NOVEMBER 2024

AT THE CLUB AT TAMARACK

THE CLUB AT TAMARACK

RSVP FOR EVENTS
CLUBTAMARACK.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Just Stretching 10:00 AM - 10:30 AM	2 Member's Breakfast 8:00 AM - 10:00 AM Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM
3 Continental Breakfast 8:00 AM - 10:00 AM Somatic Breathwork 10:00 AM - 11:30 AM	4 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM	5 Barre Burn 10:30 AM - 11:30 AM Vinyasa Flow 6:00 PM - 7:00 PM Game Night! 6:00 PM - 8:00 PM	6 Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM	7 Pilates Flow 10:30 AM - 11:30 AM Thirsty Thursday Night Football 6:15 PM - 8:30 PM	8 Limb by Limb 9:00 AM - 10:30 AM	9 Continental Breakfast 8:00 AM - 10:00 AM Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM
10 Continental Breakfast 8:00 AM - 10:00 AM Mobility Flow 9:00 AM - 10:00 AM Ski Conditioning 10:30 AM - 11:30 AM	11 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM	12 Barre Burn 10:30 AM - 11:30 AM Vinyasa Flow 6:00 PM - 7:00 PM	13 Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM	14 Pilates Flow 10:30 AM - 11:30 AM Thirsty Thursday Night Football 6:15 PM - 8:30 PM	15 Just Stretching 10:00 AM - 10:30 AM	16 Continental Breakfast 8:00 AM - 10:00 AM Athletic Flow 9:00 AM - 10:00 AM Kids Karate (Ages 6-9) 10:00 AM - 11:00 AM Rest & Recovery 10:30 AM - 11:30 AM Kids Karate (Ages 10-13) 11:30 AM - 12:30 PM Cooking with Chef Topple 4:00 PM - 6:00 PM
17 Continental Breakfast 8:00 AM - 10:00 AM Mobility Flow 9:00 AM - 10:00 AM Ski Conditioning 10:30 AM - 11:30 AM	18 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM	19 Barre Burn 10:30 AM - 11:30 AM Vinyasa Flow 6:00 PM - 7:00 PM Bingo 6:00 PM - 8:00 PM	20 Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM	21 Pilates Flow 10:30 AM - 11:30 AM Thirsty Thursday Night Football 6:15 PM - 8:30 PM	22 Limb by Limb 9:00 AM - 10:30 AM	23 Continental Breakfast 8:00 AM - 10:00 AM Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM Centerpiece Making 1:00 PM - 3:00 PM Members Wine Dinner 6:00 PM - 8:00 PM
24 Continental Breakfast 8:00 AM - 10:00 AM Mobility Flow 9:00 AM - 10:00 AM Ski Conditioning 10:30 AM - 11:30 AM	25 Yoga Foundations 9:00 AM - 10:00 AM Core Blast 10:30 AM - 11:15 AM	26 Barre Burn 10:30 AM - 11:30 AM Vinyasa Flow 6:00 PM - 7:00 PM	27 Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM	28 Pilates Flow 10:30 AM - 11:30 AM	29 Just Stretching 10:00 AM - 10:30 AM	30 Continental Breakfast 8:00 AM - 10:00 AM Athletic Flow 9:00 AM - 10:00 AM Rest & Recovery 10:30 AM - 11:30 AM Ornament Making 1:00 PM - 3:00 PM Members Art Gallery 4:00 PM - 6:30 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