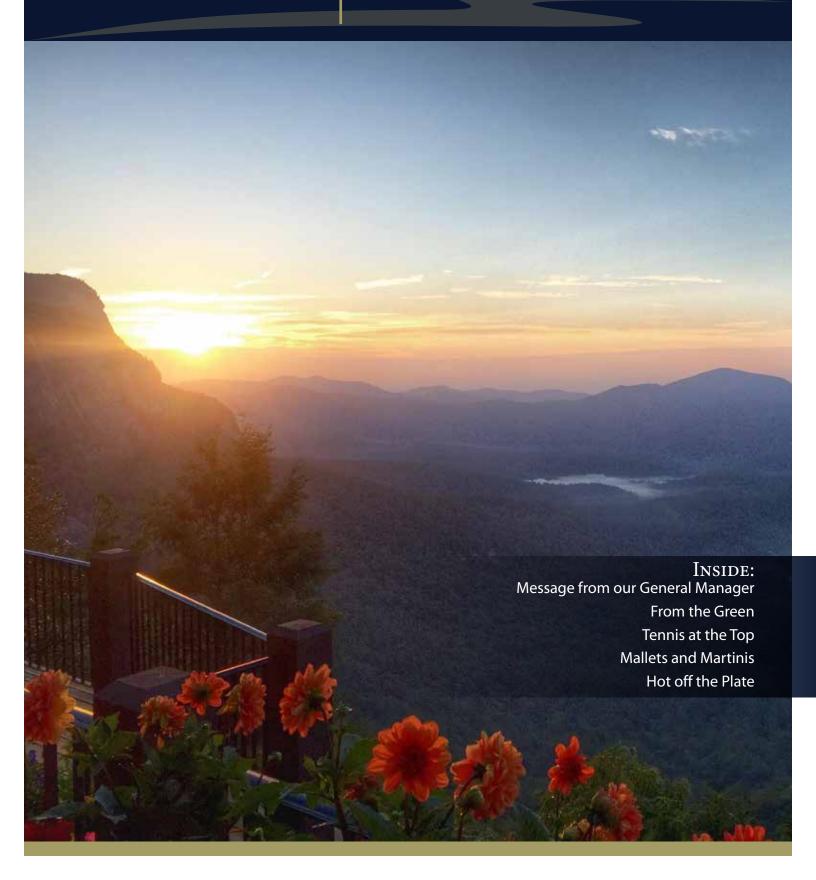


CURRENTS A Publication for Members & Friends of the Cullasaja Club



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GENERAL MANAGER UPDATE | by Chris Conner, CCM

As we transition from summer to fall it is nice to reflect on all the memorable and remarkable events of the past few months at Cullasaja Club. From the Derby Day Party, Welcome Home Party and Memorial Day Celebration in May; to the Men's Member-Member Golf Event, Cabaret night, Kids' Camps, Mallets and Martinis, and Tennis Championships in June; through the wonderful July 4th week with the Cart Parade, Duck Race, Tee Game and Men's Invitational; and all the way through August and



September, there is so much to remember about the 2016 season. We have plenty of fun left in September and October and I hope to see you with friends and family enjoying all the activities and events.

The Cullasaja Club's Annual Membership Meeting will be held at 3:00 p.m. on Sunday, September 18th in the Lower Level of the Activity Center. The election results will be presented, along with a brief summary of the year-to-date membership sales and club financial results. As a reminder, you can view the Club's current monthly operating statements, cash position, and all Board meeting minutes by stopping in the clubhouse and seeing Zoe at the receptionist desk. We keep a notebook with this information at her desk and you are welcome to view it anytime. Immediately following the Annual Meeting there will be a brief Appreciation Presentation to recognize our 2016 volunteers and outgoing Board Members from both Cullasaja Club and Cullasaja HOA. We hope you will be able to attend both the meeting and the appreciation event that follows.

During the last week of September, you will receive an email with a request to complete the 2016 Cullasaja Club Member Satisfaction Survey. We encourage both household spouses to complete the survey that will take only a few to finish. Your input and candid comments are very valuable to us as we look at ways to improve the Club in the future. Thank you in advance for taking the time to provide us with your feedback on how we performed as a Club this season.

Reflecting on this season, I am very proud of our amazing team here at Cullasaja. They outperformed my expectations and their dedication to ensuring your satisfaction throughout the Club was stellar. I also want to thank our department leaders who have a combined tenure of over 75 years here at the Club. In my humble opinion, they are the best group of leaders I have ever had the opportunity to work with and each day is an honor and a privilege to be able to work alongside them. I look forward to continuing to build on the success of this season next year.

