*Specialty class with extra cost   **Valdese Fitness Schedule**   **December 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 *7:45am TRX 8:30am Aquacise 9am SS Circuit	**2** *Christmas Parade* *Rec* *closed until 2 pm*
3 *Pool hrs:* *Please check* *SeasonalCalendar* *for more details*	**4** * 7:45am TRX 8:30am Aquacise *9am SS Circuit CANCELLED* 10am Line Dancing 5:30pm Power Hour *6:45pm TRX *7pm Masters Swim	**5** 8:30am Aquacise *9am Masters Swim *9am SS Yoga CANCELLED* *6:45pm 20/20/20	**6** *7:45am TRX 9am SS Classic *10am Senior Bowlng 10:00am Beginner Line Dance *5:15pm TRX	**7** 8:30am Aquacise *9am Masters Swim *9am SS Yoga CANCELLED* 5:30pm Power Hour *6:45pm 20/20/20 *7pm Masters Swim	**8** *7:45am TRX 8:30am Aquacise 9am SS Circuit	**9** *8:30am Masters Swim*
10 **Pool CLOSED on Sundays**	**11** *7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour *6:45pm TRX *7pm Masters Swim	**12** 8:30am Aquacise *9am Masters Swim 9am SS Yoga *6:45pm 20/20/20 Hit the Pool!	**13** *7:45am TRX 9am SS Classic *10am Senior Bowling 10:00am Beginner Line Dance *5:15pm TRX	**14** 8:30am Aquacise *9am Masters Swim 9am SS Yoga 5:30pm Power Hour *6:45pm 20/20/20 *7pm Masters Swim	**15** *7:45am TRX 8:30am Aquacise 9am SS Circuit 10:30am *SilverSneakers Christmas Brunch*	**16** *8:30am Masters Swim*
17 Fitness Rm hrs: 5:30am -8:30pm Sat 7am-6pm Sun-CLOSED	**18** *7:45am TRX 8:30am Aquacise 9am SS Circuit 10am Line Dancing 5:30pm Power Hour *6:45pm TRX *7pm Masters Swim	**19** 8:30am Aquacise *9am Masters Swim 9am SS Yoga *6:45pm 20/20/20	**20** *7:45am TRX 9am SS Classic *10am Senior Bowling 10:00am Beginner Line Dance *5:15pm TRX	**21** 8:30am Aquacise *9am Masters Swim 9am SS Yoga 5:30pm Power Hour *6:45pm 20/20/20 *7pm Masters Swim	**22** *7:45am TRX 8:30am Aquacise 9am SS Circuit	**23** *8:30am Masters Swim*
24	**25** **CLOSED**	**26** 8:30am Aquacise *9am Masters Swim 9am SS Yoga *6:45pm 20/20/20	**27** *7:45am TRX 9am SS Classic *10am Senior Bowling 10:00am Beginner Line Dance *5:15pm TRX	**28** 8:30am Aquacise *9am Masters Swim 9am SS Yoga 5:30pm Power Hour *6:45pm 20/20/20 *7pm Masters Swim	**29** *7:45am TRX 8:30am Aquacise 9am SS Circuit	**30**