










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

VALDESE FITNESS SCHEDULE

October 2021

Class descriptions on back

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Pool hrs: Please check SeasonalCalendar for more details</i></p> 					<p>1 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p>	<p>2 **8:30am Masters Swim</p>
<p><u>Flow Yoga will be in the room upstairs over the Gym Call 874-6737 for more info & price</u></p>	<p>4 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim</p>	<p>5 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga ** 7pm Get Fit, Get Wet</p>	<p>6 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p> 	<p>7 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim ** 7pm Get Fit, Get Wet</p>	<p>8 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>9 **8:30am Masters Swim</p>
<p>10</p> 	<p>11 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim</p>	<p>12 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga ** 7pm Get Fit, Get Wet</p>	<p>13 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>14 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim ** 7pm Get Fit, Get Wet</p>	<p>15 8:60am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>16 **8:30am Masters Swim</p> 
<p>17 Fitness Rm hrs: Mon-Fri 5:30am -8:30pm Sat 7am-6pm</p>	<p>18 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim</p>	<p>19 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga ** 7pm Get Fit, Get Wet</p>	<p>20 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>21 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Rec Fit **7pm Masters Swim ** 7pm Get Fit, Get Wet</p>	<p>22 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>23 **8:30am Masters Swim</p>
<p>24 31</p> 	<p>25 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim</p>	<p>26 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm **6:30pm Flow Yoga ** 7pm Get Fit, Get Wet</p>	<p>27 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX</p>	<p>28 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim ** 7pm Get Fit, Get Wet</p>	<p>29 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm <u>Treats in the Street</u> <u>4-6pm</u></p>	<p>30 **8:30am Masters Swim</p>