

All 8:30am
classes
are in the pool

VALDESE FITNESS SCHEDULE

January, 2021

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 CLOSED 	2 *8:30am Masters Swim
3	4 *7:45am TRX **9am SS Circuit 10am Line Dancing 5:30pm REC FIT *7pm Masters Swim	5 8:30am Aquacise *9am Master Swim **9am SS Yoga	6 **9:30am SS Classic *5:15pm TRX	7 8:30am Aquacise *9am Masters Swim **9am SS Yoga 5:30pm REC FIT *7pm Masters Swim	8 **9am SS Circuit 10am Line Dancing POOL CLOSED @11am Swim Meet	9 *8:30am Masters Swim
10 <u>Pool hrs:</u> Mon & Fri 8-10am Tues, Wed, Thurs & Sat 7-11am Call 874-6737 to reserve a lane	11 *7:45am TRX 9am Aquacise **9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 *7pm Masters Swim	12 8:30am Aquacise *9am Master Swim **9am SS Yoga	13 **9:30am SS Classic *5:15pm TRX 	14 8:30am Aquacise *9am Masters Swim **9am SS Yoga 5:30pm REC FIT *7pm Masters Swim	15 *7:45am TRX 9am Aquacise **9am SS Circuit 10am Line Dancing POOL CLOSED @11am Swim Meet	16 *8:30am Masters Swim
<u>Fitness Rm hrs:</u> Mon-Fri 5:30am -10 Sat 7am-11 Mon-Fri 4pm-9	18 *7:45am TRX 9am Aquacise **9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 *7pm Masters Swim	19 8:30am Aquacise *9am Master Swim **9am SS Yoga	20 **9:30am SS Classic *5:15pm TRX	21 8:30am Aquacise *9am Masters Swim **9am SS Yoga 5:30pm REC FIT *7pm Masters Swim 	22 *7:45am TRX 9am Aquacise **9am SS Circuit 10am Line Dancing POOL CLOSED @11am Swim Meet	23 *8:30am Masters Swim
24 & 31	25 *7:45am TRX 9am Aquacise **9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 *7pm Masters Swim	26 8:30am Aquacise *9am Master Swim **9am SS Yoga 	27 **9:30am SS Classic *5:15pm TRX	28 8:30am Aquacise *9am Masters Swim **9am SS Yoga 5:30pm REC FIT *7pm Masters Swim	29 *7:45am TRX 9am Aquacise **9am SS Circuit 10am Line Dancing	30 *8:30am Masters Swim

**Specialty Class w/extra cost