


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

VALDESE FITNESS SCHEDULE

December 2019

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 6am Aquacise <u>*7:45am TRX moved to Tuesday</u> 8:30am Aquacise **9am SS Circuit 5:30pm 20/20/20 *7pm Masters Swim	3 <u>*7:45am TRX</u> 8:30am Aquacise **10am SS Yoga <u>5:45pm Pilates</u>	4 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	5 *7:45am TRX 8:30am Aquacise **10amSS Yoga 5:30pm Interval	6 6am Aquacise 8:30am Aquacise **9am SS Circuit <u>10:30am SS Christmas Brunch</u>	7 <i>Christmas Parade Rec opens at 12pm</i> 
8	9 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm REC Fit *7pm Masters Swim	10 8:30am Aquacise **10am SS Yoga <u>5:45pm Pilates</u>	11 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	12 *7:45am TRX 8:30am Aquacise **10amSS Yoga 5:30pm Interval	13 6am Aquacise 8:30am Aquacise **9am SS Circuit	14 *8:30am Masters Swim *8:15am TRX
15 	16 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm REC Fit *7pm Masters Swim	17 8:30am Aquacise **10am SS Yoga <u>5:45pm Pilates</u>	18 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	19 *7:45am TRX 8:30am Aquacise **10amSS Yoga 5:30pm Interval	20 6am Aquacise 8:30am Aquacise **9am SS Circuit	21 *8:30am Masters Swim *8:15am TRX
22	23 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm REC Fit *7pm Masters Swim	24 CLOSED <i>Christmas Eve</i>	25 CLOSED 	26 *7:45am TRX 8:30am Aquacise **10amSS Yoga 5:30pm Interval	27 6am Aquacise 8:30am Aquacise **9am SS Circuit	28 *8:30am Masters Swim *8:15am TRX
29	30 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm REC Fit *7pm Masters Swim	31 8:30am Aquacise **10am SS Yoga <u>REC Closes @ 5pm</u>	1 CLOSED <i>Happy New Year</i> 