Thank you for your support this season and we look forward to seeing you at the Club over the coming months. Please let me know if there is anything we can do to enhance your experience at Cullasaja.

Best Regards,

Chris Conner | General Manager / COO



TURF AND TREES

The battle between turfgrass and trees is nothing new to golf course management. Many of America's oldest courses had few if any trees on them when they were originally built due to the fact that many of the early architects were from Europe where links style courses dominated. Over the years many of these courses initiated tree planting programs for various reasons and without long term planning. Over time the courses changed dramatically in both the way they looked and played, many times changing the architect's design intent. The most dramatic example that most golfers are familiar with was at Oakmont Country Club, site of the 2016 U.S. Open. One of the headline stories this year was how as many as 15,000 trees had been removed from the course over the last decade. Oakmont was originally a treeless links style course built on rolling farmland. Since the course was originally constructed in 1903, thousands of trees had been planted totally changing the characteristics of the course. This year we saw a wide open layout with no trees coming into play throughout the entire course. What began as a small project to improve the growing conditions for the turf evolved into a "reclamation" project to restore the course to its original design.

Our course was carved out of the beautiful natural setting of a temperate rain forest and obviously trees have and will always be a natural feature of this golf course. However, over the 30 years since construction, the growth of thousands upon thousands of trees have begun to "close in" on the golf course creating issues related to turf quality. The following quote from the USGA sums up the issues between turf and trees: "The problems trees cause for turf are straightforward. Tree canopies block sunlight and air circulation which are needed in abundance to fuel photosynthesis and cool turf. Light and air flow are especially important to turfgrass on golf courses because of the demands placed on golf course turf by golfer traffic and demands for good playing surfaces. In the absence of adequate light and air flow, turfgrass is less vigorous, more subject to stress and disease infection, and slower to recover when it sustains injury. In high-traffic areas, trees funnel traffic and their root systems effectively compete for moisture and nutrients, further weakening turf. When improperly located, trees can hide key architectural features and make a large property feel small and claustrophobic. Trees also can make a course overly penal and very one-dimensional in terms of playability."

Over the years we have been very successful with tree removal projects both improving growing conditions and vistas. Our plans for this winter include continuation of this ongoing project to further enhance the quality of the golf course, which is our main focus each year.

Sincerely,

Tom Nelson





MEN'S INVITATIONAL TOURNAMENT

July 21st – 23rd 2016 Champions

Marty Turchin & Chad Wade

Flight Winners

Craig Raymond & Rob Broseker
Michael Shawhan & Scott Fiddler
Lee Martino & Chip Davis
Jack Hill & Charles Alexander
Larry Schoenfeld & Craig Schoenfeld
Rod Hempen & Raymond Downes

We had 80 players for this year's Men's Invitational Tournament. Our format was a flighted Round Robin, with six teams in each flight. Each team played a better ball of two against the other five teams in their flight. We had seven flight winners participate in a Shoot-Out to declare our 2016 champions. Marty Turchin & Chad Wade defeated Lee Martino & Chip Davis on the 18th and final hole of the Shoot-Out. Marty sank a downhill, four foot triple breaker to seal the fate of Martino & Davis. Thank you to all that participated!



WGA MEMBER-GUEST TOURNAMENT

August 18th & 19th

2016 Champions

London Andes - Elizabeth Wallace Beth Elzemeyer - Holly Elkins

Low Gross

Betsy Butler - Ann Pasky Farah Reynolds - Anne Bailey

Flight Winners

Dahlia ~ Ginny Dunwody Rosemary Milton, Terri Watters - Mary Czentnar
Sunflowers ~ Nelly Rice Jeanie Courtney, Donna Thoele - Laura Turnage
Hydrangeas ~ Becky Fielding - Tippi Ellis, Anita
Delamore - Patty Gassner
Daisies ~ Carolyn Glover - Gail Crecelius, LuAnn
McCoy - Libby Madden

We had 68 players for his year's WGA Member-Guest Tournament. Our format was a thirty six hole, two best balls of four, ringer event. Our theme this year was A Garden "Tee" Party. Our weather tried to wilt our flowers but we were able to blossom through! Thank you to Lana Jordan and her committee for organizing a tremendous event!



