



Valley Fitness of Harrisonburg Group Exercise Schedule

GGX

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	BodyPUMP™	PILATES*	BodyFLOW™	BodyPUMP™	BARRE*	8:00am	Athletic BodySTEP™*	
						9:15am	BodyPUMP™	
9:00am	BodyPUMP™	YOGA FLEX	Zumba™	B.A.M.M.	SHRED 45*	11:00am	BodyFLOW™	
10:15am		Silver Sneakers*			Zumba™			
						2:00pm		Zumba™
						3:30pm		Yoga
12:15pm			SHRED 45*					
						<p>Classes are 55 min or * 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. WHEN IN DOUBT: PLEASE CALL US BEFORE heading out in treacherous weather !!!!!</p>		
4:30pm	BARRE*	BodyPUMP™	Zumba™					
6:00pm	Zumba™	SHRED 45*	BodyPUMP™	BodyFLOW™				

Aqua Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	RISE & RIDE*				RISE & RIDE*	9:15am	PEDAL & BURN	
9:00am			RISE & RIDE*					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	<p>SIGN UP REQUIRED FOR ALL CLASSES</p>		
10:15am		WATER WORX		WATER WORX				
	POOL IS	CLOSED	10am-11:30am	DURING	WaterWorx			

UPDATED 10/23/20