







Regularly Scheduled Community Activities

January 2007

Activity	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Aquacize. Water fitness. Instructed, no fee. Beach Club	Women's: 9-10 a.m. Men's: 10-11 a.m.		Women's: 9-10 a.m. Men's: 10-11 a.m.		Women's: 9-10 a.m. Men's: 10-11 a.m.	
Aquarobics. Exercise Program. No-impact water exercise, no instructor, no fee. Members only. Bay Club	8-9 a.m.	9-10 a.m. 10-11 a.m.	8-9 a.m.	9-10 a.m. 10-11 a.m.	8-9 a.m.	9-10 a.m.
Aquawalk. Exercise Program. Walk your way to fitness, no instructor, no fee. Members only. Bay Club	9-10 a.m.	8-9 a.m.	9-10 a.m.	8-9 a.m.	9-10 a.m.	10-11 a.m.
Casual Bridge. Learn while playing. Bay Club	1-4 p.m.					
Bridge ACBL. Duplicate. Bridge Deck	12:30-4 p.m.					
Bridge Overtricks. Chicago-style bridge. Bay Club					1-4 p.m.	
Computer Club Workshop. Topics vary. Bring your questions and problems. Bay Club						11 a.m.-noon
CEA Ticket Table. Available for purchasing tickets to CEA-sponsored events.			11 a.m.- 2 p.m.			
Fly Tyers. Feathers, thread and imagination come together in creations that tempt the fishes. Bay Club		9 a.m.-noon				
Golf. Ladies' 18 hole. WGA		See Bulletin Board in Pro Shop				
Golf. Men's 18 hole. MGA			See Bulletin Board in Pro Shop			
Golf. 9 hole. Nifty Niners				See Bulletin Board in Pro Shop		
Ham Radio Club Jalisco Mexican Restaurant			11:30 a.m.			
Hikers. Timberton Loop Hike. Meets at Timberton Road parking area			9 a.m.			
Jazz Dance. Exercise and dance movements, instructed, fee. Bay Club				9:30-11 a.m.		

Regularly Scheduled Community Activities

January 2007

Activity	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Jazzercise Light. Combines music, resistance training, Pilates, yoga, kick boxing. Instructed, fee. Beach Club		9-10:30 a.m.		9-10:30 a.m.		9-10 a.m.
Ludlow Line Dancers. All levels of dancers welcome. No fee, great fun, exercise. Bay Club	2-3:30 p.m.					
Mahjongg Bay Club			12:45-4:45 p.m...			
North Bay Arts Group. Workshop for all experience levels. Bridge Deck					1-4 p.m.	
Quilters by the Bay. Beginners through expert. Bay Club			1-4 p.m.			
Rockettes/Steppin'Out Trio. Advanced tap dancing. Instructed, fee. Bay Club	9:30-10:45 a.m.					
Swimming. Open swim Open swim (children welcome)* Open swim (children welcome)* Lap Swim *also Sun. noon-3:30 Bay Club Pool	10-noon noon-3 4:30-7:30 3-4:30	10-noon noon-3 4:30-7:30 3-4:30	10-noon noon-3 4:30-7:30 3-4:30	10-noon noon-3 4:30-7:30 3-4:30	10-noon noon-3 4:30-7:30 3-4:30	noon-3 3-4:30
Tap. Beginning tap dancing. Instructed. Fee. Bay Club				11 a.m. - noon		
Tennis. Organized doubles play. Kehele Park / South Bay Courts	9:30 a.m. Women's	Mixed: 10 a.m. Men's: 12:30 p.m.		Mixed: 10 a.m. Men's: 12:30 p.m.	9:30 a.m. Women's	
Yoga. Excellent non-aerobic exercise. Instructed, fee. Bay Club		9:45-11 a.m.				
Yolates. Cross training workout combining Yoga and Pilates. Instructed. No fee. Bay Club	8:15-9:30 a.m.		8:15-9:30 a.m.		8:15-9:30 a.m.	

