8:30am: Ladies Doubles Strategy 8:30am: Body Sculpt - FS 3:30am: Division 7 Ladies 8:30am: Division 3 Ladies 8:30am: MAT Pilates - FS 8am: Indoor Cycling - MPR 9:30am: Indoor Cycling – MPR eam Practice - TC Team Practice – TC 9:30am: HIIT - FS with Adrian – TC 9am: Glutes, Legs & Abs – FS 8am: Hatha Yoga – FS 8:30am: Barre - FS 8:30am: Indoor Cycling - MPR 10:00am: Division 7 Ladies 8:30am: MAT Pilates - FS 0:00am: Division 3 & 7 am: Beginners Co-Ed 9am: Indoor Cycling - MPR 9:30am: Hatha Yoga - FS _adies' Team Matches - TC Team Practice – TC 10am: Zumba – FS 8:30am: Stretch & Tone – FS Clinic – TC 10am: Barre – FS 10am: Division 6 Ladies' Matches-TC 9:30am: Sculpt & Stretch – FS 10:45am: Water Aerobics – LP 5:30pm: Yin Yoga – FS 11:45am: Tai Chi – FS 10am: Interval Training – FS 10:15am: Agua Fit - LP 12pm: Labor Day Pool Party – PD 6:30pm: Latin Ballroom – MPR 5:30pm: Yin Yoga - FS 9:30am: Water Aerobics - LP 10:30am: Indoor Cycling - MPR 4:15pm: Future Stars Tennis 6:30pm: Indoor Cycling – MPR 4pm: Kids' Tennis Day – TC 7:00pm: Palm Beach Royal Men's 4:15pm: Future Stars Tennis Program –TC Program -TC 7pm: Palm Beach Royal Men's League 4:15pm: Future Stars Tennis 5pm: Rising Stars Tennis Program –TC 5pm: Rising Stars Tennis Program –TC 7pm: Men's Low Stakes Poker Club -Matches –TC Program –TC 5pm: Wine Down Wednesday - GL 5:30pm: Intro Yoga – FS 5pm: Rising Stars Tennis Program –TC 5:30pm: Slow Flow Yoga - FS 6:30pm: Interval Training – MPR 6:30pm: Interval Training - FS 7pm: Men's Round Robin – TC 7pm: Co-Ed Bootcamp – TC 7pm: Men's High Stakes Poker Club - CR1 7pm Ladies' Bunco CR2 8:30am: MAT Pilates - FS 8am: Hatha Yoga – FS 8:30am: Body Sculpt – FS 8:30am: Division 7 Ladies' 8:30am: Ladies Doubles 8am: Indoor Cycling – MPR 9:30am: Indoor Cycling – MPR 9am: Glutes, Legs & Abs – FS 1 4 9am: Indoor Cycling – MPR Team Practice – TC eam Practice – TO 9:30am: HIIT – FS ategy with Adrian – TC 10am: Barre – FS 8:30am: MAT Pilates - FS 8:30am: Barre – FS 10:00am: Division 3 & 7 8:30am: Indoor Cycling – MPR 10:00am: Division 7 Ladies' 9am: Beginners Co-Ed 11am: Prime 7 Brunch – R 9:30am: Hatha Yoga – FS Ladies' Team Matches – TC 8:30am: Stretch & Tone - FS am Practice – TC 10am: Zumba – FS Clinic – TC Matches-TC 10:45am: Water Aerobics – LP 5:30pm: Yin Yoga – FS 11:45am: Tai Chi – FS 9:30am: Sculpt & Stretch – FS 10am: Interval Training – FS 10:15am: Aqua Fit – LP 6:30pm: Latin Ballroom – MPR 11am: Kids' Cooking Class – GL 4:15pm: Future Stars Tennis 5:30pm: Yin Yoga – FS 9:30am: Water Aerobics – LP 10:30am: Indoor Cycling – MPR 6:30pm: Indoor Cycling - MPR 7:00pm: Palm Beach Royal Men's Program –TC 1:15pm: Future Stars Tennis 15pm: Future Stars Tennis ipm: Rising Stars Tennis Program –TC League Matches –TC 7pm: Palm Beach Royal Men's League rogram -TC 7pm: Men's Low Stakes Poker Club -5:30pm: Intro Yoga – FS Matches –TC 5pm: Rising Stars Tennis Program –TC pm: Rising Stars Tennis CR1 6:30pm: Interval Training – MPR 5:30pm: Slow Flow Yoga – FS 7pm: Men's High Stakes Poker Club - CR1 6:30pm: Interval Training - FS 7pm: Co-Ed Bootcamp – TC 8am: Hatha Yoga – FS 8:30am: Body Sculpt - FS 8:30am: Division 7 Ladies' 8:30am: Division 3 Ladies 8:30am: MAT Pilates - FS 8am: Indoor Cycling - MPR 8:30am: Ladies Doubles 9:30am: Indoor Cycling – MPR 9am: Indoor Cycling - MPR eam Practice – TC Team Practice – TC 9:30am: HIIT – FS Strategy with Adrian – TC 9am: Glutes, Legs & Abs – FS 10am: Barre – FS 8:30am: Barre - FS 8:30am: MAT Pilates – FS 10:00am: