VALDESE
PARKS & RECREATION

*Class with additional cost

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Advanced SS	**3** 7:45am Pilates in upstairs of Recreation center (Old Library) **No Classes in Splash Pad Building due to Elections**	**4** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling *5:15pm TRX	**5** *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:30 Splash Class	**6** 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**7**
8	**9** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Advanced SS 5:30pm Power Hour	**10** 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Splash Class	**11** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling *5:15pm TRX	**12** *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:30 Splash Class	**13** 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**14**
15 **Fitness Room Hours:** Mon.-Fri. 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. Closed	**16** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Advanced SS 5:30pm Power Hour	**17** 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Tai Chi *6:30 Splash Class	**18** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling *5:15pm TRX	**19** *7:45am TRX 8:30am Aquacise 9:00am SS Yoga 10:00am Science of Stretching 11:15am Beginner Science of Stretching 5:30pm Power Hour *6:30 Splash Class	**20** 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**21**
22	**23** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Advanced SS 5:30pm Power Hour	**24** 7:45am Pilates 8:30am Aquacise 9:00am SS Yoga 5:30pm Tai Chi *6:30 Splash Class	**25** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling **Facility Closes at 5:00pm**	**26**  **Facility Closed**	**27** 7:45am TRX 8:30am Aquacise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**28**
29	**30** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Advanced SS 5:30pm Power Hour					