

July 2010 - Point Lookout Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Jumps, hills, flats, and FUN!</p>  <p>Cycle Express Indoor Cycle class</p> <p>Monday's and Wednesdays 5-6pm</p>		<p>Point Lookout Soccer Academy</p> <p>For Girls and Boys Ages 6-13</p> <p>Monday July 19th thru Friday July 23rd</p> 		1	2	3
				<p>SilverSneakers® Muscle Strength class 10:30am</p> <p>Friendly Tennis 1:00pm</p>	<p>Free Shoes Friday at the Bowling Center 4pm - 10pm</p> 	<p>Yoga & The Power of Breath 8:30am</p>
4	5	6	7	8	9	10
<p>Sunday Fun Day Bowling Club 12pm</p>  <p>Prizes & Fun Open bowling</p>	<p>Zumba Fitness With Korinn Scattoloni 5:30pm - 6:30pm</p> <p>Cycle Express 5pm - 6pm</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p>	<p>Cycle Express 5pm - 6pm</p> <p>Women's Pick-Up Soccer 6pm - 7:30pm</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p> <p>Friendly Tennis 1:00pm</p>	<p>Guided Nature Hike 2:00pm Meet at Fitness Center</p>	<p>Yoga & The Power of Breath 8:30am</p>
11	12	13	14	15	16	17
<p>Sunday Fun Day Bowling Club 12pm</p>  <p>Prizes & Fun Open bowling</p>	<p>Zumba Fitness With Korinn Scattoloni 5:30pm - 6:30pm</p> <p>Cycle Express 5pm - 6pm</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p>	<p>Cycle Express 5pm - 6pm</p> <p>Women's Pick-Up Soccer 6pm - 7:30pm</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p> <p>Friendly Tennis 1:00pm</p>	<p>Guided Nature Hike 2:00pm Meet at Fitness Center</p>	<p>Yoga & The Power of Breath 8:30am</p>
18	19	20	21	22	23	24
<p>Sunday Fun Day Bowling Club 12pm</p>  <p>Prizes & Fun Open bowling</p>	<p>Zumba Fitness With Korinn Scattoloni 5:30pm - 6:30pm</p> <p>Cycle Express 5pm - 6pm</p> <p>Point Lookout Soccer Academy (8-noon)</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p> <p>Point Lookout Soccer Academy (8-noon)</p>	<p>Cycle Express 5pm - 6pm</p> <p>Women's Pick-Up Soccer 6pm - 7:30pm</p> <p>Point Lookout Soccer Academy (8-noon)</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p> <p>Friendly Tennis 1:00pm</p> <p>Point Lookout Soccer Academy (8-noon)</p>	<p>Guided Nature Hike 2:00pm Meet at Fitness Center</p> <p>Point Lookout Soccer Academy (8-noon)</p>	<p>Yoga & The Power of Breath 8:30am</p>
25	26	27	28	29	30	31
<p>Sunday Fun Day Bowling Club 12pm</p>  <p>Prizes & Fun Open bowling</p>	<p>Zumba Fitness With Korinn Scattoloni 5:30pm - 6:30pm</p> <p>Cycle Express 5pm - 6pm</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p>	<p>Cycle Express 5pm - 6pm</p> <p>Women's Pick-Up Soccer 6pm - 7:30pm</p>	<p>SilverSneakers® Muscle Strength class 10:30am</p> <p>Friendly Tennis 1:00pm</p>	<p>Guided Nature Hike 2:00pm Meet at Fitness Center</p>	<p>Yoga & The Power of Breath 8:30am</p>



Tennis Lessons

Now available at Point Lookout!

For **CABIN GUESTS** and **MEMBERS**
\$25 adults, \$15 kids (per hour)
NON-MEMBERS
\$35 adults, \$25 kids

Both Group and Private Lessons provided by
Karen Brace,
local tennis coach and pro since 1990



CYCLE EXPRESS

Mondays & Wednesdays, 5pm - 6pm

Join an Indoor Cycle class that will improve endurance and cardiac fitness!

Per Class: \$5 for members, \$10 for non-members

Zumba Class

\$10 per drop-in, 5 classes for \$40, and 8 classes for \$72

Silver Sneakers Muscular Strength class
Tuesdays & Thursdays, 10:30am

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement, and activity.

Fitness Center **789-2011**

Monday—Friday

6:00am - 8:00pm

Saturday & Sunday

8:00am - 5:00pm

Bowling Center **789-2012**

Tuesday - Thursday: 4pm - 9pm

Friday: 4pm - 10pm

Saturday: 12pm - 10pm

Sunday: 12pm - 6pm