Division 7 Ladies' 10:00am: Division 3 & 7 8:30am: Indoor Cycling - MPR 9am: Beginners Co-Ed Team Practice – TC 9:30am: Hatha Yoga – FS adies' Team Matches - TC 10am: Zumba – FS Clinic – TC 8:30am: Stretch & Tone - FS 0am: Division 6 Ladies' Matches-TC 5:30pm: Yin Yoga - FS 10am: Interval Training - FS 10:45am: Water Aerobics – LP 11:45am: Tai Chi - FS 9:30am: Sculpt & Stretch – FS 10:15am: Aqua Fit – LP 6:30pm: Latin Ballroom - MPR 4:15pm: Future Stars Tennis 5:30pm: Yin Yoga – FS 2pm: Kids' Ceramic Party - MPR 9:30am: Water Aerobics - LP 10:30am: Indoor Cycling – MPR Program -TC :00pm: Palm Beach Royal Men's 6:30pm: Indoor Cycling – MPR 1:15pm: Future Stars Tennis Program –TC 4:15pm: Future Stars Tennis pm: Palm Beach Royal Men's League 5pm: Rising Stars Tennis Program –TC eague Matches –TC 5pm: Rising Stars Tennis Program –TC Program –TC 5:30pm: Intro Yoga – FS 7pm: Men's Low Stakes Poker Club -5pm: Wine Down Wednesday - GL 5pm: Rising Stars Tennis Program –TC 6:30pm: Interval Training – MPR 5:30pm: Slow Flow Yoga – FS 7pm: Men's Round Robin – TC 6:30pm: Interval Training – FS 7pm: Men's High Stakes Poker Club – CR1 7pm: Co-Ed Bootcamp – TC 7pm - Book Club Meeting 8:30am: MAT Pilates - FS 8am: Hatha Yoga – FS 8:30am: Body Sculpt – FS 8:30am: Division 7 Ladies' 8:30am: Division 3 Ladies' 8:30am: Ladies Doubles 8am: Indoor Cycling – MPR 9am: Indoor Cycling – MPR 9:30am: Indoor Cycling-MPR 9am: Glutes, Legs & Abs-FS 9:30am: HIIT - FS Team Practice – TC eam Practice – TC Strategy with Adrian – TC 10am: Barre – FS 8:30am: MAT Pilates - FS 8:30am: Barre – FS 0:00am: Division 7 Ladies 10:00am: Division 3 & 7 9am: Beginners Co-Ed 8:30am: Indoor Cycling - MPR 5pm: Family Dinner Night – R Ladies' Team Matches – TC Clinic – ŤC eam Practice - TO 10am: Zumba – FS 9:30am: Hatha Yoga – FS 8:30am: Stretch & Tone - FS 5:30pm: Yin Yoga – FS 10:45am: Water Aerobics – LP Matches-TC 11:45am: Tai Chi – FS 10am: Interval Training – FS 9:30am: Sculpt & Stretch - FS 6:30pm: Latin Ballroom – MPR 10:15am: Agua Fit – LP 5:30pm: Yin Yoga - FS 4:15pm: Future Stars Tennis 9:30am: Water Aerobics - LP 7pm: Palm Beach Royal Men's League 10:30am: Indoor Cycling - MPR 6:30pm: Indoor Cycling - MPR 4:15pm: Future Stars Tennis 5pm: Rising Stars Tennis Program –TC Matches –TC 7pm: Palm Beach Royal Men's League 15pm: Future Stars Tennis Program –TC 5:30pm: Intro Yoga – FS 7pm: Men's Low Stakes Poker Club -Matches –TC 6:30pm: Interval Training - MPR CR1 5pm: Rising Stars Tennis Program –TC 7pm: Executives Club – GL 5:30pm: Slow Flow Yoga – FS 6pm: Kids' Movie Night – SC 7pm: Men's High Stakes Poker Club – CR1 6:30pm: Interval Training – FS 7pm: Co-Ed Bootcamp – TC 8am: Hatha Yoga – FS 8:30am: Body Sculpt – FS 9am: Indoor Cycling-MPR 9:30am: Indoor Cycling–MPR Color Legend: 10am: Barre – FS 10:00am: Division 7 Ladies' **Event Venues:** Team Practice – TC **GL**: Grand Lounge **LP**: Lap Pool **HOA Events** 10:45am: Water Aerobics - LP For kids' classes, please see Clubs MPR: Multi-KR: Kids' Room 4:15pm: Future Stars Tennis the separate calendars Included Fitness Classes Program –TC Purpose Room **GR:** Game Room Prime 7 in the Kids' Zone section of 5pm: Rising Stars Tennis Program –TC **SC:** Sports Court R: Restaurant 5:30pm: Intro Yoga – FS the newsletter! FS: Fitness Studio OB: Outdoor Bar 6:30pm: Interval Training – MPR CR1: Card Rm 1 PP: Party Pavilion 7pm: Men's Round Robin – TC CR2: Card Rm 2 TC: Tennis Courts 7pm: Men's High Stakes Poker Club – CR1 PD: Pool Deck

