







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

VALDESE FITNESS SCHEDULE

February 2020

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>*8:15am TRX</u> <u>*8:30am Masters Swim</u>
2	3 6am Aquacise *7:45am TRX 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	4 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>	5 6am Aquacise <u>*7am Masters Swim</u> 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	6 *7:45am TRX 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:30pm Interval *6:45pm ZUMBA®	7 6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 10am Line Dancing 	8 <u>*8:15am Boot Camp</u> <u>*8:30am Masters Swim</u> <u>Cancelled</u>
9	10 6am Aquacise *7:45am TRX 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	11 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>	12 6am Aquacise *7am Masters Swim 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	13 *7:45am TRX 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:30pm Interval *6:45pm ZUMBA®	14  6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 10am Line Dancing 	15 <u>*8:15am Boot Camp</u> <u>*8:30am Masters Swim</u>
16	17 6am Aquacise *7:45am TRX 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	18 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>	19 6am Aquacise *7am Masters Swim 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	20 *7:45am TRX 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:30pm Interval <u>*6:45pm ZUMBA®</u> <u>cancelled</u>	21 6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 10am Line Dancing 	22 <u>*8:15am Boot Camp</u> <u>*8:30am Masters Swim</u>
23	24 6am Aquacise *7:45am TRX 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	25 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>	26 6am Aquacise *7am Masters Swim 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	27 *7:45am TRX 8:30am Aquacise <u>**9:30am SS Yoga</u> <u>*11am PT w/Pilates</u> 5:30pm Interval *6:45pm ZUMBA®	28 6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 10am Line Dancing 	29 <u>*8:15am Boot Camp</u> <u>*8:30am Masters Swim</u>