






**Specialty Class w/extra cost

VALDESE FITNESS SCHEDULE

May 2021

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 **8:15am TRX **8:30am Masters Swim
2 <i>Pool hrs: Mon- Sat 7-11am Mon-Fri 5-9pm Call 874-6737 to reserve a lane</i>	3 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim	4 8:30am Aquacise **9am Masters Swim 9am SS Yoga 	5 9:30am SS Classic **5:15pm TRX **6:30pm Flow Yoga	6 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim	7 8:30am Aquacise 9am SS Circuit 10am Line Dancing 	8 **8:15am TRX **8:30am Masters Swim
9 	10 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim	11 8:30am Aquacise **9am Masters Swim 9am SS Yoga	12 9:30am SS Classic **5:15pm TRX **6:30pm Flow Yoga 	13 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim	14 8:30am Aquacise 9am SS Circuit 10am Line Dancing <u>Pool closes at 11am for Bubble Removal</u>	15 **8:15am TRX POOL CLOSED
16 Fitness Rm hrs: Mon-Fri 5:30am -1pm 4pm-9pm Sat 7am-11am	17 <u>POOL CLOSED</u> **7:45am TRX 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20	18 <u>POOL CLOSED</u> 9am SS Yoga	19 <u>POOL CLOSED</u> 9:30am SS Classic **5:15pm TRX **6:30pm Flow Yoga	20 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Rec Fit **7pm Masters Swim	21 8:30am Aquacise 9am SS Circuit 10am Line Dancing 	22 **8:15am TRX **8:30am Masters Swim
23 	24 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim	25 8:30am Aquacise **9am Masters Swim 9am SS Yoga 	26 9:30am SS Classic **5:15pm TRX **6:30pm Flow Yoga	27 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim	28 8:30am Aquacise 9am SS Circuit 10am Line Dancing 	29 **8:15am TRX **8:30am Masters Swim
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