



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.		9:15am	KB SURGE*			
10:15am	Total TRX*	Silver Sneakers Cardio*	Gentle YOGA	Silver Sneakers 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 Cycle and TRX classes				
4:30pm	BodyFLOW™	BodyPUMP™								
6:00pm	Kettle Bell 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	Member Aqua		Member Aqua		Member Aqua			
						UPDATED 11/25/21		

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