



Valley Fitness of Harrisonburg Group Exercise Schedule

GX1

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

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									
5:30pm	HIIT & Fit*		HIIT & Fit*						
6:00pm		Cycle*							

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:00-10:00am	Lane 1 closed	Lane 1 closed	Lane 1 closed	Lane 1 closed	Lane 1 closed			
10:15-11:15am		Aqua Fit Pool Closed		Aqua Fit Pool Closed	Aqua Fit 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