

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

# VALDESE FITNESS SCHEDULE

November 2019

## Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 6am Aquacise 8:30am Aquacise **9am SS Circuit	2 *8:30am Masters Swim *8:15am TRX
3	4 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm REC FIT *7pm Masters Swim	5 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow	6 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	7 *7:45am TRX 8:30am Aquacise **10am SS Yoga 5:30pm Interval *7pm ZUMBA®	8 6am Aquacise 8:30am Aquacise **9am SS Circuit	9 *8:30am Masters Swim *8:15am TRX 
10	11 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit <u>Rec closes at 5pm</u> <u>Remember the Veterans</u>	12 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow	13 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	14 *7:45am TRX 8:30am Aquacise **10am SS Yoga 5:30pm Interval *7pm ZUMBA®	15 6am Aquacise 8:30am Aquacise **9am SS Circuit	16 *8:30am Masters Swim *8:15am TRX
17	18 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm REC FIT *7pm Masters Swim	19 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow	20 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX	21 *7:45am TRX 8:30am Aquacise **10am SS Yoga 5:30pm Interval *7pm ZUMBA®	22 6am Aquacise 8:30am Aquacise **9am SS Circuit	23 *8:30am Masters Swim *8:15am TRX
24	25 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm REC FIT *7pm Masters Swim	26 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow	27 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic Rec closes @ 5pm	28 CLOSED  Happy Thanksgiving	29 6am Aquacise 8:30am Aquacise <u>**9am SS Circuit cancelled</u>	30 *8:30am Masters Swim *8:15am TRX