



SEPTEMBER 2024

AT THE CLUB AT TAMARACK



SCAN TO RSVP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Continental Breakfast 8:00 AM - 10:00 AM Club Championship 9:00 AM - 1:00 PM Start 💰 Stretch & Restore 9:00 AM - 10:00 AM Pickleball Clinic 10:00 AM - 11:30 AM Pilates Flow 10:30 AM - 11:30 AM	2 Stretch & Flow 9:00 AM - 10:00 AM Total Body 10:30 AM - 11:30 AM	3 Pilates Mat 10:30 AM - 11:30 AM Vinyasa Flow 6:00 PM - 7:00 PM	4 Barre Burn 10:30 AM - 11:30 AM Men's & Women's Golf Clinic 5:00 PM - 6:00 PM	5 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM Nine & Dine 3:00 PM - 6:00 PM Thirsty Thursday Night Football 6:15 PM - 8:30 PM	6 Tranquil Trails 9:00 AM - 10:30 AM Full Body HIIT 11:30 AM - 12:15 PM	7 Member's Breakfast 8:00 AM - 10:00 AM Summit Yoga 9:30 AM - 12:30 PM Payette Lake Cruise 5:15 PM - 9:15 PM
8 Continental Breakfast 8:00 AM - 10:00 AM Stretch & Restore 9:00 AM - 10:00 AM Pilates Flow 10:30 AM - 11:30 AM	9 Stretch & Flow 9:00 AM - 10:00 AM Total Body 10:30 AM - 11:30 AM	10 Pilates Mat 10:30 AM - 11:30 AM Vinyasa Flow 6:00 PM - 7:00 PM	11 Barre Burn 10:30 AM - 11:30 AM	12 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM Nine & Dine 3:00 PM - 6:00 PM Thirsty Thursday Night Football 6:15 PM - 8:30 PM	13 Limb By Limb 9:00 AM - 10:30 AM Full Body HIIT 11:30 AM - 12:15 PM	14 Continental Breakfast 8:00 AM - 10:00 AM Slow Flow 9:00 AM - 10:00 AM Morning Meadow Ride 9:30 AM - 10:30 AM Group Fitness 11:30 AM - 12:30 PM
15 Continental Breakfast 8:00 AM - 10:00 AM Stretch & Restore 9:00 AM - 10:00 AM Pilates Flow 10:30 AM - 11:30 AM	16 Stretch & Flow 9:00 AM - 10:00 AM Total Body 10:30 AM - 11:30 AM	17 Pilates Mat 10:30 AM - 11:30 AM Wine Down Yoga 6:00 PM - 7:30 PM	18 Barre Burn 10:30 AM - 11:30 AM Men's & Women's Golf Clinic 5:00 PM - 6:00 PM	19 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM Nine & Dine 3:00 PM - 6:00 PM Thirsty Thursday Night Football 6:15 PM - 8:30 PM	20 Tranquil Trails 9:00 AM - 10:30 AM Fall Equinox Yoga & Journal Celebration 11:00 AM - 12:00 PM	21 Continental Breakfast 8:00 AM - 10:00 AM Slow Flow 9:00 AM - 10:00 AM Tamarack Trek & Photography 9:00 AM - 10:30 AM Member Guest Invitational 💰 12:00 PM Shotgun Start
22 Continental Breakfast 8:00 AM - 10:00 AM Pickleball Tournament 9:00 AM - 5:00 PM Stretch & Restore 9:00 AM - 10:00 AM Pilates Flow 10:30 AM - 11:30 AM	23 Stretch & Flow 9:00 AM - 10:00 AM Total Body 10:30 AM - 11:30 AM	24 Pilates Mat 10:30 AM - 11:30 AM Vinyasa Flow 6:00 PM - 7:00 PM	25 Barre Burn 10:30 AM - 11:30 AM	26 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM Nine & Dine 3:00 PM - 6:00 PM Thirsty Thursday Night Football 6:15 PM - 8:30 PM	27 Limb By Limb 9:00 AM - 10:30 AM Full Body HIIT 11:30 AM - 12:15 PM	28 Continental Breakfast 8:00 AM - 10:00 AM Top of Tamarack 💰 8:00 AM - 1:00 PM Slow Flow 9:00 AM - 10:00 AM Oktoberfest 💰 12:00 PM - 6:00 PM
29 Continental Breakfast 8:00 AM - 10:00 AM Stretch & Restore 9:00 AM - 10:00 AM Pilates Flow 10:30 AM - 11:30 AM	30 Stretch & Flow 9:00 AM - 10:00 AM Total Body 10:30 AM - 11:30 AM					

Member's Lounge	Fitness Center	Osprey Meadows	Fern & Feather	Amphitheater
The Arling Center	Pickleball Courts	Village Plaza	Off-Site Excursion	Event Fee

*MAY BE SUBJECT TO CHANGE