

March 2020

Dunes West

GOLF & RIVER CLUB

843-856-9000 Pro Shop ■ 843-856-9378 Grille
843-881-8735 Fitness Center ■ www.duneswestgolfclub.com



UPCOMING NEWS

Wine & Dine Dinner (Ladies Only)

Tuesday, March 10
Cocktails, 6 p.m. ■ Dinner, 7 p.m.

St. Patrick's Day Theme
St. Patrick's Day attire encouraged
but not required.

\$25, tax & gratuity included
Reservations 843-856-9378

Dinner Menu

- **Irish Soda Bread** with whipped honey butter
- **Green Salad**
Cucumbers, tomatoes, red onion & shredded cheddar with Green Goddess dressing
- **Chambray Chicken**
Stuffed with mozzarella cheese & broccoli, rolled, breaded & baked, topped with a Chardonnay cream sauce
- **Corned Beef & Cabbage**
Slow-cooked traditional recipe
- **Twice Baked Potatoes**



Dessert

- **Chocolate Irish Cream Cake** with fresh whipped cream

Annual Easter Egg Hunt

Friday, April 10 ■ 1 p.m.

Join us for our Annual Easter Eggstravaganza! Enjoy a special appearance by the Easter Bunny himself, a fun castle, tons of eggs to find and five golden grand prize eggs!

This hunt is for ALL AGES! There will be separate age group hunts.

Parents: The egg hunt starts at 1 p.m. SHARP! We cannot issue refunds for latecomers so please plan accordingly.

Cost is \$8 per child. Reservations are required! Sign up by April 5! Call us at 843-881-8735 or email neal.cavallon@duneswestgolfclub.com.

Save the Date!

Tacos in the Eagles Nest \$4.50
Every Friday | 5-9 p.m.

Thursday Dinner
5-8:30 p.m. | RSVP 843-856-9378

March 6
First Friday Dinner
March 10
Wine & Dine Dinner
April 10
Annual Easter Egg Hunt

AROUND THE CLUB

Thursday Dinner

The Grille Room
Dinner served, 5-9 p.m.

Thursday Specials

See the special board for our:
■ Soup of the Day
■ \$20 Wine Bottle Specials

Side Salads

Add to any entrée for \$5.

- **Caesar Salad** with homemade croutons & Parmesan cheese, romaine wedge with crumbled bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

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Happy St. Patty's Day!

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▪ **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

Kids

Choose one side.

- Grilled Cheese, 6
 - Burger, 6
- Chicken Tenders, 6
- Cheese Quesadilla, 6

Appetizers

▪ **Sausage & Squid**

Fried calamari & grilled sweet Italian sausage, tossed with fresh lemon juice, pepper rings & garlic-parsley butter, served with marinara & a roasted red pepper cream sauce, \$9

Entrées

All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.

▪ **Eggplant Napoleon**

Breaded and lightly fried eggplant layered with Italian herbs, ground beef, ground sausage & cheese finished with homemade marinara, served with a side of penne, \$16

▪ **Tuscan Filet**

8 oz. Filet topped with a roasted garlic & Rosemary demi-glace, with creamy Parmesan-herbed polenta & fresh green beans, \$23

▪ **Zuppa di Pesce**

Calamari, salmon, shrimp & mussels sautéed in an onion & tomato broth with Cannellini beans, served with a wedge of char-grilled, garlic rubbed focaccia, \$20

▪ **Chicken Parmesan**

Topped with marinara sauce & fresh mozzarella, served on a bed of penne Alfredo, \$15

▪ **The Grille Room Burger**

American & cheddar cheese, bacon, pickles, homemade secret sauce, shredded lettuce, tomato & onion on a buttered & grilled brioche bun, \$14

▪ **Southern Chicken Sandwich**

Grilled or fried, pimento cheese, pickles, shredded lettuce & onion on a buttered & grilled brioche bun, \$14

▪ **Mediterranean Salad**

Mixed greens, feta cheese, pasta salad, red onion & balsamic vinaigrette, \$9

Add protein for \$5

- Chicken Breast (grilled or fried)
- Shrimp (blackened, grilled or fried)
 - Salmon (blackened or plain)
 - Grilled Portobello Mushroom

**May contain ingredients that are raw or under cooked. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.*



Eagle's Nest

Friday Night Taco Menu

5-9 p.m.

