








* Extra Cost for class

**Medicare Participants, Check with Fitness Desk for this class

Valdese Fitness Schedule

December 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30am Aquacise *9am Masters Swim **9am SS Yoga	2 **9:30am SS Classic *5:15pm TRX	3 *7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga 5:30pm REC Fit *7pm Masters Swim	4 **9am SS Circuit 10am Line Dancing 	5 *8:15am TRX *8:30am Masters Swim
6	7 *7:45am TRX **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim	8 8:30am Aquacise *9am Masters Swim **9am SS Yoga	9 **9:30am SS Classic *5:15pm TRX	10 *7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga 5:30pm REC Fit *7pm Masters Swim	11 **9am SS Circuit 10am Line Dancing <u>POOL CLOSED @ 4pm for Swim Meet</u> 	12 *8:15am TRX *8:30am Masters Swim
13 	14 *7:45am TRX **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim	15 8:30am Aquacise **9am SS Yoga	16 **9:30am SS Classic *5:15pm TRX	17 *7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga 5:30pm REC Fit *7pm Masters Swim	18 **9am SS Circuit 10am Line Dancing <u>POOL CLOSED @ 4pm for Swim Meet</u> 	19 *8:15am TRX *8:30am Masters Swim
20	21 *7:45am TRX **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim	22 8:30am Aquacise **9am SS Yoga	23 **9:30am SS Classic *5:15pm TRX	24 CLOSED 	25 CLOSED 	26 *8:15am TRX *8:30am Masters Swim
27	28 *7:45am TRX 8:30am Aquacise **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim	29 8:30am Aquacise **9am SS Yoga	30 **9:30am SS Classic *5:15pm TRX	31 *7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga Rec will not open for evening hours 	Please call on Thursdays to sign up for classes for the next week 874-6737	<u>Pool hrs :</u> Mon & Fri 8-9am Tues-Thurs; Sat 7-11am <u>Mon- Fri 5:30-9pm</u> Call 874-6737 to reserve a lane <u>Fitness Rm hrs :</u> Mon-Fri 5:30am -10 Sat 7am-11