

# NOAC Inner Club Schedule

## October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Swim Club 2pm - Pool	2	3	4 Running Club 6:30am meet in Bar	5 Pickleball 6pm - Courtyard  Mah Jongg 6pm - Bar	6	7 Powerlifting 8:30am Turf Room
8 Swim Club 2pm - Pool	9	10	11 Running Club 6:30am meet in Bar	12 Pickleball 6pm - Courtyard  Mah Jongg 6pm - Bar	13	14 Powerlifting 8:30am Turf Room
15 Swim Club 2pm - Pool	16	17	18 Running Club 6:30am meet in Bar	19 Pickleball 6pm - Courtyard  Mah Jongg 6pm - Bar	20	21 Powerlifting 8:30am Turf Room
22 Swim Club 2pm - Pool	23	24	25 Running Club 6:30am meet in Bar	26 Pickleball 6pm - Courtyard  Mah Jongg 6pm - Bar	27	28 Powerlifting 8:30am Turf Room  Writers & Readers Club 1pm - Bar
29 Swim Club 2pm - Pool	30	31			The Clubs listed are open for drop-ins	All NOAC Members are welcome

## **Mah Jongg**

Join our Mah Jongg club for a delightful blend of strategy and socializing. Whether you're a seasoned pro or new to the game, we welcome all levels of players to share in the fun of Mah Jongg. Join us for games and lasting friendships. Let's make memories, one tile at a time! **Leader: Deanna Lyons**

## **Pickleball**

We're thrilled to be part of the rapidly growing popularity of this exciting sport. Our club offers a welcoming environment for players of all levels. Join us for this sport that's easy to play, low impact and appeals to a wide range of people, from kids to senior citizens. Let's paddle, rally, and score together as we discover why everyone is playing pickleball! **Leader: Kevin Thompson**

## **Powerlifting**

Powerlifting is a strength sport that consists of attempts at maximal weight on three lifts: squat, bench press, and deadlift. This club is an opportunity to learn the sport, lift safely, and be a part of a supportive community.

- Recommendations: Wear flat sole shoes, or be prepared to wear socks. No squishy shoes. Wash your hands thoroughly to remove any lotion. Be ready to lift heavy things! **Leaders: Chris Lovett & Amanda Mothe**

## **Running Club**

The NOAC Road Runners are a group of passionate runners who come together to share their love for running. Whether you're a beginner looking to start your running journey or a seasoned marathoner, our club offers a supportive and inclusive environment for runners of all levels. Join us for our weekly group runs on Wednesday at 6:30 am. Together, we'll motivate and inspire each other to achieve our fitness goals while enjoying the thrill of the open road. Lace up your running shoes and come run with us!

**Leader: Erika Leone & Ariana Rinderknecht**

## **Swim Club**

Swim Club gives the swimmers of NOAC an opportunity to meet and encourage one another in their sport. Activities will range from swimming laps in the pool to share tips and tricks to hosting experts on various swim related topics so they can share their knowledge. See you at the pool! **Leader: Peter Holley**

## **Writers and Readers Club**

Looking for a way to showcase your writing talent and connect with other readers and writers in the New Orleans Athletic Club community? Look no further than the NEW ORLEANS ATHLETIC CLUB Writers and Readers Club. This group is open to all NOAC members who have a passion for creative writing and reading. It's a great opportunity to meet new people, share your work, and appreciate the talents of others in the community. Join us and let's celebrate the literary arts together. **Leader: Joseph Santiago**

## **Chess Tournaments**

The NOAC is now hosting Chess Tournaments! These tournaments will be hosted intermittently so please let us know if you want to be included in an email list.

**For more information or to be added to the email list for a specific club contact our Activities Coordinator. Michelle Gunvordahl - [mgunvordahl@neworleansathleticclub.com](mailto:mgunvordahl@neworleansathleticclub.com)**