

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <ul style="list-style-type: none"> 9:15-10:30am – Metabolic Meltdown/Group Training 10:30-11:30am – Gentle Yoga/Tai Chi 7:00pm – Cardio Dance 	2 <ul style="list-style-type: none"> 6:00pm – SMGA Social 	3 <ul style="list-style-type: none"> 8:15-9:30am – High Intensity Interval Training (behind Clubhouse Tennis Courts)
4 	5 <ul style="list-style-type: none"> MahJongg (Clubhouse) 	6 <ul style="list-style-type: none"> 7:45am – Woodmont Business Club 8:30am – Ladies of the Links (Shotgun) 9:00am – LGA GAP Group 9:15-10:30am – Metabolic Meltdown 10:30-11:30am – Gentle Yoga/Tai Chi 12:00-1:00pm – Beginner Ladies Class (Tennis) 1:00pm – Dominoes 7:00pm – Cardio Dance 	7 <ul style="list-style-type: none"> SMGA Member/Member 1:00pm – Bridge 6:30pm Mixed Doubles Drills (Racquet Club) 	8 <ul style="list-style-type: none"> 9:15-10:30am – Metabolic Meltdown/Group Training 10:30-11:30am – Gentle Yoga/Tai Chi 7:00pm – Cardio Dance 	9 	10 <ul style="list-style-type: none"> 8:15-9:30am – High Intensity Interval Training (behind Clubhouse Tennis Courts)
11 	12 <ul style="list-style-type: none"> Golf Course Aeration MahJongg (Clubhouse) 	13 <ul style="list-style-type: none"> 7:45am – Woodmont Business Club 8:30am – Ladies of the Links (Shotgun) 9:00am – LGA GAP Group 9:15-10:30am – Metabolic Meltdown 10:30-11:30am – Gentle Yoga/Tai Chi 12:00-1:00pm – Beginner Ladies Class (Tennis) 1:00pm – Dominoes 7:00pm – Cardio Dance 	14 <ul style="list-style-type: none"> 1:00pm – Bridge 6:30pm Mixed Doubles Drills (Racquet Club) 	15 <ul style="list-style-type: none"> 9:15-10:30am – Metabolic Meltdown/Group Training 10:30-11:30am – Gentle Yoga/Tai Chi 7:00pm – Cardio Dance 	16 <ul style="list-style-type: none"> MGA Summer Slam 6:00pm Golf Member Happy Hour 	17 <ul style="list-style-type: none"> 8:15-9:30am – High Intensity Interval Training (behind Clubhouse Tennis Courts)
18 	19 <ul style="list-style-type: none"> MahJongg (Clubhouse) 	20 <ul style="list-style-type: none"> 7:45am – Woodmont Business Club 8:30am – Ladies of the Links (Shotgun) 9:00am – LGA GAP Group 9:15-10:30am – Metabolic Meltdown 10:30-11:30am – Gentle Yoga/Tai Chi 12:00-1:00pm – Beginner Ladies Class (Tennis) 1:00pm – Dominoes 7:00pm – Cardio Dance 	21 <ul style="list-style-type: none"> 1:00pm – Bridge 6:30pm Mixed Doubles Drills (Racquet Club) 	22 <ul style="list-style-type: none"> 10:30-11:30am – Gentle Yoga/Tai Chi No Metabolic Meltdown/Group Train/Cardio Dance this week 	23 <ul style="list-style-type: none"> Happy Fall! Registration deadline for Neighborhood Garage Sale – contact Lizzie Feeny at berezaku@aol.com 	24 <ul style="list-style-type: none"> 8:15-9:30am – High Intensity Interval Training (behind Clubhouse Tennis Courts)
25 	26 <ul style="list-style-type: none"> SMGA Ryder Cup MahJongg (Clubhouse) 	27 <ul style="list-style-type: none"> 7:45am – Woodmont Business Club 8:30am – Ladies of the Links (Shotgun) 9:00am – LGA GAP Group 9:15-10:30am – Metabolic Meltdown 10:30-11:30am – Gentle Yoga/Tai Chi 12:00-1:00pm – Beginner Ladies Class (Tennis) 1:00pm – Dominoes 7:00pm – Cardio Dance 	28 <ul style="list-style-type: none"> SMGA Ryder Cup 1:00pm – Bridge 6:30pm Mixed Doubles Drills (Racquet Club) 	29 <ul style="list-style-type: none"> 9:15-10:30am – Metabolic Meltdown/Group Training 10:30-11:30am – Gentle Yoga/Tai Chi 7:00pm – Cardio Dance 5:00-8:00pm – Neighborhood Garage Sale (Preview Night) 	30 <ul style="list-style-type: none"> 8:00am-3:00pm Neighborhood Garage Sale 	1 <ul style="list-style-type: none"> 8:00am-3:00pm – Neighborhood Garage Sale 9:00am-3:30pm – Woodmont Fall Recycle Day (Woodmont Clubhouse)