Special Drink Prices
Happy Hour Pricing All Night Long!

Tacos
\$4.50 each

Follow Us on
Facebook & Twitter

Did you know that we have Facebook/Twitter Accounts for different features of the clubs?

Dunes West Golf Club: You'll find out all you need to know about golf specials, special dinner menus, member socials, special events and more! Information about pool events, tennis socials, fitness updates and more posted here.

Dunes West Tennis: This is our newest page and is for **all** things Tennis! Jack, our Director of Tennis, will be posting updates and pictures of tournaments and socials. It's a great way to keep in touch with fellow players and to ask Jack specific questions regarding lessons, camps and clinics!

We hope you 'Like' some or all of these pages! It's a great way for us to keep you in the loop in real time.

A link to both the Facebook and Twitter social networks can be found on our website: www.duneswestgolfclub.com.



All tacos served in a soft flour tortilla. Substitute a lettuce wrap at no additional charge.

▪ **Carne Asada**

Marinated flank steak thinly sliced with caramelized sweet onions and drizzled with our house queso, topped with house salsa and creamy avocado.

▪ **Hawaiian Lettuce Wrap**

Seared, seasoned pork belly, grilled pineapple salsa & Siracha-lime carrot slaw

▪ **Buffalo Shrimp**

Fried shrimp tossed in wing sauce, with bleu cheese crumbles, diced

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Did You Know?!?

We offer EZ Pay Billing for both your Athletic & Golf Dues! You simply need to provide us with a debit or credit card to draft from, and afterwards you can sit back, relax and never worry about another bill again!

Simply call Linda Jamison, Office Manager, and provide her with your debit or credit card number and updated email address. We will pull the funds for your monthly dues between the 1st and 5th of each month and send you an email showing how much was deducted.

How easy is that?! Give us a call today to set up your EZ Pay account!
843-856-9000

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tomatoes, topped with house salsa, creamy avocado & drizzled with bleu cheese dressing

■ **Chicken Taco of the Day**

Ask your bartender for tonight's selection

Bar Snacks

- **Pimento Cheese** with Captain's Wafers, \$6

- **Queso Dip**

Tortilla chips & homemade queso dip, \$6

Specialty Drink

- Margarita, \$9

Ask your server for the night's special.



First Friday Fun!

First Friday

Friday, March 6

Dinner served from 5-8:30 p.m.
The Grille Room

Specials

See the special board for our:

- Soup of the Day
- \$20 Wine Bottle Specials

Side Salads

Add to any entrée for \$5.

- **Caesar Salad** with homemade croutons & Parmesan cheese, Romaine Wedge with crumbled bleu cheese, diced tomatoes, bacon bits & bleu cheese dressing

- **House Salad**

Mixed greens with tomatoes, onions, cucumbers & choice of dressing

Kids

Choose one side.

- Grilled cheese, 6
 - Burger, 6
- Chicken tenders, 6
- Cheese quesadilla, 6

Appetizers

- **Queso Dip**

Homemade queso cheese dip & tortilla chips, 8

Entrées

All entrées served with fresh baked focaccia with our signature garlic Parmesan dip.

- **Prime Rib**

8 oz. Queen-Cut, \$18

12 oz. King-Cut, \$22

Served with au jus, mashed potatoes & fresh green beans

- **Chicken Valdostana**

Char-grilled chicken topped with prosciutto, fresh mozzarella & a white wine mushroom butter sauce with fresh basil, over mashed potatoes, & fresh green beans, 16

- **Blackened Shrimp & Flounder**

On a bed of smoked gouda grits, garnished with diced tomatoes & scallions, 18

- ***The Grille Room Burger**

American & cheddar cheese, bacon, pickles, homemade secret sauce, shredded lettuce, tomato & onion on a buttered & grilled brioche bun, 14

- **Southern Chicken Sandwich**

Grilled or fried, pimento cheese, pickles, shredded lettuce & onion on a buttered & grilled brioche bun, 14

- **Mediterranean Salad**

Mixed greens, feta cheese, pasta salad, red onion & balsamic vinaigrette, 9

Add protein, \$5

- Chicken breast (grilled or fried)
- Shrimp (blackened, grilled or fried)
 - Salmon (blackened or plain)
 - Grilled portobello mushroom

**May contain ingredients that are raw or under cooked. Consuming raw or*

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*Men's Member Guest
May 14-16*

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undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

Winter Fitness Session

January 6 – April 4

The Winter fitness session began January 6. Start 2020 strong! Get involved with our fitness classes and meet new people while getting in shape. We would love for you to join

Schedule

Monday:

Pilates, 9 a.m.

