






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

VALDESE FITNESS SCHEDULE

January 2020

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CLOSED 	2 *7:45am TRX 8:30am Aquacise **10amSS Yoga 5:30pm Interval	3 6am Aquacise 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit	4 *8:15am TRX *8:30am Masters Swim
5	6 6am Aquacise *7:45am TRX 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	7 8:30am Aquacise **10am SS Yoga <u>*11am PT w/Pilates</u> 5:45pm Pilates <u>*6pm Yoga Flow</u> <u>(Room over the gym)</u>	8 <u>*7am Masters Swim</u> 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	9 *7:45am TRX 8:30am Aquacise **10amSS Yoga <u>*11am PT w/Pilates</u> 5:30pm Interval <u>*6:45pm ZUMBA®</u>	10 6am Aquacise 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 10am Line Dancing 	11 *8:15am TRX *8:30am Masters Swim
12	13 6am Aquacise *7:45am TRX 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	14 8:30am Aquacise **10am SS Yoga <u>*11am PT w/Pilates</u> 5:45pm Pilates <u>*6pm Yoga Flow</u> <u>(Room over the gym)</u>	15 <u>*7am Masters Swim</u> 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	16 *7:45am TRX 8:30am Aquacise **10amSS Yoga <u>*11am PT w/Pilates</u> 5:30pm Interval <u>*6:45pm ZUMBA®</u>	17 6am Aquacise 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 10am Line Dancing 	18 *8:15am TRX *8:30am Masters Swim
19	20 6am Aquacise *7:45am TRX 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	21 8:30am Aquacise **10am SS Yoga <u>*11am PT w/Pilates</u> 5:45pm Pilates <u>*6pm Yoga Flow</u> <u>(Room over the gym)</u>	22 <u>*7am Masters Swim</u> 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	23 *7:45am TRX 8:30am Aquacise **10amSS Yoga <u>*11am PT w/Pilates</u> 5:30pm Interval <u>*6:45pm ZUMBA®</u>	24 6am Aquacise 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 10am Line Dancing 	25 *8:15am TRX *8:30am Masters Swim
26	27 6am Aquacise *7:45am TRX 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 5:30pm REC Fit <u>*6pm Masters Swim</u>	28 8:30am Aquacise **10am SS Yoga <u>*11am PT w/Pilates</u> 5:45pm Pilates <u>*6pm Yoga Flow</u> <u>(Room over the gym)</u>	29 <u>*7am Masters Swim</u> 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	30 *7:45am TRX 8:30am Aquacise **10amSS Yoga <u>*11am PT w/Pilates</u> 5:30pm Interval <u>*6:45pm ZUMBA®</u>	31 6am Aquacise 8:30am Aquacise <u>9am Pickleball (gym)</u> **9am SS Circuit 10am Line Dancing 