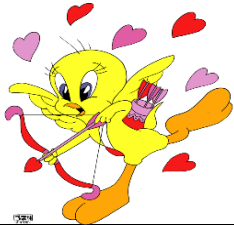




All 6am 8:30am
classes
are in the pool

VALDESE FITNESS SCHEDULE

February 2018

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	2 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic	
	6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic *4:30pm ZUMBA® Connie 5:30pm 20/20/20 Melissa *6:45pm TRX	*7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni	6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX	*7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 11am Senior Line Dancing	
	6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic *4:30pm ZUMBA® Connie 5:30pm 20/20/20 Melissa *6:45pm TRX	*7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni	14 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX 	*7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	16 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic	
	6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic *4:30pm ZUMBA® Connie 5:30pm 20/20/20 Melissa *6:45pm TRX	*7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni	6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX	*7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 11am Senior Line Dancing	
	6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic *4:30pm ZUMBA® Connie 5:30pm 20/20/20 Melissa *6:45pm TRX	*7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni	6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX			

**** Class for SilverSneakers Silver N Fit Members and Medicare--See Fitness desk for more info**

***Special exercise class w/extra cost**