January 2026

VALDESE PARKS & RECREATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 HAPPY NEW YEAR! FACILITY CLOSED	**2** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**3**
4	**5** *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*	**6** 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	**7** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**8** *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*	**9** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**10**
11 **Fitness Room Hours:** Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	**12** *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*	**13** 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	**14** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**15** *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*	**16** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**17**
18	**19** *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* MARTIN LUTHER KING JR. DAY	**20** 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	**21** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance **12:30pm Computer Literacy** *5:15pm TRX	**22** *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*	**23** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**24**
25 ****8:30am Intro to exercise class offered in place of Aquacise classes, currently. When the pool reopens the intro to exercise will switch back over to Aquacise.****	**26** *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*	**27** 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	**28** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**29** *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*	**30** *7:45am TRX 8:30am Intro to exercise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball* 5:30pm Tai Chi	**31**