UPCOMING WGA EVENTS:

PATRIOT'S CUP
September 13th
18 HOLE INTERCLUB AT CULLASAJA
September 15th
9 HOLE INTERCLUB AT TRILLIUM
September 22nd

SATURDAY NIGHT SHOOTOUT

Saturday, July 30th

Eleven teams participated in our Saturday Night Shoot-Out. Team Shawhan/Turchin did everything they could to make it to hole number nine, but a team bogey on hole eight prevented them from ever getting there. With their third place envelope in hand the team proceeded to the bar, where Mike Shawhan was crowned the winner of Super Saturday. With team Shawhan/Turchin out of the picture only team Carey stood between team Butler/Reynolds and a second consecutive Saturday Night Shoot-Out title. Both teams hit excellent tee shots and approaches. Bobbie Carey putted first, knowing that with their stroke, a two putt would force Farah to make her birdie putt. Bobbie lagged it down to two and a half feet. Farah and Betsy studied their putt from multiple directions. Farah approached the ball and made her stroke, missing the cup by millimeters. Betsy tapped in



for the team's par, leaving everyone in anticipation to see if "Mr. I Never Three Putt Tim Carey" would finish them off. Bobbie gave Tim the line and he addressed the putt, left handed and confident he made his stroke sending the ball to the bottom of the cup! Thank you to all who participated!

CULLASAJA CUP

Friday & Saturday, August 5th & 6th

Forty eight players comprised the event, twenty four players on each team. Golf Committee Chairman, Dick Pearce captained the White team and Greens Committee Chairman, Mike Shawhan captained the Green team. During Thursday night's pairing party I had the opportunity to speak with both captains. Both Dick and Mike seemed extremely confident that they had the stronger team and eating hotdogs and beans was simply the fate of the other. As is the case in most Ryder Cup formatted events this tournament came down to the singles matches! After completion of the singles matches the Green team had a one point advantage and was able to take home the win, Steak for everyone! During dinner Chris asked the Captains if they had anything to say, Dick said "yeah, I do," Dick put down his plastic fork, on his paper plate full of hotdogs and beans. He walked over, took the microphone and said "I have nothing to say". Congratulations to Dr. Shawhan and his team.

Final score; White team 29.5, Green team 30.5.

SUNDAY COUPLES

Sunday, August 14th



LOW NET

Marilyn & Derwin Smith Jackie & Lee Martino

LOW GROSS

Bobbie & Tim Carey Debbie & Bob Fulton

One Sunday each month, we create a special golf event for couples to get out on the course and enjoy an afternoon of camaraderie and fun. In August, we setup a One,

Two, Three Best Balls event that was followed with a family style, farm to table dinner on the tenth tee box before sunset. Shelley and the culinary staff did a wonderful job creating such an intimate meal for close friends! This event proved to be very well received and we look forward to its return next season.

WHITESIDE CUP MATCHES VS. "MEN'S HOME & HOME"

Match 1 Thursday, August 18th at Old Edwards Club

Match 2 September 1st at Cullasaja Club

Cullasaja was defeated 11 points to 7 points in round one of our interclub four-ball match at Old Edwards Club. We are hoping for a dominating performance when the matches return to Cullasaja on September 1st. Look for the results of the 2nd round matches via email in early September. Thank you to the participants who signed up for this event. Bring home the Cup on September 1st!

MIXED MEMBER-GUEST

September 22nd - 23rd

Cost \$895 per team

The very popular Mixed Member Guest is rapidly approaching and is sure to fill up. Invite your friends and participate in some wild west fun on September 22nd and 23rd. See enclosed flyer for more information regarding this amazing event!

CLUB CHAMPIONSHIP

Friday & Saturday, October 7th & 8th

Cost \$50

Who will be crowned Club Champion for 2016? We will have multiple divisions playing multiple tees to find out who is the best. Sign up in the Golf Shop to-day and get your name on the Club Champion board in the clubhouse.

