

OCTOBER 2024

AT THE CLUB AT TAMARACK



THE CLUB AT
TAMARACK



RSVP FOR EVENTS
CLUBTAMARACK.COM

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1
Pilates Mat 10:30 AM - 11:30 AM
Vinyasa Yoga 6:00 PM - 7:00 PM

2
Barre Burn 10:30 AM - 11:30 AM

3
Yoga Foundations 9:00 AM - 10:00 AM
Core Blast 10:30 AM - 11:15 AM
Thirsty Thursday Night Football 6:15 PM - 8:30 PM

4
Tranquil Trails 9:00 AM - 10:30 AM

5
Fly-Fishing with Driftwest 7:15 AM - 7:00 PM
Member's Breakfast 8:00 AM - 10:00 AM
Mobility Flow 9:00 AM - 10:00 AM
Ski Conditioning 10:30 AM - 11:30 AM

6
Continental Breakfast 8:00 AM - 10:00 AM
Stretch & Restore 9:00 AM - 10:00 AM
Pilates Flow 10:30 AM - 11:30 AM

7
Stretch & Flow 9:00 AM - 10:00 AM

8
Pilates Mat 10:30 AM - 11:30 AM
Vinyasa Yoga 6:00 PM - 7:00 PM
Game Night! 6:00 PM - 8:00 PM

9
Barre Burn 10:30 AM - 11:30 AM

10
Yoga Foundations 9:00 AM - 10:00 AM
Core Blast 10:30 AM - 11:15 AM
Thirsty Thursday Night Football 6:15 PM - 8:30 PM

11
Limb By Limb® 9:00 AM - 10:30 AM

12
Continental Breakfast 8:00 AM - 10:00 AM
Mobility Flow 9:00 AM - 10:00 AM
Ski Conditioning 10:30 AM - 11:30 AM
Superintendent Cup 12:00 PM Shotgun Start

13
Continental Breakfast 8:00 AM - 10:00 AM
Stretch & Restore 9:00 AM - 10:00 AM
Mantra Meditation 10:00 AM - 11:30 AM
Pilates Flow 10:30 AM - 11:30 AM

14
Stretch & Flow 9:00 AM - 10:00 AM

15
Pilates Mat 10:30 AM - 11:30 AM
Vinyasa Yoga 6:00 PM - 7:00 PM

16
Barre Burn 10:30 AM - 11:30 AM
Cass Winery Tasting in the Club 5:00 PM - 6:00 PM

17
Yoga Foundations 9:00 AM - 10:00 AM
Core Blast 10:30 AM - 11:15 AM
Thirsty Thursday Night Football 6:15 PM - 8:30 PM

18
Tranquil Trails 9:00 AM - 10:30 AM
Stretch & Sangria 11:30 AM - 1:00 PM

19
Continental Breakfast 8:00 AM - 10:00 AM
Mobility Flow 9:00 AM - 10:00 AM
Golden Tamarack Trek & Photography Hike 9:30 AM - 11:30 AM
Members Wine Dinner 6:00 PM - 8:00 PM

20
Continental Breakfast 8:00 AM - 10:00 AM
Stretch & Restore 9:00 AM - 10:00 AM
Pilates Flow 10:30 AM - 11:30 AM

21
Stretch & Flow 9:00 AM - 10:00 AM

22
Pilates Mat 10:30 AM - 11:30 AM
Vinyasa Yoga 6:00 PM - 7:00 PM
Bingo! 6:00 PM - 8:00 PM

23
Barre Burn 10:30 AM - 11:30 AM

24
Yoga Foundations 9:00 AM - 10:00 AM
Core Blast 10:30 AM - 11:15 AM
Thirsty Thursday Night Football 6:15 PM - 8:30 PM

25
Limb By Limb® 9:00 AM - 10:30 AM

26
Continental Breakfast 8:00 AM - 10:00 AM
Mobility Flow 9:00 AM - 10:00 AM
Ski Conditioning 10:30 AM - 11:30 AM
Pumpkin Painting 1:00 PM - 3:00 PM
Murder Mystery Party 6:30 PM - 9:30 PM

27
Continental Breakfast 8:00 AM - 10:00 AM
Stretch & Restore 9:00 AM - 10:00 AM
Pilates Flow 10:30 AM - 11:30 AM

28
Stretch & Flow 9:00 AM - 10:00 AM

29
Pilates Mat 10:30 AM - 11:30 AM
Vinyasa Yoga 6:00 PM - 7:00 PM

30
Barre Burn 10:30 AM - 11:30 AM

31
Yoga Foundations 9:00 AM - 10:00 AM
Core Blast 10:30 AM - 11:15 AM
Thirsty Thursday Night Football 6:15 PM - 8:30 PM

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

*MAY BE SUBJECT TO CHANGE