Valley Fitness of Harrisonburg Group Exercise Schedule

Group Fitness Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00am	BodyPUMP ™	Cycle*	BodySTEP™*	BodyPUMP ™	Cycle*	8:00am	BodySTEP™*	
8:00am	Silver Sneakers Cardio*	Silver Sneakers Classic*		Silver Sneakers Cardio*	Silver Sneakers Classic*	9:05am	BodyPUMP™	
9:00am	B.A.M.M.	BodyPUMP ™	Cycle*	Yoga	MAT Variety	10:15am	BodyBALANCE™	
10:30am	Silver Sneakers Classic*	Silver Sneakers Cardio*	Yoga	Silver Sneakers Classic*	Silver Sneakers Cardio*			
						2:30pm		Zumba
4:45pm		Yoga		MAT Variety		3:30pm		Yoga
5:30pm	BodyPUMP™		BodyPUMP™			Sign up required for Cycle classes. Classes marked with an * are 45 minutes, all other classes are 55 minutes.		
6:00pm				Zumba™				

Track

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am					HIIT & Fit*
5:30pm	HIIT & Fit*	HIIT & Fit*	HIIT & Fit*		

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:15 11:10am		Aqua Fit (Pool Closed)		Aqua Fit (Pool Closed)	Aqua Fit (Pool Closed)
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 8:45- 11:30am
Mon- Thur 4:30- 7pm

www.valleyfitnessharrisonburg.com
(540) 433-3434