

Valley Fitness of Harrisonburg Group Exercise Schedule

GX	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00am	BodyPUMP™	PILATES*	BodyFLOW™	BodyPUMP™	BARRE*	8:00am	BodySTEP™	
							9:15am	BodyPUMP™	
	9:00am	BodyPUMP™	YOGA FLEX	Zumba™	BAMM	SHRED 45*			
	10:15am		Silver Sneakers*			Zumba™	11:00am	BodyFLOW™	
							2:00pm		Zumba™
	12:15pm	SHRED 45*		SHRED 45*			3:30pm		YOGA
							<p style="text-align: center;">SIGN UP REQUIRED FOR ALL CLASSES</p>		
	4:30pm	BARRE*	BodyPUMP™	Zumba™					
	6:00PM	Zumba™	SHRED 45*	BodyPUMP™	BodyFLOW™				
Cycle	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00am	RISE & RIDE*				RISE & RIDE*	9:15am	PEDAL & BURN	
	9:00am			RIDE & RIDE*			Classes marked with * are 45 minutes all others are 55 minutes.		

UPDATED 9/03/20