



Valley Fitness of Harrisonburg Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
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™
10:30am	Silver Sneakers Classic*	Silver Sneakers Cardio*	Yoga	Silver Sneakers Classic*	Silver Sneakers Cardio*		
4:45pm	BodyBALANCE™					3:30pm	
5:30pm		BodyPUMP™		BodyPUMP™			
6:00pm	Zumba™		Zumba™			Classes marked with an * are 45 minutes all others 55 minutes.	
6:40pm		BodyBALANCE™					

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
6:00am	Cycle*		HIIT & Fit*		Cycle*	8:00am	TRX*
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*			

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
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

KIDZONE HOURS

Mon- Fri 8:45am-11:30am

www.valleyfitnessharrisonburg.com

(540) 433-3434

	Friday 5am- 9:30pm Sat/Sun 7am- 7pm			Mon- Thur 4:30-7pm		(540 433-3434		

Sunday				
Yoga				

Sunday				
Sunday				
