








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

VALDESE FITNESS SCHEDULE

December 2021

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Pool hrs:</u> <u>Please check</u> <u>Seasonal</u> <u>Calendar for more</u> <u>details</u></p>			<p>1 9am SS Classic 10:15am Beg. Line Dance **5:15pm TRX</p> 	<p>2 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga **7pm Masters Swim</p>	<p>3 8:30am Aquacise 9am SS Circuit 10am Line Dancing</p>	<p>4 CLOSED till 12pm <i>Valdease Christmas</i> <i>Parade</i></p>
<p><u>Flow Yoga will be in</u> <u>the room upstairs</u> <u>over the Gym</u> <u>Call 874-6737 for</u> <u>more info & price</u></p>	<p>6 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing **7pm Masters Swim</p>	<p>7 8:30am Aquacise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga</p>	<p>8 9am SS Classic 10:15am Beg. Line Dance **5:15pm TRX</p>	<p>9 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga **7pm Masters Swim</p>	<p>10 8:30am Aquacise 9am SS Circuit 10am Line Dancing</p> 	<p>11 <i>NO Masters Swim</i></p>
	<p>13 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing **7pm Masters Swim</p>	<p>14 8:30am Aquacise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga</p>	<p>15 9am SS Classic 10:15am Beg. Line Dance **5:15pm TRX</p> 	<p>16 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga **7pm Masters Swim</p>	<p>17 8:30am Aquacise 9am SS Circuit 10am Line Dancing</p> 	<p>18 **8:30am Masters Swim</p> 
<p>19 Fitness Rm hrs: Mon-Fri 5:30am -8:30pm Sat 7am-6pm</p>	<p>20 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing **7pm Masters Swim</p>	<p>21 8:30am Aquacise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga</p>	<p>22 9am SS Classic 10:15am Beg. Line Dance **5:15pm TRX</p>	<p>23 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga **7pm Masters Swim</p>	<p>24 REC CLOSED</p> 	<p>25 REC CLOSED</p> 
<p>26</p>	<p>27 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing **7pm Masters Swim</p>	<p>28 8:30am Aquacise **9am Masters Swim 9am SS Yoga</p>	<p>29 9am SS Classic 10:15am Beg. Line Dance **5:15pm TRX</p>	<p>30 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga **7pm Masters Swim</p>	<p>31 8:30am Aquacise 9am SS Circuit 10am Line Dancing Rec closes @ 5pm</p>	<p>1 REC CLOSED</p> 