Tuesday:

Cardio Sculpt 8:30 a.m.
Restorative Yoga, 6:30 p.m.

Wednesday:

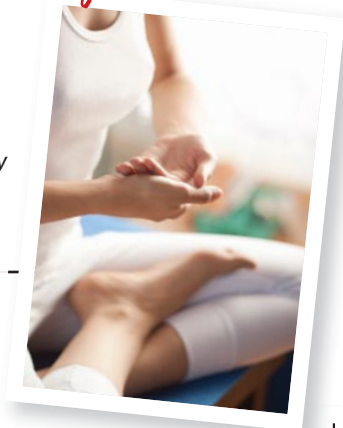
Pilates, 9 a.m.
Restorative Yoga, 6:30 p.m.

Thursday:

Cardio Sculpt, 8:30 a.m.
Restorative Yoga, 6:30 p.m.

Friday:

Yoga for You, 9 a.m.



Saturday:

Mat Barre 8:30 a.m.

Fee for Winter Fitness Session Unlimited Classes:

\$145 per person
You will receive 3 months of unlimited classes, 6 days per week!

Only \$1.50 per class! We are no longer offering the night/ weekend class option.

Drop-In Fee: \$10 (for those who just want to come every now and then!)

Sign up today for our Winter Fitness Session! 843-881-8735 or neal.cavallon@duneswestgolfclub.com.

*Please drop off payments either in the black box on the office door in the lobby or in the mail slot of the Athletic Club.

2020 Pool Season

Swim Season 2020 – Important Information!

Athletic & Premier Members:

Our pools will re-open on Wednesday, April 1. The main pool slide will be closed until Lifeguards are present. Lifeguards and pool attendants will start, weekends only, April 11, and then full time May 25-August 9.

New This Year: To improve safety and security for all members and their families all parents and legal guardians will have to have their picture taken on our iPad system. This picture as well as your Fitness Access Cards will be needed to gain entry into the Main



Pool behind the Clubhouse and the Thomas Lynch Hall Pool. If you do not have your card, you will not be able to enter into the Pool Gates. Please be prepared to give the Pool Attendant your swipe card so that they can check you into the pool. Guest Passes are **electronic** again this year.

The Lifeguards and Pool Attendants are being hired and managed by American Pool Management Company/Atkinson Pools. If you have any questions, comments or suggestions you may contact them at 843- 568-5371.

Save the Dates for Summer Camps

It's not too early to start planning kids' activities for the summer

KE Camps 2020

June 8-July 31

Do you want to know where your child will have the most enjoyable and rewarding summer? At camp! Camp is that special place where friendship, fun and festivities coincide to create memories that will last well beyond the summer months. Camp Dunes West, for campers ages 4-10, is that special place. The best part...it is right here at our Club!

Camp Dunes West offers a traditional day camp experience in the

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Dry Storage Payment Due March 1

If you have any questions regarding your statement, please call Linda at 843-856-9000 or Neal Cavallon at 843-881-8735 or email us at neal.cavallon@duneswestgolfclub.com.

Valentines Tennis Social

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convenient and familiar setting of our club atmosphere. At camp, your child will have the opportunity to participate in a variety of exciting activities including swimming, group tennis instruction, arts & crafts, fun with foods, team building, super science projects, a weekly community service project, Wacky Wednesday theme days, camp traditions, special events, and more.

It is never too early to start planning for summer vacation. Therefore, registration for Camp Dunes West is now open to both Club Members and Non-Members. Registration is flexible and you may enroll for as many days or weeks at a time as you like.

The structured camp program operates from 9 a.m.-4 p.m., Monday-Friday, with before and after-care available. Camp Dunes West prides itself on its dedicated, talented and CPR/First Aid certified all-adult staff.

Campers will benefit from an incredibly spirited, responsible and creative team of counselors whose

number one goal is to provide a fun, safe and inclusive camp environment.

