



Calendar Schedules  
SUBJECT TO CHANGE

\*Fee for Class

HARMONYRESERVE.COM

## FITNESS SCHEDULE

CLUBHOUSE: 772-562-9889

# OCTOBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00AM ZUMBA GOLD (LOW IMPACT)*MR	3 8:30AM ALL LEVEL YOGA *MR 10:00AM AQUA ZUMBA*P 3:00PM TAI CHI *MR 4:15 PM CHAIR YOGA	4 10:00AM BALANCE CLASS *MR	5 8:30am All Level Yoga *MR 9:45AM ZUMBA GOLD TONING (LOW IMPACT)*MR 11AM WATER AEROBICS * P 3:00PM TAI CHI* MR 4:15P CHAIR YOGA MR	6 10:00AM BALANCE CLASS*MR <b>CANCELED</b>	7
8	9 10:00AM ZUMBA GOLD (LOW IMPACT)*MR	10 8:30AM ALL LEVEL YOGA *MR 10:00AM AQUA ZUMBA*P 3:00PM TAI CHI *MR 4:15 PM CHAIR YOGA	11 10:00AM BALANCE CLASS *MR	12 8:30am All Level Yoga *MR 9:45AM ZUMBA GOLD TONING (LOW IMPACT)*MR 11AM WATER AEROBICS * P 3:00PM TAI CHI* MR 4:15P CHAIR YOGA MR	13 10:00AM BALANCE CLASS*MR <b>CANCELED</b>	14 <b>LAP SWIMMING IS FROM DAWN TO 9AM. DAILY</b>
15	16 10:00AM ZUMBA GOLD (LOW IMPACT)*MR	17 8:30AM ALL LEVEL YOGA*MR 10:00AM AQUA ZUMBA 3:00PM TAI CHI * MR 4:15PM CHAIR YOGA * MR	18 10:00AM BALANCE CLASS*MR	19 8:30am All Level Yoga *MR 9:45AM ZUMBA GOLD TONING (LOW IMPACT)*MR 11AM WATER AEROBICS * P 3:00PM TAI CHI* MR 4:15P CHAIR YOGA MR	20 10:00AM BALANCE CLASS*MR	21 
22	23 10:00AM ZUMBA GOLD (LOW IMPACT)*MR	24 8:30AM ALL LEVEL YOGA*MR 10:00AM AQUA ZUMBA*P 3:00PM TAI CHI *MR 4:15 PM CHAIR YOGA	25 10:00AM BALANCE CLASS*MR	26 8:30am All Level Yoga MR 9:45AM ZUMBA GOLD TONING MR (LOW IMPACT)*MR 11AM WATER AEROBICS *P 3:00PM TAI CHI* MR 4:15P CHAIR YOGA *MR	27 10:00AM BALANCE CLASS*MR	28 
29	30 10:00AM ZUMBA GOLD (LOW IMPACT)*MR	31 8:30AM ALL LEVEL YOGA*MR 10:00AM AQUA ZUMBA*P 3:00PM TAI CHI *MR 4:45PM CHAIR YOGA*MR				



