

CLASS DESCRIPTIONS

Aquacise: 60 minutes Water Aerobics, cool, refreshing, toning way to lose weight, easy on the joints **Free for Members, \$5 for Non-Members**

Beginner Line Dancing: Learn Basics step to Line Dancing, Beginner Class

**** Flow Yoga:** Yoga poses and stretches done on the floor (Upstairs, over gym), **\$2 for SS, \$5 for Members, \$8 for Non-Members**

Line Dancing: Have FUN and learn some simple Line Dances **Free for Members, \$5 for Non-Members**

**** Masters Swim:** *Members of USMS & Aquatics members ask Fitness Desk for more information*

SS Circuit: (SilverSneakers®) Designed for the senior that needs more cardio with strength training

SS Classic: (SilverSneakers®) Designed specifically to address the needs of older adults to improve agility, balance, coordination and strength.

Can be done standing or seated.

SS Yoga: (SilverSneakers®) Older Adult group exercise class that specifically targets flexibility, range of motion, balance and mind-body integration.

Can be done standing or seated. Warm up to keep from injury.

Power Hour: Warm up to keep from injury, Weights to build & define muscles, Abs to make the CORE strong

**** TRX:** (Total Resistance Exercise) ALL Core is working while you are working other muscle groups

Members: \$5 a class or 8 classes for \$35, Non-Members: \$8 a class or 8 classes for \$56






**** Means extra cost for members and Non-Members, check with Fitness Desk for cost**

****SilverSneakers Silver N' Fit and Medicare persons**

***Specialty Class w/extra cost**

VALDESE FITNESS SCHEDULE

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **7:45am TRX 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim	3 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga	4 **745am TRX 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX	5 **7:45am TRX 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga 5:30pm Power Hour **7pm Masters Swim **7pm ZUMBA	6 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing	7 7:45am Intro to TRX **8:30am Masters Swim 
8 <i>Pool hrs: Please check SeasonalCalendar for more details</i>	9 **7:45am TRX 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim	10 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga	11 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX 	12 **7:45am TRX 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga 5:30pm Power Hour **7pm Masters Swim **7pm ZUMBA	13 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing 	14 **8:30am Masters Swim
15	16 **7:45am TRX 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim	17 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga	18 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX	19 **7:45am TRX cancelled 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga 5:30pm Power Hour **7pm Masters Swim **7pm ZUMBA	20 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing	21 **8:30am Masters Swim
22 Fitness Rm hrs: Mon-Fri 5:30am -8:30pm Sat 7am-6pm	23 **7:45am TRX 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim	24 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga	25 **745am TRX 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX	26 **7:45am TRX 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga 5:30pm Power Hour **7pm Masters Swim **7pm ZUMBA	27 8:30am Senior Exercise 9am SS Circuit Cancelled 10am Line Dancing 	28 **8:30am Masters Swim **8am TRX BOOT CAMP
29 	30 **7:45am TRX 8:30am Senior Exercise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour **7pm Masters Swim	30 8:30am Senior Exercise **9am Masters Swim 9am SS Yoga **6:30pm Flow Yoga			