

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

VALDESE FITNESS SCHEDULE

October 2019

Class descriptions on back

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|---|---|---|--|
| |  | 1 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow | 2 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX | 3 *7:45am TRX 8:30am Aquacise **10amSS Yoga 5:30pm Interval *7pm ZUMBA® | 4 6am Aquacise 8:30am Aquacise **9am SS Circuit 10am Adams family practice | 5 *8:30am Masters Swim *7:45am TRX |
| 6 | 7 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm 20/20/20 *7pm Masters Swim | 8 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow | 9 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX | 10 *7:45am TRX 8:30am Aquacise **10amSS Yoga 5:30pm Interval *7pm ZUMBA® | 11 6am Aquacise 8:30am Aquacise **9am SS Circuit 10am Adams family practice | 12 *8:30am Masters Swim *7:45am TRX  |
| 13 | 14 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm 20/20/20 *7pm Masters Swim | 15 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow | 16 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX | 17 *7:45am TRX 8:30am Aquacise **10am SS Yoga 5:30pm Interval *7pm ZUMBA® | 18 6am Aquacise 8:30am Aquacise **9am SS Circuit 10am Adams family practice | 19 *8:30am Masters Swim *7:45am TRX *9:45am Aqua Yoga |
| 20 | 21 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm 20/20/20 *7pm Masters Swim | 22 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow | 23 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX | 24 *7:45am TRX 8:30am Aquacise **10am SS Yoga 5:30pm Interval *7pm ZUMBA® | 25 6am Aquacise 8:30am Aquacise **9am SS Circuit 10am Adams family practice | 26 *8:30am Masters Swim *7:45am TRX |
| 27 | 28 6am Aquacise *7:45am TRX 8:30am Aquacise **9am SS Circuit 5:30pm 20/20/20 *7pm Masters Swim | 29 8:30am Aquacise **10am SS Yoga <u>5:45pm</u> Pilates *7pm Yoga Flow | 30 *6am Masters Swim 6am Aquacise 7am Adult Swim **9am SS Circuit **10am SS Classic *5:15pm TRX | 31 *7:45am TRX 8:30am Aquacise **10am SS Yoga 5:30pm Class Cancelled *7pm ZUMBA® |  | |