



# Valley Fitness of Harrisonburg Group Exercise Schedule

GX

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	BodyPUMP™	PILATES*	BodyFLOW™	BodyCOMBAT™	BodyPUMP™	8:05am	Athletic BodySTEP™*	
						9:05am	BodyPUMP™	
9:00am	BARRE*	BodyPUMP™	Zumba™	MUSCLE MAX	PiYO*	10:05am	BodyFLOW™	
10:15am	Yoga FLEX	Silver Sneakers*	Yoga FLEX	Silver Sneakers*	Zumba™	11:05am		
10:30am						2:30pm		Zumba™
						3:30pm		AthleticBodySTEP™*
12:15pm	SHRED 45*		SHRED 45*		SHRED 45*	4:30pm		Yoga
4:30pm	BodyFLOW™	BodyPUMP™				<b>Classes are 55 min or * 45 min</b> ~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. WHEN IN DOUBT: PLEASE CALL US BEFORE heading out in treacherous weather !!!!!		
5:35pm	BodyPUMP™	BodyCOMBAT™	BodyPUMP™	BodyCOMBAT™				
6:15pm	Kettlebell SURGE*							
6:45pm	Zumba™	YOGA	Zumba™	BodyFLOW™				

Aqua TRX Cycle

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						
6:00pm		PEDAL & BURN		PEDAL & BURN		**SIGN UP FOR TRX CLASSES IS REQUIRED**		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am			TRX FUSION*			9:05am	TOTAL TRX*	
10:15am	TOTAL TRX*		TOTAL TRX*			WATER WORX time slots are taught by Valley Fitness Instructors: . -MEMBER AQUA time slots are member groups working out together. NOT		
Time	Monday	Tuesday	Wednesday	Thursday	Friday			
10:15am		WATER WORX		WATER WORX	WATER WORX			
4:15pm	MEMBER AQUA		MEMBER AQUA		MEMBER AQUA			

UPDTAED 11/22/19