



Valley Fitness of Harrisonburg Group Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
GX	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.		10:30am	Vinyasa Yoga	
	10:15am		Silver Sneakers Cardio*	Gentle YOGA	Silver Sneakers Classic*	YOGA FLEX			
	10:15am	Total TRX*		Total TRX*			2:00pm		Zumba™
							3:30pm		Yoga
	12:15pm						Classes marked with * are 45 minutes, all others are 55 min.		
	4:45pm	BodyBALANCE™	BodyPUMP™				Please check Facebook or WHSV.com during inclement weather.		
	6:00pm	Zumba™	SHRED 45*	BodyPUMP™					
	Cycle	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6:00am		RISE & RIDE*				RISE & RIDE*	Sign up required for Cycle and TRX classes. Sign up at front dress or by phone.		
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 12/31/22									
GYM HOURS Mon-Thur 5am- 11:30pm Friday 5am- 9:30pm Sat/Sun 7am- 7pm (540) 433-3434					KIDZONE HOURS Mon- Fri 8:45am-11:30am Mon- Thur 4:30-7pm				