

**SilverSneakers Silver N' Fit and Medicare persons
 *Specialty Class w/extra cost

VALDESE FITNESS SCHEDULE

April 2019

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi 5:30pm 20/20/20 Toni *5:15pm Aqua Night *7pm Masters Swim	2 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga 5:45pm Pilates Nancy *7pm Aqua Night *7pm Yoga Flow Autumn	3 *6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *10am Tai Chi *5:15pm TRX	4 *7:45am TRX 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga 5:30pm Interval Toni *7pm Aqua Night *7pm ZUMBA®	5 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi	6 *8:30am Masters Swim *8:30am TRX
7	8 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi 5:30pm 20/20/20 Toni *5:15pm Aqua Night *7pm Masters Swim	9 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga Dianne <u>5:45pm</u> Pilates Nancy *7pm Aqua Night *7pm Yoga Flow Autumn	10 *6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *11am Tai Chi *5:15pm TRX	11 *7:45am TRX 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga 5:30pm Interval Toni *7pm Aqua Night *7pm ZUMBA®	12 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi	13 *8:30am Masters Swim *8:30am TRX 
14	15 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi 5:30pm Aerobics Toni *5:15pm Aqua Night *7pm Masters Swim	16 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga Dianne <u>5:45pm</u> Pilates Nancy *7pm Aqua Night *7pm Yoga Flow Autumn	17 *6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *11am Tai Chi *5:15pm TRX	18 *7:45am TRX 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga <u>5:30pm CANCELLED</u> *7pm Aqua Night *7pm ZUMBA®	19 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi	20 *8:30am Masters Swim *8:30am TRX
21-- CLOSED 	22 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi 5:30pm 20/20/20 Toni *5:15pm Aqua Night *7pm Masters Swim	23 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga Dianne <u>5:45pm</u> Pilates Nancy *7pm Aqua Night *7pm Yoga Flow Autumn	24 *6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *11am Tai Chi *5:15pm TRX	25 *7:45am TRX 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga 5:30pm Interval Toni *7pm Aqua Night *7pm ZUMBA®	26 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi	27 *8:30am Masters Swim *8:30am TRX
28	29 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *10am Tai Chi 5:30pm Aerobics Toni *5:15pm Aqua Night *7pm Masters Swim	30 8:30am Aquacise Linda **9am SS Yoga 10am Mat Yoga Dianne <u>5:45pm</u> Pilates Nancy *7pm Aqua Night *7pm Yoga Flow Autumn				