





VALDESE FITNESS SCHEDULE

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Pool hrs: Please check SeasonalCalendar for more details</i></p>			<p>1</p> <p>*7:45am TRX 9am SS Classic 10:15am Beginner Line Dance *5:15pm TRX</p>	<p>2</p> <p>8:30am Aquacise 9am SS Yoga 5:30pm Power Hour *6:30pm 20/20/20 *7pm Masters Swim</p>	<p>3</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit</p> 	<p>4</p> <p>*8:30am Masters Swim</p>
<p>5</p>	<p>6</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour *6:45pm TRX *7pm Masters Swim</p>	<p>7</p> <p>8:30am Aquacise *9am Masters Swim 9am SS Yoga *6:30pm Flow Yoga *6:30pm 20/20/20</p>	<p>8</p> <p>*7:45am TRX 9am SS Classic 10:15am Beginner Line Dance *5:15pm TRX</p>	<p>9</p> <p>8:30am Aquacise 9am SS Yoga 5:30pm Power Hour *6:30pm 20/20/20 *7pm Masters Swim</p>	<p>10</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit</p>	<p>11</p> <p>*8:30am Masters Swim</p>
<p>++ Please see below regarding hours for this week. →</p>						
<p>12</p>	<p>13</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour *6:45pm TRX *7pm Masters Swim</p>	<p>14</p> <p>8:30am Aquacise *9am Masters Swim 9am SS Yoga *6:30pm Flow Yoga *6:30pm 20/20/20</p>	<p>15</p> <p>*7:45am TRX 9am SS Classic 10:15am Beginner Line Dance *5:15pm TRX</p> 	<p>16</p> <p>8:30am Aquacise 9am SS Yoga 5:30pm Power Hour *6:30pm 20/20/20 *7pm Masters Swim</p>	<p>17</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit</p>	<p>18</p> <p>*8:30am Masters Swim</p>
<p>19</p> <p>Fitness Rm hrs: Mon-Fri 5:30am -8:00pm Sat 7am-6pm</p>	<p>20</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour *6:45pm TRX *7pm Masters Swim</p>	<p>21</p> <p>8:30am Aquacise *9am Masters Swim 9am SS Yoga *6:30pm Flow Yoga *6:30pm 20/20/20</p>	<p>22</p> <p>*7:45am TRX 9am SS Classic 10:15am Beginner Line Dance *5:15pm TRX</p>	<p>23</p> <p>8:30am Aquacise 9am SS Yoga 5:30pm Power Hour *6:30pm 20/20/20 *7pm Masters Swim</p>	<p>24</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit</p> 	<p>25</p> <p>*8:30am Masters Swim</p>
	<p>27</p> <p>*7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour *6:45pm TRX *7pm Masters Swim</p>	<p>28</p> <p>8:30am Aquacise *9am Masters Swim 9am SS Yoga *6:30pm Flow Yoga</p>				

++ Please note that due to constructions renovations the facility may have closures during Feb. 6-11. Please call the Fitness Center for more information regarding hours for that week (828)874-6737.