









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

VALDESE FITNESS SCHEDULE

October 2020

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Please call on Thursdays to sign up for classes for the next week 874-6767</u></p>	<p><u>Pool hrs:</u> Tues/Thurs/Sat 7-11am Mon & Fri 4-8pm Call 874-6737 to reserve a lane</p> <p><u>Fitness Rm hrs:</u> Mon-Fri 5:30am -10 Sat 7am-11</p>			<p>1</p> <p>*7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga 5:30pm Rec Fit *7pm Masters Swim</p>	<p>2</p> <p>**9am SS Circuit 10am Line Dancing</p> 	<p>3</p> <p>*8:15am TRX <i>Senior Olympics Time Trials</i></p>
4	<p>5</p> <p>*7:45am TRX **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim</p>	<p>6</p> <p>8:30am Aquacise *9am Masters Swim **9am SS Yoga</p>	<p>7</p> <p>**9:30am SS Classic *5:15pm TRX</p>	<p>8</p> <p>*7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga 5:30pm Rec Fit *7pm Masters Swim</p>	<p>9</p> <p>**9am SS Circuit 10am Line Dancing</p> 	<p>10</p> <p>*8:15am TRX *8:30am Masters Swim</p>
	<p>12</p> <p>*7:45am TRX **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim</p>	<p>13</p> <p>8:30am Aquacise **9am SS Yoga</p> 	<p>14</p> <p>**9:30am SS Classic *5:15pm TRX</p>	<p>15</p> <p>*7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga 5:30pm Rec Fit *7pm Masters Swim</p>	<p>16</p> <p>**9am SS Circuit 10am Line Dancing</p> 	<p>17</p> <p>*8:15am TRX *8:30am Masters Swim</p>
18	<p>19</p> <p>*7:45am TRX **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim</p>	<p>20</p> <p>8:30am Aquacise **9am SS Yoga *10:30am PT Pilates</p>	<p>21</p> <p>**9:30am SS Classic *5:15pm TRX</p>	<p>22</p> <p>*7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga *10:30am PT Pilates 5:30pm Rec Fit *7pm Masters Swim</p>	<p>23</p> <p>**9am SS Circuit 10am Line Dancing</p> 	<p>24</p> <p>*8:15am TRX *8:30am Masters Swim</p>
25	<p>26</p> <p>*7:45am TRX 8:30am Aquacise **9am SS Circuit 10am Line Dancing 5:30pm REC Fit *7pm Masters Swim</p>	<p>27</p> <p>8:30am Aquacise **9am SS Yoga *10:30am PT Pilates</p>	<p>28</p> <p>**9:30am SS Classic *5:15pm TRX</p>	<p>29</p> <p>*7:45am TRX 8:30am Aquacise *9am Masters Swim **9amSS Yoga *10:30am PT Pilates 5:30pm Rec Fit *7pm Masters Swim</p>	<p>30</p> <p>**9am SS Circuit 10am Line Dancing <u>Rec CLOSES @ 11am for Treats in the Streets</u></p> 	<p>31</p> <p>*8:15am TRX *8:30am Masters Swim</p> 