

# AUGUST & SEPTEMBER EVENTS & SPECIALS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9

10

11

12

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15

Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Hackers: 9am  
Ride & Stride: 6pm- Dusk

Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Arts & Crafts: 9:30-11:30am  
Birdie Seekers: 9am  
Mens League: 2pm  
Widow's Group: 2pm  
Farmers Market: 3-6pm  
Bible Study: 6-7:30pm

Marina Restaurant: 4-11pm  
Tiki Bar: 12-8pm  
Rockoholics: 7-10pm

Marina Restaurant: 4-10pm  
Tiki Bar: 12-8pm  
Double Points 4-9pm  
The Fab 2,3,4: 7-10pm

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Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Christian Science Grp: 10am  
Tranzfusion: 3-6pm

Marina Restaurant: Closed  
Tiki Bar: 3-8pm  
Breakfast Club: 9am  
Humanitarian Group: 1-3pm  
Family Fun Night: 4-7pm

Marina Restaurant: Closed  
Tiki Bar: 3-8pm  
Writing Group: 10am  
Mahjongg: 1-4pm  
Mens League: 2pm

Marina Restaurant: 4 - 9pm  
Tiki Bar: 12-8pm  
Hackers: 9am

Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Arts & Crafts: 9:30-11:30am  
Birdie Seekers: 9am  
Mens League: 2pm  
Farmers Market: 3-6pm  
Kids Watercolor Class 3-5pm  
Bible Study: 6-7:30pm

Marina Restaurant: 4-11pm  
Tiki Bar: 12-8pm  
Beading Workshop 12-3pm  
The Chest Pains: 7-10pm

Club Championship (Members Only)  
Marina Restaurant: 4-10pm  
Tiki Bar: 12-8pm  
Double Points 4-9pm  
Scrapple: 7-10pm

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Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Club Championship (Members Only)  
Shots Fired: 3-6pm

Marina Restaurant: Closed  
Tiki Bar: 3-8pm  
Breakfast Club: 9am  
Humanitarian Group: 1-3pm

Marina Restaurant: Closed  
Tiki Bar: 3-8pm  
Writing Group: 10am  
Mahjongg: 1-4pm  
Mens League: 2pm

Marina Restaurant: 4 - 9pm  
Tiki Bar: 12-8pm  
Hackers: 9am  
Ride & Stride: 6pm- Dusk

Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Arts & Crafts: 9:30-11:30am  
Birdie Seekers: 9am  
Mens League: 2pm  
Farmers Market: 3-6pm  
Bible Study: 6-7:30pm

Marina Restaurant: 4-11pm  
Tiki Bar: 12-8pm  
Rythym Section: 7-10pm

Marina Restaurant: 4-10pm  
Tiki Bar: 12-8pm  
Double Points 4-9pm

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Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Twisted Pair: 3-6pm

Marina Restaurant: Closed  
Tiki Bar: 3-8pm  
Breakfast Club: 9am  
Redcross Blood Drive: 10-3pm  
Humanitarian Group: 1-3pm

Marina Restaurant: Closed  
Tiki Bar: 3-8pm  
Writing Group: 10am  
Mahjongg: 1-4pm  
Mens League: 2pm  
Book Club: 7pm

Marina Restaurant: 4 - 9pm  
Tiki Bar: 12-8pm  
Hackers: 9am

Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Arts & Crafts: 9:30-11:30am  
Birdie Seekers: 9am  
Mens League: 2pm  
Farmers Market: 3-6pm  
Bible Study: 6-7:30pm

Marina Restaurant: 4-11pm  
Tiki Bar: 12-8pm  
Triology: 7-10pm

Marina Restaurant: 4-10pm  
Tiki Bar: 12-8pm  
Double Points 4-9pm

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Christian Science Grp: 10am  
Marina Restaurant: 4-9pm  
Tiki Bar: 12-8pm  
Voodoo Tribe: 3-6pm

Marina Restaurant: Closed  
Tiki Bar: 3-7pm  
Breakfast Club: 9am  
Humanitarian Group: 1-3pm

Marina Restaurant: Closed  
Tiki Bar: 3-7pm  
Writing Group: 10am  
Mahjongg: 1-4pm  
Mens League: 2pm

Marina Restaurant: 4 - 9pm  
Tiki Bar: 12-7pm  
Hackers: 9am

Marina Restaurant: 4-9pm  
Tiki Bar: 12-7pm  
Arts & Crafts: 9:30-11:30am  
Birdie Seekers: 9am  
Mens League: 2pm  
Widow Grp: 2pm  
Farmers Market: 3-6pm  
Bible Study: 6-7:30pm

Marina Restaurant: 4-11pm  
Tiki Bar: 12-7pm  
Poser: 7-10pm

Marina Restaurant: 4-10pm  
Tiki Bar: 12-7pm  
Double Points 4-9pm

\*\*\*All Times and activities are subject to change. For more information, please contact Reception at 757-824-3465\*\*\*

# AUGUST & SEPTEMBER FITNESS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9

Master Swim Club: 4-5pm

10

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

11

Crunch to Core: 8:30- 9:30am

12

HydroCycle: 8am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

13

Strength Train: 8:30- 9:30am  
Yoga: 10am

14

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

15

HydroCycle: 8-9am  
Competitive Water Volleyball:  
4:30-7pm

16

Master Swim Club: 4-5pm

17

Floor Aerobics: 9 & 10am

18

Crunch to Core: 8:30- 9:30am

19

Floor Aerobics: 9 & 10am

20

Strength Train: 8:30- 9:30am  
Yoga: 10am

21

Floor Aerobics: 9 & 10am

22

Indoor Pool Closed For Cleaning & Repair from August 17-23

23

24

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

25

Crunch to Core: 8:30- 9:30am

26

HydroCycle: 8am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

27

Strength Train: 8:30- 9:30am  
Yoga: 10am

28

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

29

HydroCycle: 8-9am  
Competitive Water Volleyball:  
4:30-7pm

30

Master Swim Club: 4-5pm

31

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

1

Crunch to Core: 8:30- 9:30am

2

HydroCycle: 8am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

3

Strength Train: 8:30- 9:30am  
Yoga: 10am

4

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

5

HydroCycle: 8-9am  
Competitive Water Volleyball:  
4:30-7pm

6

Master Swim Club: 4-5pm

7

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

8

Crunch to Core: 8:30- 9:30am

9

HydroCycle: 8am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am  
Meditation Session: 11-12pm

10

Strength Train: 8:30- 9:30am  
Yoga: 10am

11

HydroCycle: 8- 8:45am  
Water Aerobics: 9-10:10am  
Floor Aerobics: 9 & 10am  
Pool Volleyball: 10:15am

12

HydroCycle: 8-9am  
Competitive Water Volleyball:  
4:30-7pm

\*\*\*All Times and activities are subject to change. For more information, please contact Reception at 757-824-3465\*\*\*