Please call KECamps at 877-671-2267 or visit them at www.kecamps.com to inquire or enroll! Early Bird discounts are available for registrations received by March 1 so join the fun today!



casserole dish to share. Please text Jack at 843-345-2995 to let him know what you will be bringing. Prizes will be given out at the end of the social. Cost is \$10 per person and you can sign up by logging into your account and clicking on events then click register to sign up. Deadline to sign up is March 12. We look forward to seeing everyone out for this fun event.

The Tennis Staff

Summer Tennis Camps

Our camps are set to begin the week of June 15 and continue through the week of August 3. The camps are Monday-Friday from 9-12 and are for ages 5-12.

It is our goal each week to provide a safe and fun environment for your child or children to learn the game of tennis. They will learn the rules and strokes through a variety of games promised to keep their attention. We will be using low compression balls and shorter courts to help speed up the learning process. Also, as part of the camp, the campers will go to the pool each day for the last half hour of the day to cool off. If it rains, we will play games and watch movies. Special events include water gun Wednesdays, prizes, report cards, and pizza party on

2020 Car Decals Are In

2020 Car Decals for Residents Outside the Gate or Non-Residents

Residents who live outside the gates of Dunes West and Non-Residents are required to have a club car decal on their vehicle when entering into the gates of Dunes West. This decal allows you to come to either club property only.

Decal Pick-Up Hours:

Monday-Friday 9 a.m.-3:30 p.m.
at the Golf Club Office Upstairs
You can also pick up the decals in the Dunes West Pro Shop anytime.

A Note from Linda in Accounting

- 1 If you plan on moving and canceling your membership, please call Linda at 843-856-9000 before your move. A 30-day written notice is required and if we don't have notice, your bill will continue to accrue until we have a statement by phone and in writing.
- 2 Please inform us if you change your email address. It is important that we have the correct one on file for billing purposes.

TENNIS NEWS

St Patrick's Day Tennis Social

Saturday, March 14 ■ 12-2:30 p.m.

Come join us for our annual St. Patrick's Day Tennis Social. You need to wear green for this event. We will supply the adult beverages. We ask that everyone bring their favorite

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Valentines Tennis Social



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Fridays. The cost is \$150 per camper per week. We are currently offering an early registration discount if you sign up and pay by April 30 then the cost will be \$135 per camper per week.

Please note that if you have a tennis account already set up simply log into your account and click on <Activities> then <Junior Programs>. If you have friends please forward this email to them. In order to create an account please click here and click <Customer Sign Up> to create an account. Please set up your kids as a secondary on your account. The system will ask for a credit card during the sign-up process. Once you have created an account just follow the above instructions on how to find the camps. If you have any questions regarding camps please text Jack at 843-345-2995.

Dunes West Spring Junior Tennis

Our junior tennis classes are ongoing. We will prorate the amount for any juniors joining a series that is already in progress. The programs are coached by Director of Tennis, Jack Miller; Head Pro, Dave Cavanaugh; and staff coaches. We offer the following classes:

Monday Ankle Biters Red Ball Class

Mondays ■ 4:30-6 p.m.
Ages 4-6 ■ \$160 / 8-class series

Monday Knee Knockers Orange Ball Class

Mondays ■ 4:30-6 p.m.
Ages 7-12, Beginner/Intermediate
\$160 / 8-class series

Tuesday Intermediate Green/Yellow Ball Class:

Tuesdays ■ 4:30-6 p.m.
Ages 8 & above ■ \$160 / 8-class series

Wednesday Ankle Biters Red Ball Class

Wednesdays ■ 4:30-6 p.m.
Ages 4-6 ■ \$160 / 8-class series

Wednesday Knee Knockers Orange Ball Class

Wednesdays ■ 4:30-6 p.m.
Ages 7-12, Beginner/Intermediate
■ \$160 / 8-class series

To sign up please contact Jack Miller at 843-345-2995 if you have any questions. We look forward to working with your juniors this spring.



Adult Beginner & Refresher Tennis Classes

Never Ever Series
Tuesdays ■ 6:30-7:30 p.m.

Have you thought about trying tennis but didn't know how to get started?

The *Never Ever* class is for you. This series is comprised of four classes. You will be taught by a certified instructor the basic strokes and rules of tennis (including groundstrokes, volleys, serves and point play). By the time you finish the series you will be able to play tennis and maybe even join a league. The cost is \$60 per person. If you need a racquet we can supply you with one to use while you complete your classes.

