









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

VALDESE FITNESS SCHEDULE

SEPTEMBER 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><u>POOL will be CLOSED 9/7 and will REOPEN 9/20 to attach Bubble</u></p>		<p>1 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX **6:30pm Flow Yoga</p>	<p>2 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim</p>	<p>3 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>4 **8:00am TRX **8:30am Masters Swim</p> 
<p>5</p>	<p>6 8:30am Aquacise REC closes at 5pm Happy Labor Day To ALL Of You</p> 	<p>7 POOL CLOSED **7:45am TRX 9am SS Yoga **ZUMBA® 6:30pm</p>	<p>8 POOL CLOSED 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX **6:30pm Flow Yoga</p>	<p>9 POOL CLOSED **7:45am TRX 9amSS Yoga 5:30pm Wts/Abs</p>	<p>10 POOL CLOSED 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>11 **8:00am TRX POOL CLOSED</p>
	<p>13 POOL CLOSED **7:45am TRX 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20</p>	<p>14 POOL CLOSED 9am SS Yoga **ZUMBA® 6:30pm</p>	<p>15 POOL CLOSED 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX **6:30pm Flow Yoga</p>	<p>16 POOL CLOSED **7:45am TRX 9amSS Yoga 5:30pm Wts/Abs</p>	<p>17 POOL CLOSED 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>18 **8:00am TRX POOL CLOSED</p>
<p>19 Fitness Rm hrs: Mon-Fri 5:30am -8:30pm Sat 7am-6pm</p>	<p>20 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim</p>	<p>21 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm</p>	<p>22 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX **6:30pm Flow Yoga</p>	<p>23 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Rec Fit **7pm Masters Swim</p>	<p>24 8:30am Aquacise 9am SS Circuit 10am Line Dancing **ZUMBA® 6:30pm</p> 	<p>25 **8:00am TRX **8:30am Masters Swim</p> 
	<p>27 **7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm 20/20/20 **7pm Masters Swim</p>	<p>28 8:30am Aquacise **9am Masters Swim 9am SS Yoga **ZUMBA® 6:30pm</p> 	<p>29 9am SS Classic 10:15am Beginner Line Dance **5:15pm TRX **6:30pm Flow Yoga</p>	<p>30 **7:45am TRX 8:30am Aquacise **9am Masters Swim 9amSS Yoga 5:30pm Wts/Abs **7pm Masters Swim</p>		