ONE DAY MEMBER-GUEST

Friday, October 14th Cost \$75 per player, includes

Members may bring one or three guests. Twosomes will be paired with other twosomes. Shotgun Start at 9:00am. Format will be Two Best Balls of the foursome. Lunch & awards will follow play. Handicaps will be given 80%. Men will play the Tournament Tees. Woman will play the Red Tees. Rule of 90 will apply to those who qualify

Weekly Organized Games

The Golf Shop provides organized games for players of all skill levels. These organized golf games will be offered weekly providing there are no major tournaments scheduled. If you are interested in participating, please stop in the Golf Shop and sign up in the brown leather book on the shop counter. Here is a sampling of some of the weekly games that are available:

Mondays: 9-Hole Men at 1:00 p.m. Tuesday: WGA 9:00am & 10:15am Tuesday: Stableford at 1:00 p.m. Wednesday: Twilight Golf at 4:00 p.m. Thursday: 9-Hole Men at 10:30 a.m. Friday: Quota Match at 9:30 a.m. Saturday: "BMD" at 9:20 a.m. Saturday: 9-Hole Men at 10:00 a.m.

by Terry Fugate | TENNIS AT THE TOP



UPCOMING EVENTS:

Modified Team Tennis Saturday, August 27th @ 10:00 a.m.

Labor Day Mixer September, 3rd @ 10:00 a.m.

Tennis/Croquet Combo Tournament Saturday, September 17th @ 10:00 a.m.

Mixed Doubles Tournament
Saturday, October 1st @ 10:00 a.m.

Tennis Finale' Round Robin & Luncheon

NEW MIXED DOUBLES CHAMPIONS RICK EICHMAN and DIANA SANDERSON!

Congratulations to Rick Eichman and Diana Sanderson, who became our newly crowned 2016 Mixed Doubles Champions. Thanks to all of the great Cullasaja members who played in this year's Championship Series and for supporting the Cullasaja Tennis Program.

JUNIOR TENNIS CLINICS: Our Junior Tennis Clinics were a big hit this season and we appreciate everyone who participated. We had enough to fill most every Wednesday and Friday afternoon this summer and look forward to expanding the program next season. We hope all of you had fun and we look forward to seeing you again next year.

GREAT TURNOUT FOR THE BATTLE OF THE SEXES REMATCH: I

would like to take this opportunity to say thank you to all of our great Cullasaja members who came out and watched this year's rematch. Also, special thanks to our 4 participants; Betsy Butler, Farah Reynolds, Rick Eichman and Larry Ainsworth. Just in case you haven't heard, the guys won the rematch in two straight sets. We are going to retire the Battle of the Sexes for 2017 and develop another exciting opportunity to watch incredible tennis. But don't fret, we are almost positive Battle of the Sexes will be back in the future.

2016 MEMBER/GUEST TOURNAMENTS: LADIES' MEMBER-GUEST CHAMPIONS MARGI EICHMAN AND ANNE SHAEFFER



MEN'S MEMBER-GUEST CHAMPIONS MARK SANDERSON AND MIKE MASON!

We had great participation in our Member-Guest Events this season and I want to personally thank everyone who came out and played. This year's field had some of the strongest teams we had ever had in the ladies' division and the Men's tournament also had one of the strongest fields in quite some time.

NUMBER OF HOURS OF PLAY: I am pleased to report that as of this writing we are on track to another great tennis season! We should finish the season with over 4,000 hours of play. I would like to thank all of the members for your continued support of all of our events at Cullasaja Club. We still have lots of great tennis left this season, so come out to the courts anytime you are in town and join in the fun. We would love to have you.

EQUALIZER TENNIS ROUND ROBIN SATURDAY, SEPTEMBER 3rd at 10:00 a.m.

No partner needed for this event and members, family members, and guests are all welcome to participate in this fun-filled event. Sign up in person at the Tennis Pro Shop or call 526-9185 or email Terry at tfugate@cullasaja-club.com. This event will be a blast and I hope you make it part of your Labor Day Weekend plans.



RESULTS FROM THE CROQUET QUALIFIER

TOURNAMENTS: Please see the winners of the July and August Croquet Qualifier Tournaments. Congratulations to the winners who will all advance to the Cullasaja Croquet Championships in September.

JULY QUALIFIER RESULTS:

ADVANCED GROUP LADIES' DOUBLES

Emily Adkins/Lana Jordan

MIXED DOUBLES

Geoff Parker/Betsy Butler

INTERMEDIATE GROUP MEN'S DOUBLES

Dr. John Page/ Dr. Morris Williams

MIXED DOUBLES

Dr. John Page/Myrtle Page



AUGUST QUALIFIER RESULTS:

CROQUET INTER-CLUB MATCHES: We have had a great time once again participating in the spirited Inter-Club Matches this season. I hope that our croquet players continue to practice over the fall and winter so that we can come back next season and be even more competitive.