Rusty Racquets

Tuesdays ■ 6:30-7:30 p.m.

For those that already know how to play tennis but haven't played in a while then the class for you is the *Rusty Racquets*. This class is to help you knock the rust off of your strokes. The series will cover groundstrokes, volleys, serves, and point play. This series is comprised of four classes and will also be held on Tuesdays, 6:30-7:30 p.m. The series cost is \$60 per person.

Please note that our adult classes are ongoing. To sign up for either series please contact Jack at 843-345-2995.

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Congrats Howard!



Hole-in-One

Congrats Howard Whittaker!
Hole #12 ■ 6 iron ■ 140-Yard Par-3
Witnesses: Jack Boyle,
George Wood, Rick Carr

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March Tennis Schedule

March 2

3.0 Ladies USTA Match, 9:30-12
Jr. Tennis Clinics, 4:30-6
3.0 Men's Match USTA, 7:30-9

March 3

CALTA Div 3 & 5 Match, 9:30-12
Jr. Tennis Clinics, 4:30-6
2.5 Ladies Match, 6-7:30
Adult Rusty Racquets/Never Evers
Adult Clinics, 6:30-7:30

March 4

4.0 Ladies Match, 9:30-12
Jr. Tennis Clinics, 4:30-6

March 5

3.5 Ladies USTA Match, 9:30-12
3.5 Ladies USTA Match, 6-7:30

March 6

2.5 Ladies USTA Match, 11-1

March 7

3.5 Ladies USTA Match, 9-11
3.5 Men's Match, 9-11
Adult Drop Tennis Clinic, 9-10

March 8

3.0 Ladies USTA Match, 1-3
3.5 Ladies Match, 3-5

March 9

Jr. Tennis Clinics, 4:30-6
3.0 Men's Match USTA, 7:30-9

March 10

CALTA Div 2 Match, 9:30-12
Jr. Tennis Clinics, 4:30-6
Adult Rusty Racquets/Never Evers
Adult Clinics, 6:30-8

March 11

4.0 Ladies Match, 9:30-12
Jr. Tennis Clinics, 4:30-6
3.0 Ladies USTA Match, 6-7:30
3.5 Men's USTA Match, 7:30-9

March 12

3.5 Ladies USTA Match, 9:30-12, 3.5
Ladies USTA Match, 6-7:30

March 13

3.5 Ladies USTA Match, 9-11
2.5 Ladies USTA Match, 11-1
3.0 Ladies USTA Match, 11-1

March 14

Adult Drop Tennis Clinic, 9-10

March 15

3.0 Ladies USTA Match, 1-3

March 16

3.0 Ladies USTA Match 9:30-12, Jr.
Tennis Clinics 4:30-6

March 17

CALTA Div 5 Match 9:30-12, Jr. Tennis
Clinics 4:30-6
Adult Rusty Racquets/Never Evers
Adult Clinics 6:30-8

March 18

Jr. Tennis Clinics 4:30-6

March 20

2.5 Ladies USTA Match 11-1

March 21

Adult Drop Tennis Clinic 9-10

March 22

Nothing scheduled

March 23

Jr. Tennis Clinics 4:30-6

March 24

CALTA Div 2 and 3 Match, 9:30-12
Jr. Tennis Clinics, 4:30-6
2.5 Ladies Match, 6-7:30
Adult Rusty Racquets/Never Evers
Adult Clinics, 6:30-8

March 25

Jr. Tennis Clinics, 4:30-6
3.5 Men's USTA Match, 7:30-9

March 26

3.5 Ladies USTA Match, 9:30-11

March 27

3.5 Ladies USTA Match, 9-11
3.0 Ladies USTA Match, 11-1

March 28

Adult Drop Tennis Clinic, 9-10

March 30

3.0 Ladies USTA Match, 9:30-12
Jr. Tennis Clinic, 4:30-6

March 31

Jr. Tennis Clinic, 4:30-6
Adult Rusty Racquets/Never Evers,
6:30-7:30

Save these Dates!

March



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

7

MGA,
7:15-7:42

SMGA,
9:30-10:24
LGA, 8:45-9:21
Pilates, 9 a.m.

