


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

VALDESE FITNESS SCHEDULE

APRIL 2018

Class descriptions on back

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|--|
| 1 CLOSED HAPPY ESATER | 2 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic <u>*4:30pm ZUMBA @Cancelled</u> 5:30pm 20/20/20 Melissa *6:45pm TRX | 3 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *6:30pm Intro to YOGA Dianne | 4 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX | 5 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *6:30pm Intro to YOGA Dianne | 6 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic | |
| | 9 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 | 10 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni *6:30pm Intro to YOGA Dianne | 11 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX | 12 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *6:30pm Intro to YOGA Dianne | 13 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic <u>11am Senior Line Dancing</u> | |
| | 16 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 | 17 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni *6:30pm Intro to YOGA Dianne | 18 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX | 19 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *6:30pm Intro to YOGA Dianne | 20 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic | |
| | 23 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 | 24 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Toni *6:30pm Intro to YOGA Dianne | 25 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:30pm TRX | 26 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *6:30pm Intro to YOGA Dianne | 27 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic <u>11am Senior Line Dancing</u> |  |
| | 30 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 | | | | | |

**SilverSneakers Silver N' Fit and Medicare persons

**Specialty Class w/extra cost