FIRST ANNUAL HIGHLANDS CROQUET TOURNAMENT: Eight of our strongest players were invited over to Highlands Country Club to compete in this new prestigious event. The Highlands Tournament was created so that the four main Highlands clubs could compete for the chance to bring home a traveling trophy that the winning team keeps with them for 1 year. Thanks to all of the members: Scott Turner, Peggy Turner, Victor Fransen, Berty Fransen, Clint Dawkins, Wally Patzke, Geoff Parker and Tee Smith on their determination and expertise.

ANNUAL CLUBS CROQUET TOURNAMENT: This year the draw is divided into two groups of 5 clubs playing qualifying matches to get to the King of the Mountain Championship. We will choose 8 of our most dedicated players to represent Cullasaja for this event that will be held on Thursday September 8th at the Chattooga Club. Please help me wish the team good luck and I hope to be emailing out a report about their win and being crowned King of the Mountain.



JEFF SOO RULES SEMINAR: Once again this season, the CCA was very kind to bring in world class player and instructor Jeff Soo for a full day of rules training. We had a one hour session in a classroom setting followed by individual 1 ½ hour sessions on our beautiful lawn. Over 20 croquet players enjoyed the classroom session and over 25 enjoyed the clinic on the lawn.

SADIE HAWKINS DAY CROQUET MIXER AND DINNER PARTY ON THE LAWN

Thursday, September 1st

This is always one of our more popular events at the Club! It promises an afternoon of guaranteed fun and plenty of photo opportunities. Ladies invite a guy to be their partner in the tournament, which has a relaxed dress code and is definitely social in nature. The all-whites rule is thrown out the window and blue-jeans and denims are the most appropriate attire. A fun time will be had by all with a full bar, a keg of beer, great food from Chef Marie and some foot stomping music. The event is full once 16 teams sign up, so please call me as soon as possible so that you are not left out.

CROQUET CHAMPIONSHIPS

Thursday, September 19th at 1:00 p.m.

The winners from the four seasonal Qualifiers will advance to the Championship and compete to be known as Club Champions. Good luck to all of the participants who have worked hard to make it into this year's Championship field.

END OF SEASON DINNER

Thursday, September 29th Following the 5:00 p.m. Mallets and Martinis

If you are a member of the CCA, please make plans to join us for this season's grand finale' event. The CCA will pay for the awards and the dinner for all CCA members, which is just another one of the many perks that all CCA members enjoy every year. So, please mark your calendars now and plan on joining us for this great recap of the season along with a remarkable dinner in the Clubhouse pavilion.

WEEKLY CROQUET SCHEDULE

SUNDAY

COUPLES ON THE LAWN | 4:00 p.m.

MONDAY

LADIES ON THE LAWN | 4:00 p.m.

TUESDAY

MEN'S DAY | 10:00 a.m. - NOON MALLETS & MARTINIS | 3:00 – 6:30 p.m.

WEDNESDAY

SOCIAL CROQUET | 4:00 – 6:00 p.m.

THURSDAY

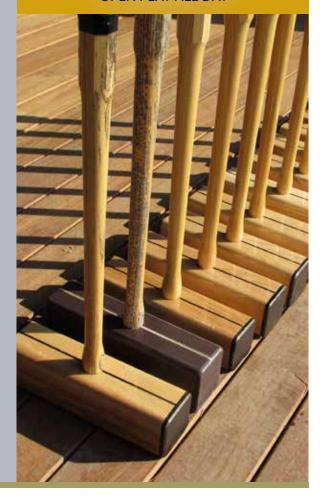
CROQUET CLINIC | 3:00 4:00 p.m. MALLETS & MARTINIS | 3:00 - 6:30 p.m.

