



# Valley Fitness of Harrisonburg Group Exercise Schedule

GGX

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	PUMP™/CX WORX	PiYO*	BodyFLOW™	BodyCOMBAT™	BodyPUMP™	8:00am	BodySTEP™	
						9:05am	BodyPUMP™	
9:00am	BodySTEP™	PUMP™/CX WORX	Zumba™	BodyPUMP™	PiYO*	10:05am	BodyCOMBAT™	
10:15am	Yoga FLEX	Silver Sneakers*	Yoga FLEX	Silver Sneakers*	Zumba™	11:05am	BodyFLOW™	
						2:30pm		Zumba™
						3:30pm		BodySTEP™
12:15pm	Interval Fitness*		Interval Fitness*	Kettlebells*	Interval Fitness*	4:30pm		Yoga
4:30pm	BodyFLOW™	BodyPUMP™	Pilates	STEP FUSION		~~All classes are 55-60 minutes in duration unless marked: * 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.		
5:35pm	BodyPUMP™	BodyCOMBAT™	BodyPUMP™ <small>Kettlebells: SIGN UP REQUIRED</small>	BodyCOMBAT™				
6:15pm	Kettlebells* <small>SIGN UP REQUIRED</small>							
6:45pm	Zumba™	PowerYOGA	Zumba™	BodyFLOW™				

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	Cycle*				Cycle*	9:15am	Cycle	
9:00am			Cycle*			**SIGN UP FOR CYCLE CLASSES IS REQUIRED**		
6:00pm		Cycle		Cycle				

TRX

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am			INTERVAL TRX*			3:30pm		TRX*
10:15am			TRX*			**SIGN UP FOR TRX CLASSES IS REQUIRED**		
5:35pm				INTERVAL TRX*				

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:15am		~AQUA~		~AQUA~	
4:15pm	MEMBER AQUA		MEMBER AQUA		MEMBER AQUA
5:30pm	~AQUA~				
6-7:30pm					

~AQUA ~ time slots are taught by Valley Fitness Instructors: CLASSES ARE 55 mins.

-MEMBER AQUA time slots are member groups working out together. NOT Valley Fitness instructed Class