Spinning (4:30PM) 	<p>Keowee Vineyards Wellness Center</p> <ul style="list-style-type: none"> - Functional Fitness (8:00AM) - Functional Fitness (9:00AM) - Yoga Stretch (10:00AM) 	<p>Valley Wellness Center</p> <ul style="list-style-type: none"> - Cliffs NCAA Tennis Classic Men's Tennis
<p>Valley Golf Course</p> <ul style="list-style-type: none"> - Couples 18-hole Golf Event 	<p>Keowee Vineyards Marina Pool</p> <ul style="list-style-type: none"> - Water Fitness (10:15AM) 	<p>La Bastide</p> <ul style="list-style-type: none"> - Alfresco at La Bastide 	<ul style="list-style-type: none"> - Step & Ball (7:00AM) - Yoga Level 1 (8:00AM) - Step & Ball (9:00AM) 	<p>Walnut Cove Clubhouse</p> <ul style="list-style-type: none"> - Bistro Night - Bistro Night 	<p>Keowee Vineyards Wellness Center</p> <ul style="list-style-type: none"> - Functional Fitness (9:00AM) - Yoga Stretch (10:00AM) 	<p>Walnut Cove Clubhouse</p> <ul style="list-style-type: none"> - Chef's Signature Dining
<p>Valley Wellness Center</p> <ul style="list-style-type: none"> - Mixed Doubles Tennis Championship 	<p>Keowee Vineyards Wellness Center</p> <ul style="list-style-type: none"> - Golf Conditioning 	<p>Valley Wellness Center</p> <ul style="list-style-type: none"> - Golf Smart - Advanced Golf Conditioning (7:30AM) - Yoga Strength (8:30AM) 	<p>Valley Club</p> <ul style="list-style-type: none"> - Home-style Comfort Cuisine 	<p>Walnut Cove Clubhouse</p> <ul style="list-style-type: none"> - Bistro Night 	<p>The Cliffs Organic Farm</p> <ul style="list-style-type: none"> - The Cliffs Organic Farm Potluck Dinner 	<p>Walnut Cove Golf Course</p> <ul style="list-style-type: none"> - One-Day Couples Member-Guest
<p>Walnut Cove Clubhouse</p>			<p>Valley Wellness Center</p>	<p>Walnut Cove Wellness Center</p>		

<p>- Sunday Brunch at The Tavern</p>	<p>(7:00AM) - Yoga Level 1 (8:00AM) - Golf Conditioning (9:00AM)</p> <p>La Bastide - Alfresco at La Bastide</p> <p>Valley Club - Monday Night Football</p> <p>Valley Wellness Center - Wellness Hike - Morning Mix (6:30AM) - Spinning (8:30AM) - Tennis: Ladies Doubles (9:00AM) - Water Aerobics (9:30AM) - Low Impact Aerobics (10:30AM) - Beginner Golf Conditioning (3:30PM) - Spinning (4:30PM) - Yoga Stretch (5:30PM)</p> <p>Walnut Cove Golf Course - Ladies Twilight Scramble</p> <p>Walnut Cove Wellness Center - Nia Aerobics (9:00AM) - Nia Aerobics (9:00AM) - Water Fitness (10:30AM) - Beginner Pilates (3:00PM)</p>	<p>- Water Exercise (9:00AM) - Tennis: Men's Day (9:00AM)</p> <p>Walnut Cove Wellness Center - Walnut Cove Wellness Symposium - Stretch & Mobility (8:30AM) - Functional Fitness (9:30AM) - Yoga (10:30AM)</p>	<p>- Morning Mix (6:30AM) - Pilates Mat (8:30AM) - Tennis: Ladies Clinic (9:00AM) - Vary Fit (10:30AM) - Beginner Golf Conditioning (3:30PM) - Beginner Pilates (5:30PM)</p> <p>Walnut Cove Clubhouse - En Plein Air at The Tavern</p> <p>Walnut Cove Wellness Center - Strength Circuit (9:15AM) - Pilates (10:30AM)</p>	<p>- Trim and Tone (8:15AM) - Water Fitness (9:30AM)</p>	<p>The Village at Mountain Park - The Market at Mountain Park Village</p> <p>Valley Club - Elixirs & Edibles</p> <p>Valley Wellness Center - Cliffs NCAA Tennis Classic Men's Tennis - Pilates Mat (8:30AM) - Tennis: Men's Day (9:00AM) - Water Aerobics (9:30AM) - Water Combo (9:30AM) - Cardio Tennis (10:30AM) - Tennis: Beginner Clinic (adults) (11:00AM)</p> <p>Walnut Cove Clubhouse - Walnut Cove's Festival of Apples Dinner and Dance</p> <p>Walnut Cove Wellness Center - Strength Circuit (9:15AM) - Yoga (10:30AM)</p>	