FRIDAY

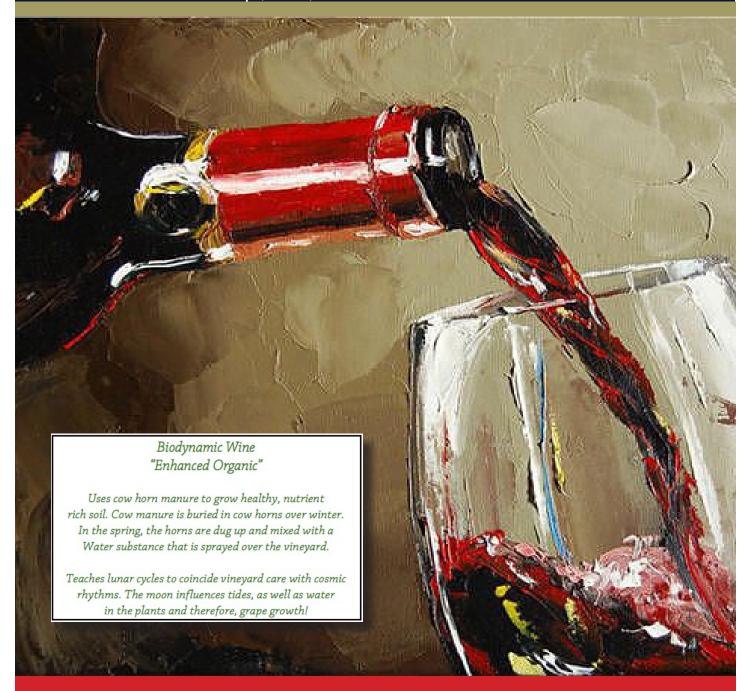
OPEN PLAY ALL DAY

SATURDAY

OPEN PLAY ALL DAY



HOT OFF THE PLATE | by Shelley Walker



"NATURAL" WINES: THE DIFFERENCE BETWEEN ORGANIC & BIODYNAMIC WINEMAKING

Lately, most people have become more focused on what they place in to their bodies. We are more interested in natural, sustainable, local, organic and overall healthy eating. Farmers have practiced organic and natural methods for centuries and many have always focused on using as little manipulation as possible to produce the best food. The population today wants to know what is organic, and the availability of all-natural and organic items is growing everywhere you look. The wine industry is no different. I have read many times in my wine books "the end result of all winemaking is the same; make good wine that is created from good grapes that are grown in good soil and achieved by returning to more traditional methods and working closer to nature." There are a growing number of organic, sustainable and biodynamic winemakers in the world and I would like explore their practices with you.

ORGANIC WINES

The definition of organic is "of, relating to, or derived from living matter, denoting a relation between the elements of something such that they fit together harmoniously as necessary parts of a whole." Organic wine is simply wine made from grapes grown in vineyards that exclude the use of synthetic chemicals, fertilizers, herbicides, fungicides and pesticides. Organic winemakers believe this respects the soil and encourages the biodiversity of the environment. Organic grapes vines grow in soil rich in worms, insects and bacteria. Many farmers will use additional crops of plants that are mineral rich, herbs and flowers in order to promote an organic situation. The idea is the organic soil will be full of nutrients and trace elements for the vines to feed on in order to produce. The vines tend to become stronger, healthier and more resistant to disease. Organic winemakers use natural predators to help solve many problems once solved with chemicals. You will see ladybugs, stingless wasps, birds that eat spiders or beetles, and chickens to peck grubs and other pests.

It is very difficult to be officially "certified organic." The USDA states the following:

Before a wine can be sold as organic, both the growing of the grapes and their conversion to wine must be certified. This includes making sure grapes are grown without synthetic fertilizers and in a manner that protects the environment and preserves the soil. Other agricultural ingredients that go into the wine, such as yeast, also have to be certified organic. Any non-agricultural ingredients must be specifically allowed on the National List of Allowed and Prohibited Substances and can't exceed 5% of the total product. And, while wine naturally produces some sulfur dioxide (sulfites), they can't be added to organic wine.

Wines that are sold as "made with organic grapes" have different requirements from organic wine. When a wine is labeled as being made with organic grapes, 100% of those grapes used must be certified organic. Yeast and any other agricultural ingredients aren't required to be organic, but have to be produced without excluded methods (like genetic engineering). As for non-agricultural ingredients, these have to be specifically allowed on the National List. Finally, sulfites may be added to wines that carry the "made with organic grapes" label—up to 100 parts per million.

Wine that's sold as organic in the U.S. has to meet strict standards, regardless of the country of origin. Organic wine produced in the U.S. can currently be exported to Canada, the European Union, Japan, and Taiwan.

Due to the strict standards and the difficulty to receive certification, many winemakers will usually practice "reasonable prevention" and use a minimum amount of chemical spraying only when necessary. This means that they never become truly organic but they do adopt many of the same principles and quidelines.

