



November 2019



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NEW FITNESS CLASS! Push Pedal Pull

This new 30 minute interval training class focuses on aerobic capacity and strength/ endurance. Varied timed intervals on the rower and bike are combined with intervals of strength training

It's fast paced, challenging and FUN!

Wednesdays 6:00-6:30 pm

November 6-27

Sign up with Clay at clay@fit2playnw.com

1
 8:30 Cardio Tennis
 9:30 Cardio Tennis
 11:30 3.5 & above clinic

11:30 KingCo 1
 1:00 Emerald 1

4:00 Green/Bronze Match play
 5:30 Silver/Gold Match play

7:00 USTA Mxd 18+ 8.0
 7:00 USTA 55+ 8.0W
 8:30 USTA 55+ 8.0W

2
 8:30 Men's Doubles
 8:30 Women's Doubles

11:30 Call in

2:30 USTA 55+ 7.0M
 4:00 JTT USTA 12U
 5:30 USTA 55+ 7.0W
 7:00 USTA 55+ 7.0W
 8:30 USTA 55+ 9.0W

3
 9:00 Little Stars

9:30 Workout for a Cause

9:30 Red Stars
 10:30 Orange Stars
 11:30 Green Stars
 1:00 Bronze
 2:30 Silver
 4:30 Gold

7:00 USTA Mxd 18+ 7.0
 7:00 USTA 55+ 8.0M

4
 9:00 Boot Camp
 9:00 2.5+ Clinic

4:00 Bronze
 4:00 Silver

5:30 Men's Night

5
 10:00 Cardio Tennis Clinic

11:30 Challenge 1
 1:00 Challenge 2

4:00 Gold
 4:30 Red/Orange Stars
 5:30 Green

5:45 Boot Camp

6
 9:00 Boot Camp
 10:00 Women's Team
 10:00 PEPS Charity Fund-raiser

1:00 Rainier 2

4:00 Bronze
 4:00 Silver

5:30 Singles Night
 6:00 Push, Pedal, Pull
 7:00 Skills and Drills

7
 12:00 Fit'n 45

4:00 Gold
 4:30 Red Stars
 4:30 Orange Stars
 5:30 Green Stars
 5:30 Junior Championships
 5:45 Boot Camp

8
 8:30 Cardio Tennis
 9:30 Cardio Tennis
 11:30 3.5 & above clinic
 11:30 KingCo 1
 1:00 Emerald 1
 4:00 Green/Bronze Match play
 5:30 Silver/Gold Match play
 5:30 Junior Champs

8:30 USTA 55+ 6.0W

9
 8:30 Men's Doubles
 8:30 Women's Doubles
 8:30 Junior Championships

7:00 USTA Mxd 18+ 10.0
 8:30 USTA 55+ 8.0W
 8:30 USTA Mxd 18+ 8.0

Junior Club Championships

10
 9:00 Little Stars
 9:30 Red Stars
 10:00 Junior Champs
 10:30 Orange Stars
 11:30 Green Stars
 1:00 Bronze
 2:30 Silver
 4:30 Gold

6:30 Junior Awards Ceremony

7:00 USTA 55+ 7.0M
 7:00 USTA 55+ 6.0M
 8:30 USTA Mxd 18+ 7.0

11
 9:00 Boot Camp
 9:00 2.5+ Clinic

1:00 Cup Committee

1:00 Evergreen
 4:00 Bronze
 4:00 Silver

5:30 Men's Night

6:00 Tennis Committee

12
 10:00 Cardio Tennis Clinic

11:30 Challenge 3
 4:00 Gold
 4:30 Red/Orange Stars

4:30 Facilities Committee

5:30 Green

5:45 Boot Camp

13
 9:00 Boot Camp
 10:00 Women's Team

1:00 Rainier 1

4:00 Bronze
 4:00 Silver

5:30 Singles Night
 6:00 Push, Pedal, Pull

7:00 Skills and Drills

14
 12:00 Fit'n 45

4:00 Gold
 4:30 Red Stars
 4:30 Orange Stars
 5:30 Green Stars

5:45 Boot Camp

15
 8:30 Cardio Tennis
 9:30 Cardio Tennis
 11:30 3.5 & above clinic

11:30 KingCo 2
 1:00 Emerald 2

4:00 Green/Bronze Match play
 5:30 Silver/Gold Match play

7:00 USTA 55+ 9.0M
 7:00 USTA Mxd 18+ 8.0
 8:30 USTA Mxd 18+ 9.0

16
 8:30 Men's Doubles
 8:30 Women's Doubles

11:30 Call in

4:00 USTA 55+ 7.0M
 5:30 USTA 55+ 8.0W
 5:30 USTA 55+ 8.0M
 5:30 JTT Green DOT
 7:00 USTA Mxd 18+ 8.0

17
 9:00 Little Stars
 9:30 Red Stars
 10:30 Orange Stars
 11:30 Green Stars
 1:00 Bronze
 2:30 Silver
 4:30 Gold

