VALDESE PARKS & RECREATION

*Class with additional cost

February 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**3** 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	**4** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**5** *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**6** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**7**
8 **Fitness Room Hours:** Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	**9** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**10** 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	**11** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**12** *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**13** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**14** Happy Valentine's Day
15	**16** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**17** 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	**18** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance ***12:30 Digital Literacy*** *5:15pm TRX	**19** *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**20** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**21**
22 Happy RECREATIONAL THERAPY Month	**23** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**24** 7:45am Beginners Pilates 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi	**25** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**26** *7:45am TRX 8:30am Intro to exercise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:00pm ASL Class at Library* 5:30pm Power Hour 6:45pm Trim & Tone*	**27** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**28**