

# November 2009 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Golf Merchandise Sale All Month at the Pro Shop!</p> <p>Del Webb Anniversary Specials and Savings on the 17th, see the newsletter for details!!!</p> <p>New Men's and Women's Apparel is in, come see it!</p> <p>Get Fresh Grilled Hamburgers Daily in the Cafe!!!</p>						
1	2 *7:00 - 8:00: Zumba *9:00-10:00: Beginners Aerobics	3 *7:30-8:30am Cardio/Strength *9:15-10:30am Conditioning Ball 10:30am-Pure Platinum Toning	4 *7:30-8:30am Outdoor Walk 9:00-10:00am Sit and Be Fit	5 *7:30-8:30am Cardio/Strength *7:00-8:00am Zumba *9:15-10:30am Step Interval *10:30-11:15am- Pure Platinum Toning	6 *7:30-8:30am Cardio/Balance *9:15-10:30am Zumba *10:30-11:15am- Pure Platinum Toning	7 *9:00am Ladies & Girls Softball
8	9 *7:00 - 8:00: Zumba *9:00-10:00: Beginners Aerobics	10 *7:30-8:30am Cardio/ Strength *9:15-10:30am Conditioning Ball 10:30am-Pure Platinum Toning	11 *7:30-8:30am Outdoor Walk 9:00-10:00am Sit and Be Fit  Veterans Day	12 *7:30-8:30am Cardio/Strength *7:00-8:00am Zumba *9:15-10:30am Step Interval *10:30-11:15am- Pure Platinum Toning	13 *7:30-8:30am Cardio/Balance *9:15-10:30am Zumba *10:30-11:15am- Pure Platinum Toning	14 *9:00am Ladies & Girls Softball
15 1:00pm Football Miami vs Tampa	16 *7:30-8:30am Beginners Aerobics/Strength Training *9:15-10:30am Zumba	17 *7:30-8:30am Cardio/Strength *9:15-10:30am Conditioning Ball *10:30am-Pure Platinum Toning  Happy Anniversary Del Webb	18 *7:30-8:30am Outdoor Walk 9:00-10:00am Sit and Be Fit	19 *7:30-8:30am Cardio/Strength *7:00-8:00am Zumba *9:15-10:30am Step Interval *10:30-11:15am- Pure Platinum Toning	20 *7:30-8:30am Cardio/Balance *9:15-10:30am Zumba *10:30-11:15am- Pure Platinum Toning	21 *9:00am Ladies and Girls Softball *10am-2pm West Coast Muscle Car Show
22	23 *7:30-8:30am Beginners Aerobics/ Strength Training *9:15-10:30am Zumba	24 *7:30-8:30 Cardio/Strength *9:15-10:30am Conditioning Ball *10:30am-Pure Platinum Toning 3:30pm- 4:30pm New Resident Welcome	25 *7:30-8:30am Outdoor Walk 9:00-10:00am Sit and Be Fit *11am-2pm Farm City BBQ	26 Check Class Schedules with your Instructor  HAPPY THANKSGIVING!	27 *7:30-8:30am Cardio/Balance *9:15-10:30am Zumba *10:30-11:15am- Pure Platinum Toning	28 *9:00am Ladies & Girls Softball
29	30 *7:30-8:30am Beginners Aerobics/ Strength Training *9:15-10:30am Zumba	<p>All Events are subject to change. Events with an * are open to the public.</p>				