Valley Fitness of Harrisonburg Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	BodyPUMP ™	B.A.M.M.*	BodyBALANCE™	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		Silver Sneakers Cardio*	Gentle YOGA	Silver Sneakers Classic*	YOGA FLEX	10:30am	BodyBALANCE™	
10:15am	Total TRX*		Total TRX*			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		
4:45pm	BodyBALANCE™	BodyPUMP™						
6:00pm	Kettle Bell Surge*							
6:00pm	Zumba™	SHRED 45*	BodyPUMP™					

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 06/01/22		

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

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