


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

VALDESE FITNESS SCHEDULE

July 2019

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim</p>	<p>2</p> <p>8:30am Aquacise Linda 9am Mat Yoga Dianne **10am SS Yoga 5:45pm Pilates Nancy *7pm Yoga Flow Autumn</p>	<p>3</p> <p>*6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX</p>	<p>4</p> <p>*7:45am TRX 8:30am Aquacise Linda 9am Mat Yoga Dianne **10amSS Yoga <u>REC CLOSSES @ 5PM</u> <u>Have a SAFE Happy 4th of July</u></p>	<p>5</p> <p>6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit</p>	<p>6</p> <p>*8:30am Masters Swim *8:30am TRX</p>
7	<p>8</p> <p>6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim</p>	<p>9</p> <p>8:30am Aquacise Linda 9am Mat Yoga Dianne **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn</p>	<p>10</p> <p>*6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX</p>	<p>11</p> <p>*7:45am TRX 8:30am Aquacise Linda 9am Mat Yoga Dianne **10amSS Yoga 5:30pm Interval Melissa *7pm ZUMBA®</p>	<p>12</p> <p>6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit</p>	<p>13</p> <p>*8:30am Masters Swim *8:30am TRX</p> 
14	<p>15</p> <p>6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim</p>	<p>16</p> <p>8:30am Aquacise Linda 9am Mat Yoga Dianne **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn</p>	<p>17</p> <p>*6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX</p>	<p>18</p> <p>*7:45am TRX 8:30am Aquacise Linda 9am Mat Yoga Dianne **10am SS Yoga 5:30pm Interval Melissa *7pm ZUMBA®</p>	<p>19</p> <p>6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit</p>	<p>20</p> <p>*8:30am Masters Swim *8:30am TRX</p>
21	<p>22</p> <p>6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim</p>	<p>23</p> <p>8:30am Aquacise Linda 9am Mat Yoga Dianne **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn</p>	<p>24</p> <p>*6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX</p>	<p>25</p> <p>*7:45am TRX 8:30am Aquacise Linda 9am Mat Yoga Dianne **10am SS Yoga 5:30pm Interval Melissa *7pm ZUMBA®</p>	<p>26</p> <p>6am Aquacise Linda 8:30am Aquacise Linda **9am SS Circuit</p>	<p>27</p> <p>*8:30am Masters Swim *8:30am TRX</p>
28	<p>29</p> <p>6am Aquacise Linda *7:45am TRX 8:30am Aquacise Linda **9am SS Circuit 5:30pm 20/20/20 Melissa *7pm Masters Swim</p>	<p>30</p> <p>8:30am Aquacise Linda 9am Mat Yoga Dianne **10am SS Yoga <u>5:45pm</u> Pilates Nancy *7pm Yoga Flow Autumn</p>	<p>31</p> <p>*6am Masters Swim 6am Aquacise Linda 7am Adult Swim Linda **9am SS Circuit **10am SS Classic *5:15pm TRX</p>	