

DAILY ACTIVITIES

ACTIVITY	DAY	TIME
Bible Study	Monday -January	2:00pm
Book Review	2nd Wed. of month	See Flyer in Fitness
BINGO & TRIVIA	*See monthly calendars	6:30pm
Bridge, Contract	Wednesday	2:00pm
Bridge, Chicago Style	Tuesday- January	6:00pm
Bridge, Couples	2nd Tues.of month	4:00pm-6:00pm
Canasta Racehorse	Wednesday	1:30pm
Canasta Racehorse	Friday	1:30pm
Euchre	Thursday	6:30pm
Needlework	Wednesday	1:00pm
Mahjong	Monday	1:30pm
Mahjong	Wednesday	1:30pm
Mahjong	Saturday	9:30am

Please note that Neighborhood Association, CDD, Member Advisory Committees, Board of Directors meetings, luncheon and dinner functions will take priority for meeting room space.

Every effort will be made to accommodate activities throughout the year. The Club's monthly calendars will list dates that activities will NOT be held.

All dates & times are subject to change.



BINGO!



FITNESS CENTER EXERCISE CLASS SCHEDULE (Jan. - March)



MONDAY-WEDNESDAY - FRIDAY

"YOGA" 7:30AM

WOMEN'S "BODYSCULPTING" 8:30 AM, 9:30 AM, 10:30AM

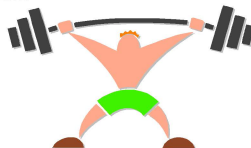
"WATER AEROBICS" 10:30AM

TUESDAY -THURSDAY- SATURDAY

MEN'S "FITNESS" 7:30AM, 8:30AM, 9:30AM

"YOGA" 10:30AM

"STRENGTH TRAINING" 10:30AM



Class sizes are limited - Please sign in for the class you would like.

TENNIS

Mondays

8:00-9:00am (Free Private, Semi-Private, Group or Hitting Lesson)

9:00-11:00am (Women's Doubles Tennis Play All Levels)

11:00-12:00pm (Mixed Advanced Tennis Clinic, Drills & Play 3.0+ & Up)

Tuesdays

8:00-10:00am (Men's Doubles Tennis Play 2.0-3.0+)

10:00-12:00pm (Men's Doubles Tennis Play 3.0+ & Up)

Wednesdays

8:00-9:00am (Free Private, Semi-Private, Group or Hitting Lesson)

9:00-11:00am (Women's Doubles Tennis Play All Levels)

11:00-12:00pm (Mixed Intermediate Tennis Clinic, Drills & Play 2.5-3.0+)

Thursdays

8:00-10:00am (Men's Doubles Tennis Play 2.0-3.0+)

10:00-12:00pm (Men's Doubles Tennis Play 3.0+ & Up)

Fridays

8:00-9:00am (Free Private, Semi-Private, Group or Hitting Lesson)

9:00-11:00am (Women's Doubles Tennis Play All Levels)

11:00-12:00pm (Mixed Beginner Tennis Clinic, Drills & Play 1.0-2.0+)

Saturdays

8:00-10:00am (Men's Doubles Tennis Play 2.0-3.0+)

10:00-12:00pm (Men's Doubles Tennis Play 3.0+ & Up)

The 2018 Cedar Hammock Winter Tennis Season runs January 2nd through March 24th. Space is limited and weekly sign-up at the tennis courts is required for all of the tennis clinics.

All tennis clinics and play are free to Cedar Hammock Members and renters that have paid the transfer fee.

For questions, please contact Cedar Hammock USPTA Certified Tennis Professional Adam Gislason at (239) 877-1964, info@findtennislessons.com or www.findtennislessons.com.

Cedar Hammock Golf & Country Club