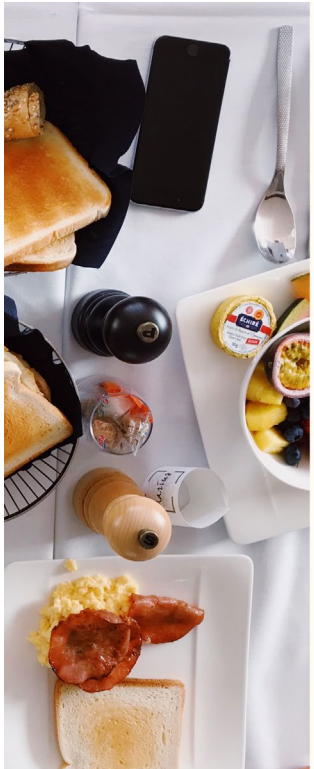


The Clubhouse May Events



BRUNCH
- COOK -
WITH THE CHEF

Thursday, May 6 | Cook with the Chef: Brunch Edition

Learn how to prepare a gourmet brunch ahead of Mother's Day by cooking with the chef Thursday, May 6 at 2pm! Richard – chef, former restaurant owner and The Market manager – will show you how to prepare an impressive meal to include menu items such as Carolina rice "grits" with smoky tomato chutney and chocolate glazed pound cake with blackberry syrup and spiced whipped cream. First time participants will also receive a free The Clubhouse apron in the mail.

Wednesday, May 12 | Pilates on the Patio

Stretch, improve your balance and build muscle with this outdoor workout. Pilates on the Patio will take place on The Clubhouse's outdoor patio on Wednesday, May 12 at noon. Participants will receive a free yoga mat, water, hand sanitizer and a towel.



Tuesday, May 18 | Yoga on the Lawn

Yoga on the Lawn is a great midday relaxing and de-stressing workout that will help you stretch and improve your balance. Join on Tuesday, May 18 at 11:30am and receive a yoga mat, towel, sanitizer, sunscreen and water.



Wednesday, May 26 | CPR Training

This in-person CPR training course will teach you all of the essential skills needed to attain your CPR certification. The ability to perform CPR is a skillset that can help you save a life in addition to filling out your resume. The free hour-long course will take place on Wednesday, May 26 at noon. Space is limited.



Email TheClubhouse@rpopoperations.com to sign up for any of the above events.