





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

VALDESE FITNESS SCHEDULE

August 2019

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 *7:45am TRX 8:30am Aquacise Linda **10amSS Yoga 5:30pm Interval Melissa *7pm ZUMBA®	2 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	3 *8:30am Masters Swim *8:30am TRX *9:45am Aqua Yoga 
4	5 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim	6 8:30am Aquacise Linda **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn	7 *6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	8 *7:45am TRX 8:30am Aquacise Linda **10amSS Yoga 5:30pm Interval Melissa *7pm ZUMBA®	9 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit Rec closes @ 5pm for Waldensian Festival! 	10 CLOSED for Waldensian Festival (open for Waldensian race) 
11	12 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim	13 8:30am Aquacise Linda **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn	14 *6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	15 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Interval Melissa *7pm ZUMBA®	16 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	17 *8:30am Masters Swim *8:30am TRX
18	19 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim	20 8:30am Aquacise Linda **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn	21 *6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX	22 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm Interval Melissa *7pm ZUMBA®	23 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	24 *8:30am Masters Swim *8:30am TRX
25 <u>Pool Closing 08/26/19 for Resurfacing Please check back for Re-Opening</u>	26 <u>POOL CLOSED</u> *7:45am TRX **9am SS Circuit 5:30pm 20/20/20 Melissa	27 <u>POOL CLOSED</u> **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn	28 <u>POOL CLOSED</u> **9am SS Circuit **10am SS Classic *5:15pm TRX	29 <u>POOL CLOSED</u> *7:45am TRX **10am SS Yoga 5:30pm Interval Melissa *7pm ZUMBA®	30 <u>POOL CLOSED</u> **9am SS Circuit	31 <u>POOL CLOSED</u>