



FALL 2018 CLASSES AT *The Village Club*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 <i>August</i>	13 10-11 Combination Yoga and Mat Pilates	14	15 11-12 Combination Yoga and Mat Pilates	16 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	17	18 9-10 Morning Stretch and Yoga Basics
19	20 10-11 Combination Yoga and Mat Pilates	21	22 11-12 Combination Yoga and Mat Pilates	23 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	24	25 9-10 Morning Stretch and Yoga Basics
26	27 10-11 Combination Yoga and Mat Pilates	28 10-11 iPhone/iPad 11-12 iPhone/iPad 12:30-4 Sanctioned Duplicate Bridge	29 11-12 Combination Yoga and Mat Pilates	30 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	31	1 <i>September</i> 9-10 Morning Stretch and Yoga Basics
2	3 <i>Labor Day</i>	4 10-11 iPhone/iPad 11-12 iPhone/iPad	5 9:30-10:30 Writing Life Stories Preview 11-12 Combination Yoga and Mat Pilates	6 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	7 10-12 Village Club Writers	8 9-10 Morning Stretch and Yoga Basics
9	10 10-11 Combination Yoga and Mat Pilates	11 10-11 iPhone/iPad 11-12 iPhone/iPad	12 11-12 Combination Yoga and Mat Pilates 6-8 Small Plates	13 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 4-6 Film 101 5-6 Yoga Fusion	14	15 9-10 Morning Stretch and Yoga Basics
16	17 10-11 Combination Yoga and Mat Pilates	18 10-11 iPhone/iPad 11-12 iPhone/iPad 10-11:30 The Readers 1-2:30 Peter the Great	19 11-12 Combination Yoga and Mat Pilates	20 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	21 10-12 Village Club Writers	22 9-10 Morning Stretch and Yoga Basics
23	24 10-11 Combination Yoga and Mat Pilates	25 10-11 iPhone/iPad 11-12 iPhone/iPad 12:30-4 Sanctioned Duplicate Bridge	26 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge 6:30-8:30 Bridge Review	27 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion 5-7 Bourbon Introduction	28	29 9-10 Morning Stretch and Yoga Basics
30	1 <i>October</i> 10-11 Combination Yoga and Mat Pilates	2 10-11 iPhone/iPad 11-12 iPhone/iPad 10-12 Two-over-One Bidding 2-4:30 Barometer Game	3 10-11:30 Tricks and Treats in Art 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge 6:30-8:30 Bridge Review	4 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	5 10-12 Village Club Writers	6 9-10 Morning Stretch and Yoga Basics
7	8 10-11 Combination Yoga and Mat Pilates <i>Columbus Day</i>	9 10-11 iPhone/iPad 11-12 iPhone/iPad 10-11:30 The Readers	10 10-12 Beginning Mah Jongg 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge 6:30-8:30 Bridge Review	11 8:30-9:30 Morning Stretch and Yoga Basics 10-12 Beginning Mah Jongg 1-2 Chair Yoga 4-6 Film 101 5-6 Yoga Fusion	12 10-12 Village Club Writers	13 9-10 Morning Stretch and Yoga Basics
14	15 10-11 Combination Yoga and Mat Pilates	16 10-11 iPhone/iPad 11-12 iPhone/iPad 10-12 Two-over-One Bidding 2-4:30 Barometer Game	17 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge 4-6 Anyone Can Paint 6:30-8:30 Bridge Review	18 8:30-9:30 Morning Stretch and Yoga Basics 10-12 Beginning Mah Jongg 1-2 Chair Yoga 5-6 Yoga Fusion	19	20 9-10 Morning Stretch and Yoga Basics



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21	22 10-11 Combination Yoga and Mat Pilates	23 10-12 Two-over-One Bidding 2-4:30 Barometer Game	24 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge 5-6:30 Meet the Owls 6:30-8:30 Bridge Review	25 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	26 10:30-12:30 Healthy Eating	27 9-10 Morning Stretch and Yoga Basics
28	29 10-11 Combination Yoga and Mat Pilates	30 10-12 Two-over-One Bidding 12-4:30 Sanctioned Duplicate Bridge	31 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge 6:30-8:30 Bridge Review	1 <i>November</i> 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion 5-6:30 Floating Palaces	2	3 9-10 Morning Stretch and Yoga Basics
4	5 10-11 Combination Yoga and Mat Pilates	6 10-12 Two-over-One Bidding 2-4:30 Barometer Game	7 11-12 Combination Yoga and Mat Pilates	8 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 4-6 Film 101 5-6 Yoga Fusion	9 10-12 Village Club Writers	10 9-10 Morning Stretch and Yoga Basics
11	12 10-11 Combination Yoga and Mat Pilates <i>Veterans Day</i>	13 10-11 iPhone/iPad 11-12 iPhone/iPad 10-11:30 The Readers 10-12 Two-over-One Bidding 2-4:30 Barometer Game	14 11-12 Combination Yoga and Mat Pilates	15 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	16 10-12 Village Club Writers	17 9-10 Morning Stretch and Yoga Basics
18	19 10-11 Combination Yoga and Mat Pilates	20	21 11-12 Combination Yoga and Mat Pilates	22 <i>Thanksgiving</i>	23	24 9-10 Morning Stretch and Yoga Basics
25	26 10-11 Combination Yoga and Mat Pilates	27 10-11 iPhone/iPad 11-12 iPhone/iPad 10-12 Two-over-One Bidding 12-4:30 Sanctioned Duplicate Bridge	28 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge	29 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	30 10:30-12:30 Holiday Appetizers	1 <i>December</i> 9-10 Morning Stretch and Yoga Basics
2	3 10-11 Combination Yoga and Mat Pilates	4 10-11 iPhone/iPad 11-12 iPhone/iPad 10-12 Two-over-One Bidding 2-4:30 Barometer Game	5 10-11:30 Illustration in Books for Children 11-12 Combination Yoga and Mat Pilates 1-3 Beginning Bridge	6 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	7 10-12 Village Club Writers	8 9-10 Morning Stretch and Yoga Basics
9	10 10-11 Combination Yoga and Mat Pilates	11 10-11 iPhone/iPad 11-12 iPhone/iPad 10-11:30 The Readers 2-4:30 Barometer Game	12 11-12 Combination Yoga and Mat Pilates	13 8:30-9:30 Morning Stretch and Yoga Basics 1-2 Chair Yoga 5-6 Yoga Fusion	14 10-12 Village Club Writers	15 9-10 Morning Stretch and Yoga Basics
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30	31 10-11 Combination Yoga and Mat Pilates	<i>Christmas</i>				