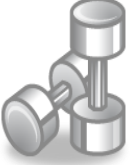


\*\*SilverSneakers Silver N' Fit and Medicare persons  
 \*Specialty Class w/extra cost

# VALDESE FITNESS SCHEDULE

September 2019

## Class descriptions on back

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY                                       | SATURDAY                               |
|---|---|---|--|---|--|--|
| 1<br><i>Pool Closed</i><br> | 2<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**9am SS Circuit<br><b>REC CLOSES @ 5pm</b><br><b>Have a SAFE Labor Day</b> | 3<br><u>POOL CLOSED</u><br>**10am SS Yoga<br>*5:45pm Pilates<br>*7pm Yoga Flow  | 4<br><u>POOL CLOSED</u><br>**9am SS Circuit<br>**10am SS Classic<br>*5:15pm TRX  | 5<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**10am SS Yoga<br>5:30pm Interval<br>*7pm ZUMBA®  | 6<br><u>POOL CLOSED</u><br>**9am SS Circuit  | 7<br><u>POOL CLOSED</u><br>7:45am TRX  |
| 8<br><u>POOL CLOSED</u>   | 9<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**9am SS Circuit<br>5:30pm 20/20/20   | 10<br><u>POOL CLOSED</u><br>**10am SS Yoga<br>*5:45pm Pilates<br>*7pm Yoga Flow | 11<br><u>POOL CLOSED</u><br>**9am SS Circuit<br>**10am SS Classic<br>*5:15pm TRX | 12<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**10am SS Yoga<br>5:30pm Interval<br>*7pm ZUMBA® | 13<br><u>POOL CLOSED</u><br>**9am SS Circuit | 14<br><u>POOL CLOSED</u>               |
| 15<br><u>POOL CLOSED</u>  | 16<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**9am SS Circuit<br>5:30pm 20/20/20  | 17<br><u>POOL CLOSED</u><br>**10am SS Yoga<br>5:45pm Pilates<br>*7pm Yoga Flow  | 18<br><u>POOL CLOSED</u><br>**9am SS Circuit<br>**10am SS Classic<br>*5:15pm TRX | 19<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**10am SS Yoga<br>5:30pm Interval<br>*7pm ZUMBA® | 20<br><u>POOL CLOSED</u><br>**9am SS Circuit | 21<br><u>POOL CLOSED</u><br>7:45am TRX |
| 22<br><u>POOL CLOSED</u>  | 23<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**9am SS Circuit<br>5:30pm 20/20/20  | 24<br><u>POOL CLOSED</u><br>**10am SS Yoga<br>5:45pm Pilates<br>*7pm Yoga Flow  | 25<br><u>POOL CLOSED</u><br>**9am SS Circuit<br>**10am SS Classic<br>*5:15pm TRX | 26<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**10am SS Yoga<br>5:30pm Interval<br>*7pm ZUMBA® | 27<br><u>POOL CLOSED</u><br>**9am SS Circuit | 28<br><u>POOL CLOSED</u>               |
| 29<br><u>POOL CLOSED</u>  | 30<br><u>POOL CLOSED</u><br>*7:45am TRX<br>**9am SS Circuit<br>5:30pm 20/20/20  |   |  |   |  |  |