<p>Glassy Club 26 - Sunday Supper - Mountaintop Brunch</p> <p>McKinney Chapel - McKinney Chapel Service</p> <p>The Chapel at The Cliffs at Glassy</p>	<p>Keowee Falls Clubhouse 27 - Family Night</p> <p>Keowee Falls Wellness Center - Jocassee Boating and Hiking Adventure</p> <p>Keowee Vineyards</p>	<p>Glassy Club 28 - Taste of Summer Tuesdays</p> <p>Keowee Springs Beach Club - Outdoor Yoga (9:00AM) - Water Aerobics (10:00AM)</p>	<p>Keowee Falls Wellness Center 29 - Men's Golf Conditioning Class (9:00AM) - Yoga (4:00PM)</p> <p>Keowee Vineyards Marina Pool - Water Fitness (10:15AM)</p>	<p>Glassy Club 30 - Bluegrass on the Bayou</p> <p>Glassy Clubhouse and Wellness Center - Iyengar Yoga for all levels with Senior Teacher Simon Marrocco</p>		

- Chapel Services	Lakehouse	Keowee Vineyards Clubhouse	Keowee Vineyards Wellness Center	Keowee Vineyards Lakehouse		
Valley Club	- Mondays Lakeside at The Lakehouse	- Tuesday Table D'hôte	- Vari Fit (7:00AM)	- Thomas Creek Home Brew Workshop – Calling all Hop Heads and Beer Geeks!		
- Sunday Brunch	Keowee Vineyards Marina Pool	La Bastide	- Yoga Level 1 (8:00AM)	- Victory Brewing Company Beer Dinner		
Valley Wellness Center	- Water Fitness (10:15AM)	- Alfresco at La Bastide	- Vari Fit (9:00AM)			
- Cliffs NCAA Tennis Classic Men's Tennis	Keowee Vineyards Wellness Center	Valley Club	Valley Wellness Center			
Walnut Cove Clubhouse	- Jocassee Boating and Hiking Adventure	- Home-style Comfort Cuisine	- Morning Mix (6:30AM)	Valley Wellness Center		
- Sunday Brunch at The Tavern	- Morning Mix (7:00AM)	Valley Wellness Center	- Pilates Mat (8:30AM)	- Advanced Golf Conditioning (7:30AM)		
	- Yoga Level 1 (8:00AM)	- Golf Smart	- Tennis: Ladies Clinic (9:00AM)	- Yoga Flexibility (8:30AM)		
	- Morning Mix (9:00AM)	- Advanced Golf Conditioning (7:30AM)	- Vary Fit (10:30AM)	- Water Exercise (8:30AM)		
	La Bastide	- Yoga Strength (8:30AM)	- Beginner Golf Conditioning (3:30PM)	- Advanced Drills Tennis Clinic (4:00PM)		
	- Alfresco at La Bastide	- Water Exercise (9:00AM)	- Beginner Pilates (5:30PM)	- Spinning (4:30PM)		
	Valley Club	- Tennis: Men's Day (9:00AM)	Walnut Cove Clubhouse	Walnut Cove Clubhouse		
	- Monday Night Football	Walnut Cove Wellness Center	- En Plein Air at The Tavern	- Bistro Night		
	Valley Wellness Center	- Stretch & Mobility (8:30AM)	Walnut Cove Wellness Center	- Bistro Night		
	- Morning Mix (6:30AM)	- Functional Fitness (9:30AM)	- Strength Circuit (9:15AM)	Walnut Cove Wellness Center		
	- Spinning (8:30AM)	- Yoga (10:30AM)	- Pilates (10:30AM)	- Trim and Tone (8:15AM)		
	- Tennis: Ladies Doubles (9:00AM)			- Water Fitness (9:30AM)		
	- Water Aerobics (9:30AM)					
	- Low Impact Aerobics (10:30AM)					
	- Beginner Golf Conditioning (3:30PM)					
	- Spinning (4:30PM)					
	- Yoga Stretch (5:30PM)					
	Walnut Cove Clubhouse					
	- Ladies Celebration Luncheon					
	Walnut Cove Wellness Center					
	- Nia Aerobics (9:00AM)					
	- Nia Aerobics (9:00AM)					
	- Water Fitness (10:30AM)					
	- Beginner Pilates (3:00PM)					