BIODYNAMIC WINE

Have you ever seen a wine bottle labeled "biodynamic" and wondered what it meant? It is quite an interesting style of winemaking based on the seasonal cyles and takes organic a step further. A biodynamic winemaker must follow all organic guidelines plus some or all of the philosophies built by Rudolf Steiner in 1924. Steiner was a self proclaimed "spiritual scientist" from Austria. He was well respected on many arts and agricultural fronts. The Austrian farming industry asked him to produce a series of lectures on an ecological and sustainable approach to agriculture that increased soil fertility without the use of chemical fertilizers and pesticides. He believed a holistic approach to the farm was most important. He wanted farmers to see every organism's contribution in the "circle of life" in order to promote biodiversity and self-sustainability. Steiner's objectives combined planting, sowing, harvesting and pruning based on the position of the sun, moon and planets. His approach was refined by agriculturalist Maria Thun, who stated Steiner "provided the basis to modern biodynamics."

Most people and farmers find the biodynamic philosophy a little strange and most people can't explain why the system works. There is no official certification for biodynamic vineyards; however, the Demeter Biodynamic farm & product directory is hoping to change that in the future. This non-profit organization was created in 1985 and its vision is to "heal the planet through agriculture." They will certify vineyards as biodynamic through their organization using a "comprehensive organic farming method that requires the creation and management of a closed system minimally dependent on imported materials, and instead meets its needs from the living dynamics of the farm itself." Most growers that use the biodynamic method see the grapevine as simply a cog in the wheel of their farm. This process is a personal choice and those that use it swear by it.

Our last wine dinner of the season is with Chehalem Winery of Oregon. We are excited to have the founder, owner and winemaker, Harry Peterson-Nedry, join us for this dinner. The Chehalem winery "makes sustainability a priority in farming" and are certified sustainable. Please join us to learn more about this fantastic winery and to taste many truly delicious wines on Thursday, September 8th.





by Stacie Dudley | UPDATE FROM THE WELLNESS CENTER







It is hard to believe that we are already into September. However, the Wellness Center is still at full-steam ahead! If you have not done so, please stop by and see all the great opportunities there are to increase your overall health. We have several classes available to you each week. Personal training sessions are also available if you would like a one-on-one session with a personal trainer. We are here to help you stay healthy and strong.

The 2nd Fitness Challenge of the season will kick-off on September 8th. Please call the Wellness Center to sign up for an exciting and fun program to improve your fitness level.



**WE WILL OFFER WATER AEROBICS ON
SEPTEMBER 2ND AND LABOR DAY, SEPTEMBER 5TH**

FITNESS CHALLENGE

SEPTEMBER 8TH

SIGN-UP NOW FOR THE SEPTEMBER FITNESS CHALLENGE.

This is a 4-week challenge programmed for all fitness levels. The program will kick off with a fitness assessment and then we will have fun while improving our overall fitness. Classes will be held on Mondays and Thursdays at 2 p.m. during the month of September.

COME JOIN THE FUN!

UPCOMING EVENTS

HIKE TO RAINBOW FALLS IN GORGES STATE PARK AUGUST 27TH, 10:30

This is a gorgeous 3.72 mile hike through Gorges State Park. We will encounter two waterfalls, the first being Rainbow Falls. Then, we will continue up past and above Rainbow Falls to Turtleback Falls, a popular swimming and picnic area. Pack a lunch and join us for a fun, adventurous day!

Stacie Dudley | Wellness Director 828-526-2939 | sdudley@cullasaja-club.com



CLASS SCHEDULE

MONDAY:

SELF-GUIDED SPIN 7 A.M.
SELF-GUIDED SPIN 9 A.M.

STRENGTH AND MOVEMENT 10 A.M.

TUESDAY:

SELF-GUIDED SPIN 7 A.M.

SPIN/CORE 9 A.M.

PILATES* 10 A.M.

WEDNESDAY:

SELF-GUIDED SPIN 7 A.M.

SELF-GUIDED SPIN 9 A.M.

STRENGTH AND MOVEMENT 10 A.M.

THURSDAY:

SELF-GUIDED SPIN 7 A.M.

SPIN 9 A.M.

PILATES* 10 A.M.

YOGA W/MANU* 3 P.M.

FRIDAY:

SELF-GUIDED SPIN 7 A.M.

SELF-GUIDED SPIN 9 A.M.

STRENGTH AND MOVEMENT 10 A.M.

CORE AND STRENGTH* 2 P.M.

SATURDAY:

YOGA W/MANU* 10 A.M.

*DENOTES A \$5.00 CHARGE PER CLASS

