

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

VALDESE FITNESS SCHEDULE

March 2020

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 6am Aquacise *7:45am TRX 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit <u>10am Line Dancing</u> 5:30pm REC Fit *6pm Masters Swim	3 8:30am Aquacise **9:30am SS Yoga *11am PT w/Pilates 5:45pm Pilates *6pm Yoga Flow (Room over the gym)	4 6am Aquacise *7am Masters Swim 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	5 *7:45am TRX 8:30am Aquacise **9:30amSS Yoga *11am PT w/Pilates 5:30pm Interval *6:45pm ZUMBA®	6 6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 10am Line Dancing 	7 *8:15am TRX *8:30am Masters Swim
8	9 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit <u>10am Line Dancing</u> 5:30pm REC Fit *6pm Masters Swim	10 8:30am Aquacise **9:30am SS Yoga *11am PT w/Pilates 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>	11 6am Aquacise *7am Masters Swim 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	12 *7:45am TRX 8:30am Aquacise **9:30amSS Yoga *11am PT w/Pilates 5:30pm Interval *6:45pm ZUMBA®	13 6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit <u>10am Line Dancing</u> <u>CANCELLED</u>	14 *8:15am TRX *8:30am Masters Swim
15 	16 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit <u>10am Line Dancing</u> 5:30pm REC Fit *6pm Masters Swim	17 8:30am Aquacise **9:30am SS Yoga *11am PT w/Pilates 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>  	18 6am Aquacise *7am Masters Swim 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	19 *7:45am TRX 8:30am Aquacise **9:30amSS Yoga *11am PT w/Pilates 5:30pm Interval *6:45pm ZUMBA®	20 6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 10am Line Dancing 	21 *8:15am TRX <u>*8:30am Masters Swim</u> <u>(CANCELLED)</u>
22	23 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit <u>10am Line Dancing</u> 5:30pm REC Fit *6pm Masters Swim	24 8:30am Aquacise **9:30am SS Yoga *11am PT w/Pilates 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>	25 6am Aquacise *7am Masters Swim 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	26 *7:45am TRX 8:30am Aquacise **9:30amSS Yoga *11am PT w/Pilates 5:30pm Interval *6:45pm ZUMBA®	27 6am Aquacise 8:30am Aquacise 9am Pickleball (gym) **9am SS Circuit 10am Line Dancing 	28 *8:15am TRX *8:30am Masters Swim
29	30 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit <u>10am Line Dancing</u> 5:30pm REC Fit *6pm Masters Swim	31 8:30am Aquacise **9:30am SS Yoga *11am PT w/Pilates 5:45pm Pilates *6pm Yoga Flow <u>(Room over the gym)</u>				