



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* | |
| 8:00am | TRX* | | | | | Sign up required for Cycle and TRX classes. Sign up at front desk or by phone (540) 433-3434 | | |
| 9:00am | | | Cycle* | | | | | |
| 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 | | | |
| 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
(540 433-3434)