All events are rain or shine unless otherwise specified. Subject to change without notice. Please refer to the Club's website **www.sevenbridgeshoa.com** for locations and updated information. ©2019

5pm: Rising Stars Tennis Program –TC

7pm: Men's High Stakes Poker Club - CR1

6:30pm: Interval Training - MPR

7pm: Men's Round Robin - TC

5:30pm: Intro Yoga – FS

Matches -TC

CR1

7pm: Men's Low Stakes Poker Club -

8:30am: Division 6 Ladies' 8:30am: Division 3 Ladies 8:30am: MAT Pilates - FS 8:30am: Ladies Doubles 8am: Indoor Cycling - MPR Team Practice - TC eam Practice - TC 9:30am: HIIT – FS Strategy with Adrian – TC 9am: Glutes, Legs & Abs-FS 8:30am: Barre - FS 8:30am: MAT Pilates – FS 10am: Division 3 & 7 Ladies Team 8:30am: Indoor Cycling – MPR **Event Venues:** 9:30am: Hatha Yoga – FS **Color Legend:** 8:30am: Stretch & Tone - FS Clinic – TC 10am: Zumba – FS GL: Grand Lounge LP: Lap Pool 10am: Division 6 Ladies' Matches – TC 10:15am: Aqua Fit – LP Tennis Center Events 5:30pm: Yin Yoga – FS 11:45am: Tai Chi – FS 9:30am: Sculpt & Stretch – FS 10am: Interval Training - FS MPR: Multi-KR: Kids' Room 10:30am: Indoor Cycling - MPR 5:30pm: Yin Yoga - FS 9:30am: Water Aerobics - LP 6:30pm: Latin Ballroom – MPR **HOA Events** Purpose Room GR: Game Room 4:15pm: Future Stars Tennis Program –TC 6:30pm: Indoor Cycling – MPR 4:15pm: Future Stars Tennis 7pm: Palm Beach Royal Men's League **SC:** Sports Court **R:** Restaurant 5pm: Rising Stars Tennis Program –TC Matches –TC 7pm: Palm Beach Royal Men's League Program –TC 5pm: Wine Down Wednesday - GL FS: Fitness Studio OB: Outdoor Bar Included Fitness Classes 7pm: Men's Low Stakes Poker Club -Matches –TC 5pm: Rising Stars Tennis Program –TC 5:30pm: Slow Flow Yoga – FS CR1: Card Rm 1 PP: Party Pavilion 6:30pm: Interval Training - FS CR2: Card Rm 2 TC: Tennis Courts 7pm: Co-Ed Bootcamp – TC 7pm Ladies' Bunco CR2 PD: Pool Deck 8:30am: Body Sculpt - FS 8:30am: Division 6 Ladies' 8:30am: Division 3 Ladies' 8:30am: MAT Pilates - FS 8am: Hatha Yoga – FS 8:30am: Ladies Doubles 8am: Indoor Cycling – MPR eam Practice - TC 9:30am: Indoor Cycling – MPR Team Practice – TC 9:30am: HIIT – FS 9am: Glutes, Legs & Abs-FS 9am: Indoor Cycling – MPR Strategy with Adrian – TC 8:30am: Barre - FS 8:30am: MAT Pilates - FS 8:30am: Indoor Cycling - MPR 9am: Beginners Co-Ed 10am: Barre - FS 10:00am: Division 7 Ladies' 10am: Division 3 & 7 Ladies Team 9:30am: Hatha Yoga – FS Feam Practice – TC 10am: Zumba – FS 8:30am: Stretch & Tone – FS Clinic – TC Matches-TC 11am: Prime 7 Brunch - R Matches - TC 5:30pm: Yin Yoqa – FS 10:45am: Water Aerobics – LP 11:45am: Tai