












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

# VALDESE FITNESS SCHEDULE

**April 2021**

## Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Pool hrs:</b> <i>Mon &amp; Fri 8-10am</i>  <i>Tues, Wed, Thurs &amp; Sat 7-11am</i> <i>Mon-Fri 5:30pm-9</i>  <u>Call 874-6737 to reserve a lane</u></p>				<p><b>1</b></p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Wts/Abs</b>  <b>**7pm Masters Swim</b></p>	<p><b>2</b></p> <p><b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b><u>REC CLOSES at 10am</u></b></p> 	<p><b>3</b></p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>
<p><b>4</b></p> 	<p><b>5</b></p> <p><b>**7:45am TRX</b>  <b>9am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>5:30pm 20/20/20</b>  <b><u>**6:45pm Flow Yoga</u></b>  <b><u>Cancelled</u></b>  <b>**7pm Masters Swim</b></p>	<p><b>6</b></p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b></p>	<p><b>7</b></p> <p><b>9:30am SS Classic</b>  <b>**5:15pm TRX</b></p>	<p><b>8</b></p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Wts/Abs</b>  <b>**7pm Masters Swim</b></p>	<p><b>9</b></p> <p><b>9am SS Circuit</b>  <b>10am Line Dancing</b></p> 	<p><b>10</b></p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>
<p><b>11</b></p> 	<p><b>12</b></p> <p><b>**7:45am TRX</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>5:30pm 20/20/20</b>  <b>**6:45pm Flow Yoga</b>  <b>**7pm Masters Swim</b></p>	<p><b>13</b></p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b></p> 	<p><b>14</b></p> <p><b>9:30am SS Classic</b>  <b>**5:15pm TRX</b></p>	<p><b>15</b></p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Wts/Abs</b>  <b>**7pm Masters Swim</b></p>	<p><b>16</b></p> <p><b>9am SS Circuit</b>  <b>10am Line Dancing</b></p> 	<p><b>17</b></p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>
<p><b>18</b></p> <p><b>Fitness Rm hrs:</b>  <b>Mon-Fri 5:30am -10am</b>  <b>Sat 7am-11am</b>  <b>Mon-Fri 4pm-9pm</b></p>	<p><b>19</b></p> <p><b>**7:45am TRX</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>5:30pm 20/20/20</b>  <b>**6:45pm Flow Yoga</b>  <b>**7pm Masters Swim</b></p>	<p><b>20</b></p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b></p>	<p><b>21</b></p> <p><b>9:30am SS Classic</b>  <b>**5:15pm TRX</b></p> 	<p><b>22</b></p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Rec Fit</b>  <b>**7pm Masters Swim</b></p>	<p><b>23</b></p> <p><b>9am SS Circuit</b>  <b>10am Line Dancing</b></p> 	<p><b>24</b></p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>5:30pm 20/20/20</b>  <b>**6:45pm Flow Yoga</b>  <b>**7pm Masters Swim</b></p>	<p><b>27</b></p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b></p> 	<p><b>28</b></p> <p><b>9:30am SS Classic</b>  <b>**5:15pm TRX</b></p>	<p><b>29</b></p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Wts/Abs</b>  <b>**7pm Masters Swim</b></p>	<p><b>30</b></p> <p><b>9am SS Circuit</b>  <b>10am Line Dancing</b></p> 	<p><b>31</b></p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>