


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

VALDESE FITNESS SCHEDULE

August 2018

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	2 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	3 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am Lind Dancing	
5	6 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa *6:45pm TRX	7 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	8 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	9 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	10 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit REC closes @ 5pm	11 WALDENSIAN FESTIVAL CENTER CLOSED
12	13 **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa *6:45pm TRX	14 *7:45am TRX **10am SS Yoga 5:30pm Wts/Abs Melissa	15 **9am SS Circuit **10am SS Classic *5:15pm TRX	16 *7:45am TRX **10am SS Yoga 5:30pm HIIT Melissa	17 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am Line Dancing	18 
19	20 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa *6:45pm TRX	21 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	22 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	23 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	24 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	25
26	27 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am SS Classic 5:30pm 20/20/20 Melissa *6:45pm TRX	28 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa	29 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	30 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa	31 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit **10am Line Dancing	

****SilverSneakers Silver N' Fit and Medicare persons**

****Specialty Class w/extra cost**