

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

VALDESE FITNESS SCHEDULE

December 2018

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 REC CLOSED till 12:00pm (Christmas Parade town of Valdese 10am)
2	3 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi Christie 5:45pm 20/20/20 Melissa *6pm Tai Chi Christie *6:45pm TRX	4 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *7pm Aqua Night Christie	5 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	6 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga *10:50am Tai Chi Christie 5:45pm HIIT Melissa *7pm Aqua Night Christie	7 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	8 
9	10 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi Christie 5:45pm 20/20/20 Melissa *6pm Tai Chi Christie *6:45pm TRX	11 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *7pm Aqua Night Christie	12 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *11am Tai Chi Christie *5:15pm TRX	13 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:45pm HIIT Melissa *7pm Aqua Night Christie	14 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit 10am Senior Line Dancing	15 
16	17 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi Christie 5:45pm 20/20/20 Melissa *6pm Tai Chi Christie *6:45pm TRX	18 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *7pm Aqua Night Christie	19 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *11am Tai Chi Christie *5:15pm TRX	20 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:45pm HIIT Melissa *7pm Aqua Night Christie	21 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	22
23	24 CLOSED 	25 CLOSED 	26 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *11am Tai Chi Christie *5:15pm TRX	27 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:45pm HIIT Melissa *7pm Aqua Night Christie	28 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit 10am Senior Line Dancing	29 
30	31 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi Christie Rec CLOSSES at 5pm	1 CLOSED 	* extra cost for class			

** class for SilverSneakers and Silver N' Fit, see Fitness desk for more info