



# Valley Fitness of Harrisonburg Group Exercise Schedule

GX1

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	BodyPUMP™	BodySTEP™*	BodyBALANCE™	BodyPUMP™	B.A.M.M.	8:00am	BodySTEP™*	
						9:05am	BodyPUMP™	
9:00am	B.A.M.M.	BodyPUMP™		Yoga	MAT Variety	10:15am	BodyBALANCE™	
10:15am	Silver Sneakers Classic*	Silver Sneakers Cardio*	Yoga	Silver Sneakers Classic*	Silver Sneakers Cardio*			
4:45pm	BodyBALANCE™					3:30pm		Yoga
5:30pm		BodyPUMP™		BodyPUMP™		Classes marked with an * are 45 minutes all others 55 minutes.		
6:00pm	Zumba™		Zumba™					
6:35pm		BodyBALANCE™						

GX2

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	Cycle*		HIIT & Fit*		Cycle*	8:00am	TRX*	
9:00am			Cycle*			Sign up required for Cycle and TRX classes. Sign up at front desk or by phone (540) 433-3434		
10:15am	TRX*		TRX*					
12:15PM				HIIT & Fit*				
5:30pm	HIIT & Fit*		HIIT & Fit*					
6:00pm				Cycle*				

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
10:15-11:15am		Aqua Fit Pool Closed		Aqua Fit Pool Closed	Aqua Fit Pool Closed			
11:15am-12:15pm		Aqua Fit Pool Closed						
3:45pm	Member Aqua		Member Aqua		Member Aqua			
6:30- 8:15pm		Pool Closed	Pool Closed	Pool Closed				

**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

[www.valleyfitnessharrisonburg.com](http://www.valleyfitnessharrisonburg.com)  
**(540) 433-3434**