

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

VALDESE FITNESS SCHEDULE

MAY 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 Wts/AbsToni	2 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	3 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	4 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic <u>11amSenior Line Dancing</u>	5
6	7 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	8 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni	9 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	10 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	11 POOL CLOSED **9am SS Circuit **10am SS Classic	12 POOL CLOSED
13 POOL CLOSED	14 POOL CLOSED **9am SS Circuit **10am SS Classic *4:30pm ZUMBA® Connie 5:30pm 20/20/20 Melissa *6:45pm TRX	15 POOL CLOSED *7:45am TRX **10am SS Yoga 5:30pm Wts/Abs Melissa	16 POOL CLOSED **9am SS Circuit **10am SS Classic *5:15pm TRX	17 POOL CLOSED *7:45am TRX **10am SS Yoga 5:30pm HIIT Melissa	18 POOL CLOSED **9am SS Circuit **10am SS Classic <u>11amSenior Line Dancing</u>	19 POOL CLOSED 
20 POOL CLOSED	21 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	22 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	23 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	24 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	25 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic	26
	28 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	29 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	30 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic *4:30pm ZUMBA® Connie 5:30pm 20/20/20 Melissa *5:15pm TRX	31 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa		

****SilverSneakers Silver N' Fit and Medicare persons**

****Specialty Class w/extra cost**