








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

# VALDESE FITNESS SCHEDULE

**JULY 2021**

## Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Wts/Abs</b>  <b>**7pm Masters Swim</b></p>	<p>2</p> <p><b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>**ZUMBA® 6:30pm</b></p> 	<p>3</p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>
<p>4</p> <p><b>Pool hrs:</b>  <b><u>Please check</u></b>  <b><u>SeasonalCalendar</u></b>  <b><u>for more details</u></b></p>	<p>5</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>Rec closes @ 5pm</b></p>	<p>6</p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b></p> 	<p>7</p> <p><b>9am SS Classic</b>  <b>**5:15pm TRX</b>  <b>**6:30pm Flow Yoga</b></p> 	<p>8</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Wts/Abs</b>  <b>**7pm Masters Swim</b></p>	<p>9</p> <p><b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>**ZUMBA® 6:30pm</b></p> 	<p>10</p> <p><b>**8:15am TRX</b>  <b>**7am Masters Swim</b>  <b>Pool Closed till 1pm for Swim Meet</b></p>
<p>11</p>	<p>12</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>5:30pm 20/20/20</b>  <b>**7pm Masters Swim</b></p>	<p>13</p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b>  <b>**ZUMBA® 6:30pm</b>  <b>##SEE Fitness Desk for details</b></p>	<p>14</p> <p><b>9am SS Classic</b>  <b>**5:15pm TRX</b>  <b>**6:30pm Flow Yoga</b></p>	<p>15</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Wts/Abs</b>  <b>##NO Masters Swim</b></p>	<p>16</p> <p><b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>**ZUMBA® 6:30pm</b></p> 	<p>17</p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>
<p>18</p> <p><b>Fitness Rm hrs:</b>  <b>Mon-Fri</b>  <b>5:30am -8:30pm</b>  <b>Sat 7am-6pm</b></p>	<p>19</p> <p><b>**7:45am TRX</b>  <b>8:30Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>5:30pm 202/20/20</b>  <b>**7pm Masters Swim</b></p>	<p>20</p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b>  <b>**ZUMBA® 6:30pm</b></p>	<p>21</p> <p><b>9am SS Classic</b>  <b>**5:15pm TRX</b>  <b>**6:30pm Flow Yoga</b></p>	<p>22</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Rec Fit</b>  <b>##NO Masters Swim</b></p>	<p>23</p> <p><b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>**ZUMBA® 6:30pm</b></p> 	<p>24</p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>
<p>25</p> 	<p>26</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>5:30pm 20/20/20</b>  <b>**7pm Masters Swim</b></p>	<p>27</p> <p><b>8:30am Aquacise</b>  <b>9am SS Yoga</b>  <b>**ZUMBA® 6:30pm</b></p> 	<p>28</p> <p><b>9am SS Classic</b>  <b>**5:15pm TRX</b>  <b>**6:30pm Flow Yoga</b></p>	<p>29</p> <p><b>**7:45am TRX</b>  <b>8:30am Aquacise</b>  <b>**9am Masters Swim</b>  <b>9amSS Yoga</b>  <b>5:30pm Rec Fit</b>  <b>**7pm Masters Swim</b></p>	<p>30</p> <p><b>8:30am Aquacise</b>  <b>9am SS Circuit</b>  <b>10am Line Dancing</b>  <b>**ZUMBA® 6:30pm</b></p> 	<p>31</p> <p><b>**8:15am TRX</b>  <b>**8:30am Masters Swim</b></p>

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