



# 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	Athletic BodySTEP™*	
9:00am	BodyPUMP™	YOGA FLEX	Zumba™	B.A.M.M.	SHRED 45*	9:15am	BodyPUMP™		
10:15am		Silver Sneakers*				11:00am	BodyFLOW™		
12:15pm				SHRED 45*		2:00pm		Zumba™	
4:30pm		BodyPUMP™				3:30pm		Yoga	
6:00pm	Zumba™	SHRED 45*	BodyPUMP™	BodyFLOW™		<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 &amp; phone message will be updated with ANY changes.            WHEN IN DOUBT: PLEASE CALL US BEFORE heading out in</p>			
Aqua Cycl	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	RISE & RIDE*					RISE & RIDE*	9:15am	PEDAL & BURN	
9:00am				RISE & RIDE*					
10:15am		WATER WORX			WATER WORX				
	POOL IS	CLOSED	10am-11:30am	DURING AQUA	CLASSES				

**SIGN UP REQUIRED  
FOR ALL CLASSES**

UPDATED 11/23/20