5:30 JTT Green DOT

7:00 USTA 55+ 8.0W

18
 9:00 Boot Camp
 9:00 2.5+ Clinic

4:00 Bronze
 4:00 Silver

5:30 Men's Night

5:30 Membership Committee Meeting

19
 10:00 Cardio Tennis Clinic

11:30 Challenge 3
 1:00 Challenge 2

4:00 Gold
 4:30 Red/Orange Stars
 5:30 Green

5:45 Boot Camp

6:00 Finance Committee Meeting

20
 9:00 Boot Camp
 10:00 Women's Team

1:00 Rainier 2

4:00 Bronze
 4:00 Silver

5:30 Singles Night
 6:00 Push, Pedal, Pull

7:00 Skills and Drills

6:00 Board of Directors Meeting

21
 12:00 Fit'n 45

4:00 Gold
 4:30 Red Stars
 4:30 Orange Stars
 5:30 Green Stars
 5:45 Boot Camp

22
 8:30 Cardio Tennis
 9:30 Cardio Tennis
 11:30 3.5 & above clinic

11:30 KingCo 2
 1:00 Emerald 1

4:00 Green/Bronze Match play
 5:30 Silver/Gold Match play

7:00 USTA 55+ 8.0W

23
 8:30 Men's Doubles
 8:30 Women's Doubles

11:30 Turley Call in

5:30 USTA 55+ 7.0M
 5:30 USTA Mxd 18+ 10.0
 7:00 USTA Mxd 18+ 9.0
 8:30 USTA MXd 18+ 8.0



24
 9:00 Little Stars
 9:30 Red Stars
 10:30 Orange Stars
 11:30 Green Stars
 1:00 JTT 12U
 4:00 JTT 14U
 1:00 Bronze
 2:30 Silver
 4:30 Gold

7:00 USTA 55+ 9.0M

25
 9:00 Boot Camp
 9:00 2.5+ Clinic

4:00 Bronze
 4:00 Silver

5:30 Men's Night

26
 4:00 Gold
 4:30 Red/Orange Stars
 5:30 Green

5:45 Boot Camp

27
 9:00 Boot Camp

4:00 Bronze
 4:00 Silver

5:30 Singles Night
 6:00 Push, Pedal, Pull
 7:00 Skills and Drills

28 Club Closes at 1:00 pm



No Junior Team

29 9:00 Day after Blaster



30
 8:30 Men's Doubles
 8:30 Women's Doubles

11:30 Call in

Upcoming Events

Sunday, November 3	Workout for a Cause 10:00 am
Wednesday, November 6	Cup Charity Event (PEPS) 10:00 am
Thursday, November 7	Book Group – 12:30 – 2:30
Thursday, November 7-10	Jr Championships
Sunday, November 10	Jr Awards celebration 6:30 pm
Monday, November 11	Cup Tennis Meeting - 1:00 pm
Monday, November 11	Tennis Committee Meeting - 6:00 pm
Tuesday, November 12	Facilities Committee Meeting - 4:30 pm
Monday, November 18	Membership Committee Meeting - 5:30 pm
Tuesday, November 19	Finance Committee Meeting - 6:00 pm
Wednesday, November 23	Board of Directors Meeting - 6:00 pm
Saturday – November 23	Turkey Call in 11:30 am
November 21—24	Lost and Found Purge
Thursday , November 28	Thanksgiving - Club closes at 1 pm
Friday , November 29	Day after Blaster - 9:00 am

Turkey Call-In

When? November 23rd 2019 @
11:30 am

Social to follow with light refreshments & snacks!

Cost? \$10 or 4 cans of food.
All proceeds will go to Hopelink.
Sign up at the front desk starting
November 16th.

