


All 6am 8:30am  
classes  
are in the pool

# VALDESE FITNESS SCHEDULE

January 2019

## Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Happy New Year</i>	1 <b>CLOSED</b> <b>Happy New YOU EXERCISE Makes you feel GREAT, look GREAT</b>	2 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit ***10am SS Classic *11am Tai Chi *5:15pm TRX	3 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *7pm Aqua Night	4 6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit	5
6	7 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *11am Tai Chi 5:30pm 20/20/20 Melissa *6pm Tai Chi *6:45pm TRX	8 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *7pm Aqua Night <u>7pm-- 8 Week Weight Loss Info Meeting @ Splash Park Building</u>	9 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit ***10am SS Classic *11am Tai Chi *5:15pm TRX	10 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *7pm Aqua Night	11 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	12
13	14 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *11am Tai Chi 5:30pm 20/20/20 Melissa *6pm Tai Chi *6:45pm TRX	15 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *7pm Aqua Night	16 **9am SS Circuit ***10am SS Classic *11am Tai Chi *5:15pm TRX	17 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *7pm Aqua Night	18 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	19 
20	21 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *11am Tai Chi 5:30pm 20/20/20 Melissa *6pm Tai Chi *6:45pm TRX	22 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *7pm Aqua Night	23 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit ***10am SS Classic *11am Tai Chi *5:15pm TRX	24 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *7pm Aqua Night	25 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit	26
27	28 *7:45am TRX 6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit *11am Tai Chi 5:30pm 20/20/20 Melissa *6pm Tai Chi *6:45pm TRX	29 8:30am Aquacise Linda **10am SS Yoga 5:30pm Wts/Abs Melissa *7pm Aqua Night	30 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit ***10am SS Classic *11am Tai Chi *5:15pm TRX	31 *7:45am TRX 8:30am Aquacise Linda **10am SS Yoga 5:30pm HIIT Melissa *7pm Aqua Night		

\*\*SilverSneakers Silver N' Fit and Medicare persons

\*\*Specialty Class w/extra cost