



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

VALDESE FITNESS SCHEDULE

June 2019

Class descriptions on back

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