



# Valley Fitness of Harrisonburg Group Exercise Schedule

GX	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00am	BodyPUMP Express™*	Pilates*	BodyFLOW™	BodyCOMBAT™	BodyPUMP Express™*	8:05am	Athletic BodySTEP™*	
9:00am	Athletic BodySTEP™*	BodyPUMP™	Zumba™	MUSCLE MAX	PiYO*	9:05am	BodyPUMP™		
10:15am	Yoga FLEX	Silver Sneakers*	Yoga FLEX	Silver Sneakers*	Zumba™	10:05am	BodyCOMBAT™		
10:30am						11:05am	BodyFLOW™		
12:15pm	SHRED 45*		SHRED 45*		SHRED 45*	2:30pm		Zumba™	
4:30pm	BodyFLOW™	BodyPUMP™	PiYO*			3:30pm		AthleticBodySTEP™*	
5:35pm	BodyPUMP™	BodyCOMBAT™	BodyPUMP™ BELLS & BUNS	BodyCOMBAT™		4:30pm		Yoga	
6:15pm	Kettlebell SURGE*					~~All classes are 55-60 minutes in duration unless marked: * 45 min ~Inclement Weather Policy for GGX: In the event of SEVERE weather, management MAY decide to cancel GGX classes. Our Facebook page & phone message will be updated with ANY changes.			
6:45pm	Zumba™	YOGA	Zumba™	BodyFLOW™					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
6:00am	RISE & RIDE*				RISE & RIDE*	9:15am	PEDAL & BURN		
9:00am			RISE & RIDE*			**SIGN UP FOR CYCLE CLASSES IS REQUIRED**			
10:30am		SpINSANITY							
12:15pm				REV IT UP*					
6:00pm		PEDAL & BURN		PEDAL & BURN					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday	
6:00am			TRX FUSION*			9:05 AM	TOTAL TRX*		
9:00am	TOTAL TRX*					**SIGN UP FOR TRX CLASSES IS REQUIRED**			
10:15am	TOTAL TRX*		TOTAL TRX*						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	WATER WORX time slots are taught by Valley Fitness Instructors: CLASSES ARE 55 mins. -MEMBER AQUA time slots are member groups working out together. NOT Valley Fitness instructed Class			
10:15am		WATER WORX		WATER WORX	WATER WORX				
4:15pm	MEMBER AQUA		MEMBER AQUA		MEMBER AQUA				
6:15-7:45pm		POOL CLOSED		POOL CLOSED	POOL CLOSED				

UPDATED 03/01/2019