VALDESE PARKS & RECREATION

SEPTEMBER 2024

*Class with additional cost

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CLOSED	**2** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance *6:45pm TRX	**3** 8:30am Aquacise 9:00am SS Yoga *6:30pm Splash Class	**4** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**5** 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *6:30pm Splash Class	**6** *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**7**
8 CLOSED	**9** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour *6:45pm TRX	**10** 8:30am Aquacise 9:00am SS Yoga *6:30pm Splash Class	**11** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**12** 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *6:30pm Splash Class	**13** *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm *Pickleball*	**14**
15 CLOSED	**16** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour *6:45pm TRX	**17** 8:30am Aquacise 9:00am SS Yoga *6:30pm Splash Class	**18** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**19** 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *6:30pm Splash Class	**20** *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**21**
22 CLOSED	**23** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour *6:45pm TRX	**24** 8:30am Aquacise 9:00am SS Yoga **6:30pm Splash Class	**25** *7:45am TRX 9:00am SS Classic 9am-12pm *Pickleball* *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	**26** 8:30 SS Aquacise 9:00am SS Yoga 5:30pm Power Hour *6:30pm Splash Class	**27** *7:45am TRX 8:30 Aquacise 9:00am SS Circuit 9am-12pm *Pickleball* 5pm-8pm *Pickleball*	**28**
29 CLOSED	**30** *7:45am TRX 8:30am Aquacise 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour *6:45pm TRX	**Fitness Room Hours:** M-F 5:30am-8:30pm Sat. 7:00am-8:00pm Sun. CLOSED				