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## OCTOBER 2023

### ACTIVITY SCHEDULE

CLUBHOUSE: 772-562-9889

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>7PM Wine Tasting Social - H</b> 	<b>2</b> 7:30AM YouTube Pilates-M 8:00AM Pickleball-PC 11:00AM Active Aqua-P 4:00PM Bocce-BC	<b>3</b> 8:30AM Pickleball-PC 11:00AM Aqua Fit-P 1:00PM Mahjong H 7:00PM - Night Riders	<b>4</b> 7:30 AM YouTube Pilates-M 8:00AM Pickleball-PC 11:00AM Active Aqua-P 2:00PM Line Dancing -MR 4:00PM Bocce-BC 6:30PM Poker-H	<b>5</b> 8:00AM Pickleball -PC 11:00AM Aqua Fit-P 1:00PM Hand, Body & Foot-K 2:30PM Texas HoldEm-H 7:00PM Euchre-K 7:00PM Night Riders	<b>6</b> 7:30AM- YouTube Pilates 8:00AM Pickleball-PC 9:00AM Meditation-FP 10:00AM Rummikub-H 11:00AM Active Aqua-P 1:00PM Mahjong-H	<b>7</b> 8:00AM Pickleball-PC 10:00AM FIGHT CANCER*MR 
<b>8</b>	<b>9</b> 7:30AM YouTube Pilates-M 8:00AM Pickleball-PC 11:00AM Active Aqua-P 4:00PM Bocce-BC	<b>10</b> 8:30AM Pickleball-PC 11:00AM Aqua Fit-P 1:00PM Mahjong H 7:00PM - Night Riders	<b>11</b> 7:30 AM YouTube Pilates-M 8:00AM Pickleball-PC 11:00AM Active Aqua-P 2:00PM Line Dancing -MR 4:00PM Bocce-BC 6:30PM Poker-H	<b>12</b> 8:00AM Pickleball -PC 11:00AM Aqua Fit-P 1:00PM Hand, Body & Foot-K 2:30PM Texas HoldEm-H 7:00PM Euchre-K 7:00PM Night Riders	<b>13</b> 7:30AM- YouTube Pilates 8:00AM Pickleball-PC 9:00AM Meditation-FP 10:00AM Rummikub-H 11:00AM Active Aqua-P 1:00PM Mahjong-H	<b>14</b> 8:00AM Pickleball-PC
<b>15</b> <b>9:00AM Pickleball-PC</b>	<b>16</b> 7:30AM YouTube Pilates-M 8:00AM Pickleball-PC 9:30AM Book Club 3-CR 11:00AM Active Aqua-P 4:00 PM Bocce-BC	<b>17</b> 8:30AM Pickleball-PC 11:00AM Aqua Fit-P 1:00PM Mahjong H 7:00PM - Night Riders	<b>18</b> 7:30 AM YouTube Pilates-M 8:00AM Pickleball-PC 11:00AM Active Aqua-P 2:00PM Line Dancing-MR 4:00M Bocce-BC 6:30PM Poker-H	<b>19</b> 8:00AM Pickleball -PC 11:00AM Aqua Fit-P 1:00PM Hand, Body & Foot-K 2:30PM Texas HoldEm-H 7:00PM Euchre-K 7:00PM Night Riders	<b>20</b> 7:30AM - YouTube Pilates 8:00AM Pickleball-PC 9:00AM Meditation-FP 10:00AM Rummikub-H 11:00AM Active Aqua-P 1:00PM Mahjong-H 6:30PM BINGO-H	<b>21</b> 8:00AM Pickleball-PC 2:00PM Craft Class - K
<b>22</b> <b>9:00AM Pickleball-PC</b>	<b>23</b> 7:30AM YouTube Pilates -M 8:00AM Pickleball 11:00AM Active Aqua-P 1:00PM Sewing for a cause K 4:00 PM Bocce-BC	<b>24</b> 8:30AM Pickleball-PC 11:00AM Aqua Fit-P 11:00AM Lobster Truck 1:00PM Mahjong H 7:00PM - Night Riders	<b>25</b> 7:30AM YouTube Pilates-M 8:00AM Pickleball-PC 11:00AM Active Aqua-P 2:00PM Line Dancing-MR 9:30 am Book Club - CR 4:00PM Bocce-BC 6:30PM Poker-H	<b>26</b> 8:00AM Pickleball -PC 11:00AM Aqua Fit-P 1:00PM Hand, Body & Foot-K 2:30PM Texas HoldEm-H 7:00PM Euchre-K 7:00PM Night Riders	<b>27</b> 7:30AM YouTube Pilates 8:00AM Pickleball-PC 9:00AM Meditation-FP 10:00AM Rummikub-H 11:00AM Active Aqua-P 1:00PM Mahjong-H	<b>28</b> 8:00AM Pickleball-PC 6:00PM Halloween Party- Hibiscus Room 
<b>29</b> <b>9:00AM Pickleball-PC</b>	<b>30</b> 7:30AM You Tube Pilates M 8:00AM Pickleball-PC 11:00AM Active Aqua-P 7:00PM Bocce - BC	<b>31</b> 8:30AM Pickleball-PC 11:00M Aqua Fit-P 1:00PM Mahjong H 7:00PM - Night Riders	