

# FEBRUARY



## MONTHLY EVENT CALENDAR

Recurring Events  
 Single Events & Date

LOCATION

MS Lawn   The Short Course   Citizens Club Pool  
 Hearth '61   Rusty's   Citizens Club Fitness Center

### SUNDAYS

#### TOTAL BODY CONDITIONING

Fitness Center  
\*Reservations Required\*  
8:00AM-8:50AM

#### DEEP STRETCH YOGA

Fitness Center  
\*Reservations Required\*  
10:30AM-11:30AM

#### VEUVE HAPPY HOUR

Citizens Club Pool  
3:00PM-5:00PM

#### GUIDED PHOTOGRAPHY HIKES

4:00PM-6:30PM

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#### SUNDAY SUPPER CLUB MOLLYDOOKER WINES

Hearth '61  
6:00PM

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### MONDAYS

#### HAPPY HOUR

Rusty's  
3:00PM-5:00PM

#### CYCLE CORE FUSION

Fitness Center  
\*Reservations Required\*  
9:00AM-10:00AM

#### HAPPY HOUR

Hearth '61  
3:00PM-6:00PM

#### FREE FLOW YOGA

Location on Website  
Fitness Center  
\*Reservations Required\*  
6:00PM-7:00PM

### TUESDAYS

#### HAPPY HOUR

Hearth '61  
3:00PM-6:00PM

#### PILATES REFORMER

Fitness Center  
\*Reservations Required\*  
9:00AM-10:00AM

#### PILATES REFORMER

Fitness Center  
\*Reservations Required\*  
10:15AM-11:15AM

#### HAPPY HOUR

Rusty's  
3:00PM-5:00PM

### WEDNESDAYS

#### CORE STRENGTH & STRETCH

Fitness Center  
\*Reservations Required\*  
9:00AM-10:00AM

#### HAPPY HOUR

Rusty's  
3:00PM-5:00PM

#### HAPPY HOUR

Hearth '61  
3:00PM-6:00PM

### THURSDAYS

#### LADIES DAY

The Short Course  
All Day

#### TRX

Fitness Center  
\*Reservations Required\*  
8:00AM-9:00AM

#### PILATES REFORMER

Fitness Center  
\*Reservations Required\*  
12:00PM-1:00PM

#### HAPPY HOUR

Rusty's  
3:00PM-5:00PM

#### HAPPY HOUR

Hearth '61  
3:00PM-6:00PM

#### LIVE MUSIC

Hearth '61  
6:00PM-9:00PM

### FRIDAYS

#### AERIAL YOGA

Fitness Center  
\*Reservations Required\*  
9:00AM-10:00AM

#### INTRO TO GOLF

The Short Course  
12:00PM

#### HAPPY HOUR

Rusty's  
3:00PM-5:00PM

#### VEUVE HAPPY HOUR

Citizens Club Pool  
3:00PM-5:00PM

#### HAPPY HOUR

Hearth '61  
3:00PM-6:00PM

#### SUNSET CHAMPAGNE TOAST & SABERING

Hearth '61 Patio  
6:00PM

#### LIVE MUSIC

Hearth '61  
6:00PM-9:00PM

#### GALLERY TOUR

The Gallery  
11:00AM-11:20AM

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#### VALENTINE'S DAY

Hearth '61  
5:00PM-10:00PM

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### SATURDAYS

#### SUNSHINE MILE

Rusty's  
7:30AM-7:50AM

#### TOTAL BODY CONDITIONING

Fitness Center  
\*Reservations Required\*  
8:00AM-8:50AM

#### PILATES REFORMER

Fitness Center  
\*Reservations Required\*  
9:00AM-10:00AM

#### PILATES REFORMER

Fitness Center  
\*Reservations Required\*  
10:15AM-11:15AM

#### VEUVE HAPPY HOUR

Citizens Club Pool  
3:00PM-5:00PM

#### LIVE MUSIC

Hearth '61  
7:00PM-10:00PM

#### FOOD FOR THOUGHT

Hearth '61  
3:00PM-4:00PM

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#### SPIRITED SIPPING SEMINAR

Hearth '61  
3:00PM-4:00PM

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#### VALENTINE'S DAY

Hearth '61  
5:00PM-10:00PM

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\*For reservations visit [mountainshadow.com/fitness](https://mountainshadow.com/fitness) or book directly through the MINDBODY app