Chi – FS 9:30am: Sculpt & Stretch – FS 10am: Interval Training – FS 10:15am: Aqua Fit – LP 6:30pm: Latin Ballroom – MPR 5:30pm: Yin Yoqa – FS 9:30am: Water Aerobics - LP 4:15pm: Future Stars Tennis 10:30am: Indoor Cycling – MPR 6:30pm: Indoor Cycling – MPR Program –TC 7pm: Palm Beach Royal Men's League 4:15pm: Future Stars Tennis :15pm: Future Stars Tennis Program –TC Matches -TC 7pm: Palm Beach Royal Men's League 5pm: Rising Stars Tennis Program –TC Program –TC 7pm: Men's Low Stakes Poker Club -Matches -TC 5pm: Rising Stars Tennis Program –TC 5:30pm: Intro Yoga – FS 5pm: Rising Stars Tennis Program –TC CR1 6:30pm: Interval Training – MPR 5:30pm: Slow Flow Yoga - FS 6pm: Kids' Movie Night – SC 7pm: Men's Round Robin – TC 6:30pm: Interval Training – FS 7pm: Men's High Stakes Poker Club - CR1 7pm: Co-Ed Bootcamp – TC 8:30am: Body Sculpt - FS 8am: Hatha Yoga - FS 8:30am: Division 6 Ladies' 8:30am: MAT Pilates - FS 8:30am: Ladies Doubles 8am: Indoor Cycling - MPR 8:30am: Division 3 Ladies' 9:30am: Indoor Cycling – MPR Team Practice – TC 9am: Indoor Cycling - MPR Team Practice – TC 9:30am: HIIT - FS Strategy with Adrian – TC 9am: Glutes, Legs & Abs-FS 8:30am: Barre - FS 10am: Division 3 & 7 Ladies Tea 10:am: Division 7 Ladies' 8:30am: Indoor Cycling - MPR 8:30am: MAT Pilates - FS 9am: Beginners Co-Ed 10am: Barre - FS 9:30am: Hatha Yoga – FS Team Practice – TC Matches-TC 10am: Zumba – FS 8:30am: Stretch & Tone - FS Clinic – TC 10:45am: Water Aerobics - LP 10am: Division 6 Ladies' Matches – TC 5:30pm: Yin Yoqa – FS 11:45am: Tai Chi – FS 9:30am: Sculpt & Stretch - FS 10am: Interval Training – FS 10:15am: Agua Fit – LP 4:15pm: Future Stars Tennis 6:30pm: Latin Ballroom – MPR 5:30pm: Yin Yoqa – FS 9:30am: Water Aerobics – LP 10:30am: Indoor Cycling – MPR Program –TC 7pm: Palm Beach Royal Men's League 6:30pm: Indoor Cycling – MPR 4:15pm: Future Stars Tennis 4:15pm: Future Stars Tennis 5pm: Rising Stars Tennis Program –TC Matches -TC Prodram –TC 'pm: Palm Beach Royal Men's League Program –TC 5:30pm: Intro Yoga – FS 5pm: Rising Stars Tennis Program –TC 7pm: Men's Low Stakes Poker Club -5pm: Rising Stars Tennis Program –TC 5:30pm: Adult Cooking Class – GL 5pm: Wine Down Wednesday - GL CR1 6pm: Dessert Mixology Class- GL 6:30pm: Interval Training – MPR 5:30pm: Slow Flow Yoga – FS 7pm: Men's Round Robin – TC 6:30pm: Interval Training – FS 7pm: Men's High Stakes Poker Club – CR1 7pm: Co-Ed Bootcamp – TC 8:30am: Body Sculpt - FS 8:30am: MAT Pilates – FS 8am: Hatha Yoga – FS 8:30am: Division 6 Ladies' 8:30am: Division 3 Ladies' 8:30am: Ladies Doubles 8am: Indoor Cycling – MPR 9am: Indoor