LAKE NONA GOLF & COUNTRY CLUB

SEPTEMBER 18 - 24, 2017

TACO NOCHE
TUESDAY, SEPTEMBER 19
5:00 - 9:00 P.M.

NONA CREW: KIDS' KARAOKE
FRIDAY, SEPTEMBER 22
6:00 - 9:00 P.M.

LET'S PAINT!
FRIDAY, SEPTEMBER 22
6:00 - 8:00 P.M.

	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
Dining & Events	**CLUBHOUSE CLOSED**	**GRILL ROOM** BREAKFAST: 7:00 - 10:00 AM LUNCH: 10:00 AM - 4:00 PM DINNER: 6:00 - 9:00 PM **NONA CREWHOUSE OPEN** 3:00 - 7:00 PM **TACO NOCHE** GRILL ROOM 5:00 - 9:00 PM	**GRILL ROOM** BREAKFAST: 7:00 - 10:00 AM LUNCH: 10:00 AM - 4:00 PM DINNER: 6:00 - 9:00 PM **NONA CREWHOUSE OPEN** 3:00 - 7:00 PM	**GRILL ROOM** BREAKFAST: 7:00 - 10:00 AM LUNCH: 10:00 AM - 4:00 PM DINNER: 6:00 - 9:00 PM **NONA CREWHOUSE OPEN** 3:00 - 7:00 PM **HAPPY HOUR** CLUB LOUNGE 5:00 - 7:00 PM **A LA CARTE DINNER** MAIN DINING ROOM 6:00 - 9:00 PM	**GRILL ROOM** BREAKFAST: 7:00 - 10:00 AM LUNCH: 10:00 AM - 4:00 PM DINNER: 6:00 - 9:00 PM **A LA CARTE DINNER** MAIN DINING ROOM 6:00 - 9:00 PM **NONA CREW: KIDS' KARAOKE** NONA CREWHOUSE 6:00 - 9:00 P.M. **LET'S PAINT!** MAIN DINING ROOM II 6:00 - 8:00 P.M.	**GRILL ROOM** BREAKFAST: 7:00 - 10:00 AM LUNCH: 10:00 AM - 4:00 PM DINNER: 6:00 - 9:00 PM **NONA CREWHOUSE OPEN** 8:30 AM - 1:00 PM **POOL BAR OPEN** 11:00 AM - 7:00 PM **A LA CARTE DINNER** MAIN DINING ROOM 6:00 - 9:00 PM	**GRILL ROOM** BREAKFAST: 7:00 - 10:00 AM LUNCH: 10:00 AM - 4:00 PM DINNER: 6:00 - 9:00 PM **POOL BAR OPEN** 11:00 AM - 7:00 PM **SUNDAY SPLASH** BATH & RACQUET POOL 11:00 AM - 2:00 PM
Golf	**GOLF COURSE & DRIVING RANGE CLOSED**	**GOLF COURSE & DRIVING RANGE CLOSED**				**PLAY WITH THE PRO** 8:30 A.M. SHOTGUN	
Tennis	**LADIES TENNIS: ADVANCED** 8:30 - 10:30 AM **LADIES TENNIS: BEGINNER/INTERMEDIATE** 10:30 AM - 12:00 PM **JUNIOR TENNIS (AGES 7-10) BEGINNERS** 4:00 - 5:00 PM	**POWER TENNIS 60** 9:00 - 10:00 AM **JUNIOR TENNIS (AGES 11-17) INTERMEDIATE/ADVANCED** 4:00 - 5:00 PM **ADULT TENNIS: INTERMEDIATE/ADVANCED** 6:00 - 7:30 PM	**ADULT TENNIS BEGINNER/INTERMEDIATE** 9:00 - 10:30 AM **JUNIOR TENNIS (AGES 7-10) BEGINNERS** 4:00 - 5:00 PM	**JUNIOR TENNIS (AGES 11-17) INTERMEDIATE/ADVANCED** 4:00 - 5:00 PM	**ADULT TENNIS INTERMEDIATE/ADVANCED** 9:00 - 10:00 AM	**QUICKSTART TENNIS** 9:00 - 9:30 AM (AGES 3 & 4) 9:30 - 10:30 AM (AGES 5-7) 10:30 - 11:30 AM (AGES 8-10)	
Fitness 6:00			**SPINNING (LISA)** 6:00 - 7:00 AM		**SPIN & CORE (LISA)** 6:00 - 7:00 AM		
Fitness 8:00						**SPINNING (LISA)** 8:00 - 8:45 AM	
Fitness 9:00	**SPINNING (MARIA)** 9:15 - 10:00 AM	**BODY SCULPTING: LEGS, ARMS & ABS (MICHAEL)** 9:00 - 9:50 AM		**BODY SCULPTING: FULL BODY BLAST (MICHAEL)** 9:00 - 9:50 AM	**STRENGTH BOOTCAMP (MITCH)** 9:00 - 10:00 AM	**BODY SCULPTING: FULL BODY BLAST (LISA)** 9:00 - 9:45 AM	
Fitness 10:00	**UPPER BODY STRONG (MARIA)** 10:00 - 10:30 AM			**INTERVAL TRAINING (MITCH)** 10:00 - 10:50 AM	**YOGA (TINA)** 10:00 - 11:00 AM		
Fitness 11:00	**ZUMBA (YANETH)** 11:15 AM - 12:15 PM		**ACTIVE BODY (YANETH)** 11:00 AM - 11:45 PM		**ZUMBA (YANETH)** 11:15 AM - 12:15 PM		
Fitness 12:00							
Fitness 4:00			**BASIC SPINNING (YANETH)** 4:00 - 5:00 PM	**CYCLE FUSION (YANETH)** 4:00 - 4:45 PM			
Fitness 5:00	**CIRCUIT TRAINING (TINA)** 5:00 - 5:50 PM						
Fitness 6:00	**YOGA (TINA)** 6:00 - 7:00 PM	**ZUMBA (YANETH)** 6:00 - 7:00 PM					

For a full list of events or to view the 3-day outlook, please log onto **memberresident.lakenona.club** on your smart phone.

Front Desk: 407.859.3402
Email: frontdesk@lakenona.com
Text Nona: 407.753.4005
Professional Shop: 407.857.6216
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