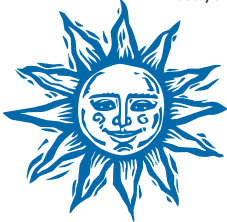
LGA, 8-8:18
SLIP, 8:45-8:54
GOB, 9:03-9:21
Christ Our King,
9:30 p.m.
Cardio Sculpt,
8:30 a.m.
Restorative Yoga,
6:30 p.m.

SMGA, 9:30-10:24
LGA 9 & Lunch,
11-11:45
Pilates, 9 a.m.
Restorative Yoga,
6:30 p.m.

LGA, 8:27-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:33
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.
Thursday Night
Dinner – RSVPs
843-856-9378

SMGA, 9:30-10:24
LGA, 8:45-9:21
Yoga for You, 9 a.m.
First Friday Dinner –
RSVPs 843-856-9378
No Eagle's Nest due to
First Friday Dinner

MGA
Member/Member,
7:33
LGA, 9:48-9:57
GOB, 10:33-10:51
Mat Barre,
8:30 a.m.



MGA
Member/Member,
8 a.m.

*Daylight
Saving Time
Starts*

SMGA,
9:30-10:24
LGA, 8:45-9:21
Pilates, 9 a.m.

10
LGA, 8:27-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:33
Cardio Sculpt,
8:30 a.m.
Restorative Yoga,
6:30 p.m.
Wine & Dine Dinner
(Ladies Only) RSVP
843-856-9378

11
SMGA, 9:30-10:24
LGA 9 & Lunch,
11-11:45
Pilates, 9 a.m.
Restorative Yoga,
6:30 p.m.

12
LGA, 8:27-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:33
Cardio Sculpt,
8:30 a.m.
Restorative Yoga,
6:30 p.m.
Thursday Night Dinner –
RSVPs 843-856-9378

13
SMGA,
9:30-10:24
LGA, 8:45-9:21
Yoga for You, 9 a.m.
Tacos in the
Eagle's Nest,
5-9 p.m.!

14
MGA, 7:15-8
LGA, 9:12-9:21
GOB, 10:06-10:24
Mat Barre,
8:30 a.m.

15

16

17

18

19

20

21

MGA,
7:15-7:42

SMGA,
9:30-10:24
LGA, 8:45-9:21
Pilates, 9 a.m.

LGA Scramble,
8:18-9:30
SLIP, 9:39-9:57
GOB, 10:06-10:33
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.

SMGA Member/Member,
8-9:21, 12:48-2:09
LGA 9 & Lunch,
11-11:45
Pilates, 9 a.m.
Restorative Yoga,
6:30 p.m.

LGA, 8:27-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:33
Cardio Sculpt,
8:30 a.m.
Restorative Yoga,
6:30 p.m.
Thursday Night Dinner –
RSVPs 843-856-9378

SMGA
Member/Member,
8-9:21
LGA, 7:15-7:51
Yoga for You, 9 a.m.
Tacos in the Eagle's Nest,
5-9 p.m.!

MGA, 7:15-8
LGA, 9:12-9:21
GOB, 10:06-10:24
Mat Barre,
8:30 a.m.

*St. Patrick's
Day!*



22

23

24

25

26

28

MGA, 7:15-7:42
Couples Golf, 1 p.m.
Dinner after golf!

SMGA, 9:30-10:24
LGA, 8:45-9:21
CGI 12 p.m. SG
Pilates, 9 a.m.

LGA, 8:27-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:33
Cardio Sculpt, 8:30 a.m.
Restorative Yoga,
6:30 p.m.

SMGA, 9:30-10:24
LGA, 9 8:27-9:21
Pilates, 9 a.m.
Restorative Yoga,
6:30 p.m.

LGA, 8:27-9:03
SLIP, 9:39-9:57
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6:30 p.m.
Thursday Night Dinner –
RSVPs 843-856-9378

SMGA, 9:30-10:24
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Yoga for You, 9 a.m.
Tacos in the
Eagle's Nest,
5-9 p.m.!

MGA, 7:15-8
LGA, 9:12-9:21
GOB, 10:06-10:24
Mat Barre,
8:30 a.m.

29

30

31

MGA,
7:15-7:42

SMGA,
9:30-10:24
LGA, 8:45-9:21
Pilates, 9 a.m.

LGA, 8:27-9:03
SLIP, 9:39-9:57
GOB, 10:06-10:33
Cardio Sculpt,
8:30 a.m.
Restorative Yoga,
6:30 p.m.



*Spring is
coming!*