Cycling-MPR 9:30am: Indoor Cycling – MPR Team Practice – TC Feam Practice - TC Strategy with Adrian – TC 9am: Glutes, Legs & Abs-FS 9:30am: HIIT – FS 8:30am: MAT Pilates – FS 8:30am: Barre – FS 8:30am: Indoor Cycling - MPR 9am: Beginners Co-Ed 0:am: Division 7 Ladies 9am: Member-Guest Mixer -TC 10am: Division 3 & 7 Ladies Team 9:30am: Hatha Yoga – FS Clinic – TC eam Practice – TC 10am: Zumba – FS 8:30am: Stretch & Tone - FS Matches-TC 10am: Barre – FS 10am: Division 6 Ladies' Matches - TC 10:45am: Water Aerobics - LP 5:30pm: Yin Yoga – FS 9:30am: Sculpt & Stretch - FS 10am: Interval Training - FS 11:45am: Tai Chi – FS 5pm: Family Dinner Night – R 10:15am: Aqua Fit – LP 6:30pm: Latin Ballroom – MPR 4:15pm: Future Stars Tennis 9:30am: Water Aerobics - LP 5:30pm: Yin Yoga – FS 10:30am: Indoor Cycling - MPR Program –TC 7pm: Palm Beach Royal Men's League 6:30pm: Indoor Cycling – MPR 4:15pm: Future Stars Tennis 4:15pm: Future Stars Tennis Matches –TC 5pm: Rising Stars Tennis Program –TC Program –TC 7pm: Palm Beach Royal Men's League 7pm: Men's Low Stakes Poker Club -5:30pm: Intro Yoga – FS pm: Rising Stars Tennis Program –TC Matches -TC 5pm: Rising Stars Tennis Program –TC 6:30pm: Interval Training – MPR CR1 5:30pm: Slow Flow Yoga - FS 7pm: Adult Fright Night – GL 7pm: Men's Round Robin – TC 6:30pm: Interval Training – FS 7pm: Men's High Stakes Poker Club - CR1 7pm: Co-Ed Bootcamp – TC 8:30am: MAT Pilates - FS 8am: Hatha Yoga – FS 8:30am: Body Sculpt – FS 8:30am: Division 3 Ladies' Save the Dates: 8:30am: Division 6 Ladies' 9:30am: Indoor Cycling - MPR Team Practice - TC 9:30am: HIIT - FS 9am: Indoor Cycling-MPR eam Practice – TC November 16 8:30am: Barre - FS 10am: Division 3 & 7 Ladies Team 10am: Division 7 Ladies' 8:30am: MAT Pilates – FS 10am: Barre - FS Fall Music Festival 9:30am: Hatha Yoga – FS Team Practice – TC 10am: Zumba – FS Matches-TC 10am: Division 6 Ladies' Matches – TC 10:45am: Water Aerobics - LP 5:30pm: Yin Yoga – FS 11:45am: Tai Chi – FS December 29 For kids' classes, please see 10:15am: Aqua Fit – LP 4:15pm: Future Stars Tennis 6:30pm: Latin Ballroom – MPR 5:30pm: Yin Yoga – FS 10:30am: Indoor Cycling – MPR **Jay Mattioli Magic Show** the separate calendars 7pm: Palm Beach Royal Men's League 6:30pm: Indoor Cycling – MPR Program –TC 4:15pm: Future Stars Tennis in the Kids' Zone section of

Program –TC

5pm: Rising Stars Tennis Program –TC

5:30pm: Slow Flow Yoga – FS 6:30pm: Interval Training – FS

7pm: Co-Ed Bootcamp – TC

December 31

New Year's Eve Celebration

the newsletter!

7pm: Palm Beach Royal Men's League

5pm: Kids Halloween Party - PD

Matches –TC