









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

VALDESE FITNESS SCHEDULE

November 2021

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Pool hrs: Please check SeasonalCalendar for more details NEW Pool schedule starts 11/1</i></p>	<p>1 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing <u>5:30pm Power Hour</u> **7pm Masters Swim</p>	<p>2 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga ** 7pm Get Fit, Get Wet</p>	<p>3 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>4 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga <u>5:30pm Power Hour</u> **7pm Masters Swim</p>	<p>5 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p>	<p>6 **8:30am Masters Swim</p>
<p>7 <i>Flow Yoga will be in the room upstairs over the Gym Call 874-6737 for more info & price</i></p>	<p>8 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing <u>5:30pm Power Hour</u> **7pm Masters Swim</p>	<p>9 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga</p>	<p>10 <u>**7:45am TRX</u> 9am SS Classic 10:15am Beginner Line Dance <u>**5:15pm TRX Canceled</u></p> 	<p>11 <u>**7:45am TRX Canceled</u> 8:30am Aquacise **9am Masters Swim 9amSS Yoga Center CLOSSES @ 5pm</p> 	<p>12 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>13 **8:30am Masters Swim</p> 
<p>14</p>	<p>15 <u>**7:45am TRX Canceled</u> 8:30am Aquacise 9am SS Circuit 10am Line Dancing <u>5:30pm Power Hour</u> **7pm Masters Swim</p>	<p>16 <u>**7:45am TRX</u> 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga</p>	<p>17 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>18 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga <u>5:30pm Power Hour</u> **7pm Masters Swim</p>	<p>19 8:60am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>20 **8:30am Masters Swim</p> 
<p>21 Fitness Rm hrs: Mon-Fri 5:30am -8:30pm Sat 7am-6pm</p>	<p>22 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing <u>5:30pm Power Hour</u> **7pm Masters Swim</p>	<p>23 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga</p>	<p>24 <u>**745am TRX</u> 9am SS Classic 10:15am Beginner Line Dance Center CLOSSES @ 5pm</p>	<p>25 Center CLOSED</p> 	<p>26 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>27 **8:30am Masters Swim</p>
<p>28</p>	<p>29 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing <u>5:30pm Power Hour</u> **7pm Masters Swim</p>	<p>30 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga</p>	