

**SEPTEMBER DANCES** RSVP required: Call 904-794-2000 or at [www.staugshores.org/dance-rsvp](http://www.staugshores.org/dance-rsvp).

**\*BYOB\* Guests: \$15.00/pp** Dance Club Members FREE – **Open seating**



**EARLY SOCIAL**

Debbie Owen and Tony T.

Friday, September 10<sup>th</sup>

7:00 pm to 10:00 pm



**MAIN SOCIAL**

Southern Style

Saturday, September 25<sup>th</sup>

7:00 pm to 10:00 pm

**GUESTS \$5/pp/class**



**Chair Yoga**

Class led by Nancy, **Monday, Wednesday & Friday at 10:45 am.**

A gentler form of yoga for those whom balance is an issue.

**Yoga**

Class led by Nancy, **Monday, Wednesday & Friday at 9:00 am.**

Class is geared to all levels. Bring a non-skid mat & wear comfortable clothing.

**Evening Yoga**

**Wednesday at 5:30 pm.**

**Exercise Class**

Led by Marcia **Tuesday and Thursday at 9:00 am.**

**Line Dancing**

**No classes September 6<sup>th</sup> through 15<sup>th</sup>**, classes will resume on **Monday, September 20<sup>th</sup> at 6:30 pm and Wednesday at 10:00 am.**

**The Barre Workout**

**New Class starting Sept 14<sup>th</sup>**, led by Mary, **Tuesdays at 5:30 pm.** Classic Barre is a dance-based fitness class designed to sculpt, stretch, and strengthen. Set to upbeat music, each class is focused on core engagement, muscular endurance, cardiovascular conditioning, flexibility, and balance. Using small pulses to challenge various muscle groups, expect to “feel the burn” every time. **Please wear sneakers or supportive fitness shoes and bring a yoga mat and water.**

**Deep Water Aerobics**

**Thursday at 5:30 pm** (if the water is not too cold!). Class led by Annamarie you will need an aqua jogger belt or foam pool noodles to stay afloat.

**Bridge, Chicago Bridge, Card Game & Mah-Jongg:** To be determined.

**Upcoming Events at the Riverview Club**

**Annual Craft Fair:** Sunday October 3<sup>rd</sup> 1:00 pm – 4:00 pm



**Early Social**

Tim Rippey

Friday, October 15<sup>th</sup>

7 pm to 10 pm



**Main Social**



LA Robinson & StreetLife

Friday, October 29<sup>th</sup>

7 pm to 10 pm

# September 2021

\* Entries in BOLD are Community Meetings unless otherwise noted\*  
www.staugshores.org 904-794-2000

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Please note:</b> Line Dancing: No classes September 6th through 15th, classes will resume on Monday, September 20th at 6:30 pm and Wednesday at 10:00 am.			<b>1</b> 9:00 AM Yoga 10:00 AM Line Dance 10:45 AM Chair Yoga 5:30 PM Yoga	<b>2</b> 9:00 AM Exercise 5:30 PM Deep Water Aerobics	<b>3</b> 9:00 AM Yoga 10:45 AM Chair Yoga	<b>4</b> Closed
<b>5</b> Closed	<b>6</b> Closed <i>Labor Day</i>	<b>7</b> 8:30 AM GR Private Class 9:00 AM Exercise <b>ACC MTG</b>	<b>8</b> 9:00 AM Yoga 10:45 AM Chair Yoga 5:30 PM Yoga	<b>9</b> 8:30 AM GR Private Class 9:00 AM Exercise 5:30 PM Deep Water Aerobics 5:30 PM MH Private Class <b>6:00 PM Service Corp BD MTG</b>	<b>10</b> 9:00 AM Yoga 10:45 AM Chair Yoga 7:00 PM Early Social 	<b>11</b> MH SABDA PAV Private Event
<b>12</b> PAV Private Event	<b>13</b> 9:00 AM Yoga 10:45 AM Chair Yoga	<b>14</b> 8:30 AM GR Private Class 9:00 AM Exercise 5:30 PM The Barre Workout	<b>15</b> 9:00 AM Yoga 10:45 AM Chair Yoga 5:30 PM Yoga	<b>16</b> 8:30 AM GR Private Class 9:00 AM Exercise 5:30 PM Deep Water Aerobics 5:30 PM MH Private Class	<b>17</b> 9:00 AM Yoga 10:45 AM Chair Yoga	<b>18</b> MH & K Private Event PAV Private Event
<b>19</b>	<b>20</b> 9:00 AM Yoga 10:45 AM Chair Yoga 6:30 PM Line Dance	<b>21</b> 8:30 AM GR Private Class 9:00 AM Exercise 5:30 PM The Barre Workout	<b>22</b> 9:00 AM Yoga 10:00 AM Line Dance 10:45 AM Chair Yoga 5:30 PM Yoga	<b>23</b> 8:30 AM GR Private Class 9:00 AM Exercise 5:30 PM Deep Water Aerobics 5:30 PM MH Private Class <i>Autumn begins</i>	<b>24</b> 9:00 AM Yoga 10:45 AM Chair Yoga GR Private Event	<b>25</b> 7:00 PM Main Social 
<b>26</b>	<b>27</b> 9:00 AM Yoga 10:45 AM Chair Yoga 6:30 PM Line Dance	<b>28</b> 8:30 AM GR Private Class 9:00 AM Exercise 5:30 PM The Barre Workout	<b>29</b> 9:00 AM Yoga 10:00 AM Line Dance 10:45 AM Chair Yoga 5:30 PM Yoga	<b>30</b> 8:30 AM GR Private Class 9:00 AM Exercise 5:30 PM Deep Water Aerobics 5:30 PM MH Private Class		