

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

VALDESE FITNESS SCHEDULE

October 2018

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa	2 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	3 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	4 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa 6:30pm THRILLER practice	5 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit 10am Senior Line Dancing	6
7	8 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa	9 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	10 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	11 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa 6:30pm THRILLER practice	12 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am THRILER practice	13 
14	15 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa	16 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	17 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	18 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa 6:30pm THRILLER practice	19 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit 10am Senior Line Dancing	20
21	22 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa	23 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	24 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	25 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa 6:30pm THRILLER practice	26 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am THRILLER practice	27
28 	29 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa	30 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	31 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic 4-6pm Treats in the Street (Downtown Valdese)			

* extra cost for class

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