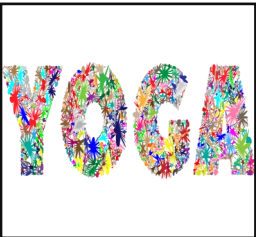


# NWC Community Activities

## June & July 2021



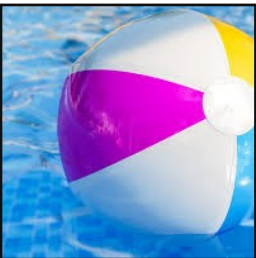
**Zumba Fitness.** Join this fun and energetic workout with Instructor Wendy Diaz and burn over 400 calories/hour. Classes are held Mon, Tues and Thurs from 7:30 pm to 8:30 pm at the Weybridge Clubhouse. Space is limited!



**Yoga.** Monday through Thursday 7:00 am to 8:00 am. Join this class to help you increase your peace, flexibility and wellness. For information contact: our Yoga Instructor, Thomas Shipman, at: Thomas.peacefulliving@gmail.com 210-781-0229



**Water Fitness.** Class starts June 7th at Dover Ridge pool. Mondays—Thursdays 8:15 am to 9:15 am. \$10/class for non-residents, \$5/class for residents. \$100/month or \$250/season. For information contact: Instructor, Thomas Shipman, at Thomas.peacefulliving@gmail.com 210-781-0229



**NWC Pools are open!** Please remember to register your family on CellBadge to gain access to the pools.



**Monthly NWC HOA BOARD Meeting.** Every 3rd Wed. June 16th and July 21st at 6:30pm, Weybridge clubhouse.