



# ACTIVITIES CALENDAR

October 4 – 8, 2019 | Colorado Springs, Colo.

	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
6:00 a.m.				Yoga Stretch <i>Fitness Center</i>	TRX Training <i>Fitness Center</i>
7:00 a.m.		Early Bird Aquafit <i>Fitness Center</i>		Canyon Hike <i>Fitness Center</i>	
8:00 a.m.			Garden of the Gods Hike <i>Base Camp Shop</i>		
8:30 a.m.			Go West! Golf Scramble <i>West Course</i> (8:30 a.m. - 12:30 p.m.)		
9:00 a.m.	The Daily Drill <i>Tennis Center</i>	The Daily Drill <i>Tennis Center</i>	The Daily Drill <i>Tennis Center</i>	The Daily Drill <i>Tennis Center</i>	
10:00 a.m.		Pickleball <i>Tennis Center (Clinic, followed by round robin play)</i>			
11:00 a.m.	Tai Chi Fit <i>Fitness Center</i>				
Noon				Cooking Class <i>Ristorante del Lago</i>	
12:30 p.m.			Distinguished Speaker Luncheon <i>Broadmoor Hall</i>		
1:00 p.m.		Fins Course Ziplining <i>Base Camp Shop</i>			
3:00 p.m.			Tennis Round Robin <i>Tennis Center</i>		

Additional registration is required for all activities except for Fitness Classes. Please visit our website for instructions.