



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™*			
						9:05am	BodyPUMP™			
9:00am	BodyPUMP™	YOGA FLEX	Zumba™	B.A.M.M.	SHRED 45*	10:30am	BodyFLOW™			
10:15am	Total TRX*	Silver Sneakers Cardio*	Gentle YOGA	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 Cycle and TRX classes				
4:30pm	BodyFLOW™	BodyPUMP™								
6:00pm	Zumba™	SHRED 45*	BodyPUMP™	BodyFLOW™						
6:00pm	Kettle Bell Surge*									

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	RISE & RIDE*				RISE & RIDE*	9:15am	PEDAL & BURN	
9:00am			RISE & RIDE*					
6:00pm				PEDAL & BURN*				

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
10:15am		WATER WORX 10:15- 11:10		WATER WORX 10:15- 11:10				

UPDATED 6/30/21

GYM HOURS
 Mon-Thur 5am- 11:30pm
 Friday 5am- 9:30pm
 Sat/Sun 7am- 7pm

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

Valley Fitness Group Exercise Class Description

B.A.M.M.- Balance-Abs-Mobility-Meditation: a variety of movement to improve balance, core strength, joint range of motion and relaxation.

BARRE- a muscular endurance format, using movements inspired by traditional ballet, Pilates & Yoga.

BodySTEP Athletic™-A 45min.,energizing step workout that uses an adjustable step and simple movements on, over and around the step in addition to an interval circuit of high intensity exercises, to uplifting music.

BodyPUMP™-Hot sounds and compelling choreography keep you going through this revolutionary barbell workout that strengthens your whole body! This workout challenges all of your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls.

BodyFLOW™-A Yoga, Tai Chi, and Pilates workout that builds flexibility, strength, and balance through a carefully structured series of stretches and poses in combination with controlled breathing to music which will leave you feeling centered and calm. .

KB Surge-A traditional Russian Kettlebell is a cast iron weight that looks like a cannonball with a handle. Kettlebells have an off-center-of-balance which increases the demand on your abs, legs, agility and space perception. This class is an efficient method to simultaneously increase functional strength and cardiovascular fitness to work muscles you never knew you had!

Pilates-Strengthen, lengthen, and tone with this non-impact class. Improve your flexibility, posture, and body alignment via a series of mat exercises.

RISE & RIDE and PEDAL & BURN-An interval type class done on stationary bikes. Workouts will consist of hills, sprints, lifts and climbs through tension adjustments, which means YOU determine how hard you work. Please sign up at the front desk to reserve a spot.

Silver Sneakers™- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **CARDIO:** focus on movements to increase cardiovascular endurance **CLASSIC:** focus on movements to increase balance and joint mobility/range of motion

Shred 45-Circuit training at its best! Different forms of cardio will be interspersed with resistance training.

YOGA & Gentle YOGA- Yoga postures to enhance health, performance, and mental acuity through rounds of Sun Salutations and strong standing postures that target and sculpt all major muscle groups.

YOGAFlex-Yoga postures to strengthen the Yin tissues of the body, to increase flexibility and mobility.

TOTAL TRX-Suspension training that will build functional strength, improve flexibility, balance & core stability all at once, with each & every exercise. Please sign up at the front desk to reserve a spot.

Water Worx-This water-based class is a non-impact series of resistance training and aerobics exercise using equipment such as hand buoys & foam noodles

Zumba™-Zumba is an International Dance inspired easy-to-follow fitness dance class that combines high energy and motivating music with unique dance styles that include the salsa, meringue, samba, and more.

Club Hours

Mon-Thurs	5am-11:30pm
Friday	5am-9:30pm
Saturday	7am-7pm
Sunday	7am-7pm

Childcare Hours

Mon-Thurs	8:45am-11am/4:30pm-7:00pm
Friday	8:45am-11am