



Valley Fitness of Harrisonburg Group Exercise Schedule

GX

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	BodyPUMP™	B.A.M.M.*	BodyFLOW™	BodyPUMP™	Athletic BodySTEP™*	8:00am	Athletic BodySTEP™*	
						9:05am	BodyPUMP™	
9:00am	BodyPUMP™	YOGA FLEX		B.A.M.M.	SHRED 45*	9:15am	KB SURGE*	
10:15am	TOTAL TRX*	Silver Sneakers*CARDIO	GENTLE YOGA	SilverSneakers*CLASSIC	YOGA FLEX	10:30am	BodyFLOW™	
						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 TRX & CYCLE CLASSES		
4:30pm	BodyFLOW™	BodyPUMP™						
6:00pm	KB SURGE*							
6:00pm	Zumba™	SHRED 45*	BodyPUMP™	YOGA				

Cycle

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

Aqua

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
10:15am		WATER WORX		WATER WORX				
4:15pm	MEMEBR AQUA		MEMBER AQUA		MEMBER AQUA	updated 10/27/21		
6:30-8:15		CLOSED	CLOSED	CLOSED				

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

