



# NOVEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>***Activities &amp; Classes Require A Membership or \$5.00 Day Pass</b>			<b>1</b> Pickleball 8am-12pm 8:30am ML 9:30am Silver & Fit 10:30am Shallow H2O 11:15am Beginner Tai Chi/Qigong 3:00 Water Intervals 4:00pm Aqua HIIT	<b>2</b> 8:30 Move it or Lose 8:30 Pilates 9:30 Cardio 9:30 Deep Water  Coffee & Cards 10am	<b>3</b> Pickleball 8am-12pm  8:30am Member Led Muscular Longevity  <b>Open Swim</b> 12:30pm-6:00pm	<b>4</b> Bounce House 10am-4pm  <b>Open Swim</b> 10am-4pm
<b>5</b> Volleyball 12pm-4pm  <b>Open Swim</b> 10am-4pm  Daylight Saving Time Ends	<b>6</b> Pickleball 8am-12pm Walk the track \$1.00  8:30am Member Led Muscular Longevity	<b>7</b> 8:30am Pilates 9:30am Cardio 9:30am Deep water 10:30am Standing/Sitting Yoga  Election Day	<b>8</b> Pickleball 8am-12pm 8:30am ML 9:30am Silver & Fit 10:30am Shallow H2O 11:15am Beginner Tai Chi/Qigong 3:00 Water Intervals 4:00pm Aqua HIIT	<b>9</b> 8:30 Move it or Lose 8:30 Pilates 9:30 Cardio 9:30 Deep Water  Coffee & Cards 10am	<b>10</b> Pickleball 8am-12pm 8:30am Member Led Muscular Longevity  <b>Open Swim</b> 12:30pm-6:00pm  Veterans Day- 50% off all annual memberships	<b>11</b> Bounce House 10am-4pm  <b>Open Swim</b> 10am-4pm
<b>12</b> Volleyball 12pm-4pm  <b>Open Swim</b> 10am-4pm	<b>13</b> Pickleball 8am-12pm Walk the track \$1.00  8:30am Member Led Muscular Longevity  <b>Tacos &amp; Game Night</b> 5pm-7pm	<b>14</b> 8:30am Pilates 9:30am Cardio 9:30am Deep water 10:30am Standing/Sitting Yoga	<b>15</b> Pickleball 8am-12pm 8:30am ML 9:30am Silver & Fit 10:30am Shallow H2O 11:15am Beginner Tai Chi/Qigong 3:00 Water Intervals 4:00pm Aqua HIIT	<b>16</b> 8:30 Move it or Lose 8:30 Pilates 9:30 Cardio 9:30 Deep Water  Coffee & Cards 10am	<b>17</b> Pickleball 8am-12pm  8:30am Member Led Muscular Longevity  <b>Open Swim</b> 12:30pm-6:00pm	<b>18</b> Bounce House 10am-4pm  <b>Open Swim</b> 10am-4pm
<b>19</b> Volleyball 12pm-4pm  <b>Open Swim</b> 10am-4pm	<b>20</b> Pickleball 8am-12pm Walk the track \$1.00  8:30am Member Led Muscular Longevity  <b>Open Swim</b> 12:30pm-6:00pm	<b>21</b> 8:30am Pilates 9:30am Cardio 9:30am Deep water 10:30am Standing/Sitting Yoga  <b>Open Swim</b> 12:30pm-6:00pm	<b>22</b> Pickleball 8am-12pm 8:30am ML 9:30am Silver & Fit 10:30am Shallow H2O 11:15am Beginner Tai Chi/Qigong 3:00 Water Intervals 4:00pm Aqua HIIT  Holiday Shop & Shop 5:30pm-7:00pm	<b>23</b> <b>CLOSED</b> <b>Happy Thanksgiving</b> 	<b>24</b> Pickleball 8am-12pm  8:30am Member Led Muscular Longevity  <b>Open Swim</b> 12:30pm-6:00pm	<b>25</b> Bounce House 10am-4pm  <b>Open Swim</b> 10am-4pm
<b>26</b> Volleyball 12pm-4pm  <b>Open Swim</b> 10am-4pm  Puzzle Competition 1pm	<b>27</b> Pickleball 8am-12pm Walk the track \$1.00  8:30am Member Led Muscular Longevity  <b>Bingo &amp; Pizza</b> 5pm-7pm	<b>28</b> 8:30am Pilates 9:30am Cardio 9:30am Deep water 10:30am Standing/Sitting Yoga	<b>29</b> Pickleball 8am-12pm 8:30am ML 9:30am Silver & Fit 10:30am Shallow H2O 11:15am Beginner Tai Chi/Qigong 3:00 Water Intervals 4:00pm Aqua HIIT	<b>30</b> 8:30 Move it or Lose 8:30 Pilates 9:30 Cardio 9:30 Deep Water  Coffee & Cards 10am		