






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

VALDESE FITNESS SCHEDULE

January 2022

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 Rec CLOSED</p> 
	<p>3 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim</p>	<p>4 8:30am Aquacise **9am Masters Swim 9am SS Yoga **Pilates 10:15-11am **6:30pm Flow Yoga</p>	<p>5 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p> 	<p>6 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9am SS Yoga **10:15am Pilates 5:30pm Power Hour **7pm Masters Swim</p>	<p>7 8:30am Aquacise 9am SS Circuit 10am Line Dancing</p> 	<p>8 **8:30am Masters Swim</p>
<p>9</p>	<p>10 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim</p>	<p>11 8:30am Aquacise **9am Masters Swim 9am SS Yoga **Pilates 10:15-11am **6:30pm Flow Yoga</p>	<p>12 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>13 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9am SS Yoga **10:15am Pilates 5:30pm Power Hour **7pm Masters Swim</p>	<p>14 8:30am Aquacise 9am SS Circuit 10am Line Dancing</p> 	<p>15 **8:30am Masters Swim</p> 
<p>16 Fitness Rm hrs: Mon-Fri 5:30am -8:30pm Sat 7am-6pm</p>	<p>17 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim</p>	<p>18 8:30am Aquacise **9am Masters Swim 9am SS Yoga **Pilates 10:15-11am **6:30pm Flow Yoga</p>	<p>19 **7:45am TRX 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>20 **7:45am TRX 8:30am Aquacise 9am SS Yoga **10:15am Pilates 5:30pm Power Hour **7pm Masters Swim</p>	<p>21 8:30am Aquacise 9am SS Circuit 10am Line Dancing</p>	<p>22 **8:30am Masters Swim</p>
<p>23</p>	<p>24 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim</p>	<p>25 8:30am Aquacise **9am Masters Swim 9am SS Yoga **Pilates 10:15-11am **6:30pm Flow Yoga</p>	<p>26 **7:45am TRX 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>27 **7:45am TRX 8:30am Aquacise 9am SS Yoga **Pilates 10:15-11am 5:30pm Power Hour **7pm Masters Swim</p>	<p>28 8:30am Aquacise 9am SS Circuit 10am Line Dancing</p>	<p>29 **8:30am Masters Swim</p>
<p>30</p>	<p>31 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim</p>	