



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™*	
							9:15am	BodyPUMP™	
	9:00am	BodyPUMP™	YOGA FLEX	Zumba™	B.A.M.M.	SHRED 45*	11:00am	BodyFLOW™	
	10:15am		Silver Sneakers Cardio*		Silver Sneakers Classic*	YOGA FLEX			
							2:00pm		Zumba™
							3:30pm		Yoga
	12:15pm			SHRED 45*					
							Classes marked with * are 45 minutes, all others are 55 min. SIGN UP REQUIRED FOR ALL CLASSES		
	4:30pm	BodyFLOW™	BodyPUMP™						
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			RISE & RIDE*					

Aqua	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	10:15am		WATER WORX Pool closed		WATER WORX Pool closed				
			Pool Closed 6:30- 8:15pm	Pool Closed 7:30- 9:15pm	Pool Closed 6:30- 8:15pm				

UPDATED 4/30/20

GYM HOURS
 Mon-Thur 5am- 11:30pm
 Friday 5am- 9:30pm

KIDZONE HOURS
 Mon- Fri 8:45am-11am
 Mon- Thur 4:30-7pm

Friday 9am - 5:30pm

Sat/Sun 7am- 7pm
