



360.352.3400 www.valleyac.com

February Group Fitness Schedule

GYM 2 CLOSED (Body Pump training) - Saturday Feb 11th 8am to 5:30pm
& Sunday Feb 12th 7am to 4:30pm No ZUMBA Saturday FEB 11th

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1							
5:30AM	BODYPUMP-Frances	BODYATTACK-Hollie	BODYPUMP-Lorraine	CXWORX/ATTACK Hybrid-Hollie	BODYPUMP-Maria		
7:35AM						CXWORX - Hollie 7:35 30 min	
8:20AM						BODYSTEP-Tricia	
9:15AM	BODYSTEP-Frances	BODYPUMP-Frances	BODYCOMBAT-Tricia	BODYPUMP-Tricia	BODYATTACK Kristi/Shannon	BODYPUMP 9:30 Lorraine/Frances	BODYCOMBAT-Charlotte/Erin 9:30
10:30AM	CXWORX- Tricia 30 min (10:20am)		CXWORX - Tara 30 min (10:20am)	ZUMBA - Kristi		BODYCOMBAT 10:45- Tara	BODYPUMP-10:45 Kate
12:10PM	BODYPUMP -Tricia	ZUMBA exp - Kristi 40 min.	BODYPUMP -Frances		CXWORX - Kari	CXWORX - 12:00 Katie/Frances 30 min	BODYFLOW Erin/Kate - 12
4:20PM	BODYATTACK-Hollie	BODYPUMP- Maria	BODYSTEP-Nicki	BODYPUMP- Susan	BODYCOMBAT-Erin		
5:30PM	BODYPUMP-Susan	ZUMBA - Rhoa	BODYPUMP-Nicki	BODYSTEP-Lorraine	BODYPUMP- TEAM		
6:45PM	BODYCOMBAT-Nicki	BODYPUMP-Kate	ZUMBA - Rebecca	BODYPUMP-Nicki			
Gym 2							
9:30AM						ZUMBA - Rebecca/Kristi	
5:30PM	ZUMBA - Rebecca	BODYCOMBAT-Nicki	BODYCOMBAT-Kate	BODYCOMBAT-Tara	ZUMBA - Rhoa Feb 3rd 10th & 24th		
6:45PM		CXWORX - Maria 30 min					
STUDIO 2							
5:30AM			Yoga Basics Kari		BODYFLOW Kari		
8:15AM						Yin Yoga -Ommy/Katie	
9:15AM	Pilates Mat Karen	Gentle Yoga Ommy	Pilates Mat Val			Yoga 4 All Katie/Kari (9:30)	Gentle Yoga Katie (9:30)
10:30AM	Yoga 4 All Karen	BODYFLOW Katie	Fit W/Yoga Kari	Gentle Yoga Ommy	Pilates Mat Val		Fit W/Yoga Karen 10:45
4:15PM	Pilates Mat Val						
5:30PM	BODYFLOW Tara	Vinyasa Yoga Karen 75 min	Gentle Yoga Ommy	Vinyasa Yoga Karen 75 min	ZUMBA - Rhoa Feb 17th		
6:45PM	Gentle Yoga -Ommy		Yoga 4 All -Ommy				

Partner Yoga Workshop w/Kari and Ommy - Feb 12th 1:00-2:30 Bring your Sweetheart!



START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 3							
5:30AM	INDOOR CYCLING Maria	INDOOR CYCLING Kris	INDOOR CYCLING Maria	INDOOR CYCLING Kris			
8:15AM						INDOOR CYCLING Kari/Aldo	INDOOR CYCLING Sean
9:15AM	INDOOR CYCLING- Lorraine				INDOOR CYCLING- Lorraine		
12:15PM		CYCLING EXPRESS 45 min - Anne		CYCLING EXPRESS 45 min - Anne			
4:15PM	CYCLING EXPRESS 45 min - Karli		CYCLING EXPRESS 45 min - Karli				
5:30PM	INDOOR CYCLING Anne	INDOOR CYCLING Scott	INDOOR CYCLING Anne	INDOOR CYCLING Scott			

FREE for all members- Cycling clinic for STP- coming in March- Team

Indoor Pool

7:00AM	BOOT CAMP -Ana		BOOT CAMP -Ana		BOOT CAMP -Ana		
8:00AM	DEEP WATER CARDIO -Ana	AQUA POWER- Sherry	DEEP WATER CARDIO Sherry	AQUA POWER- Sherry	DEEP WATER CARDIO- Ana	DEEP WATER CARDIO Laurie	
9:30AM					SHALLOW CARDIO - Ana/Patricia		
10:00am	CARDIO SPLASH - Patricia		CARDIO SPLASH - Sherry		GENTLE AQUA Ana/Patricia 10:30am		
12:10PM	DEEP WATER CARDIO - Sandy		DEEP WATER CARDIO - Sherry		DEEP WATER CARDIO - Sandy		
5:30PM		AQUA POWER- Patricia		BOOT CAMP -Laurie			

Classes with shaded background are free to Silver & Gold members and \$3/class for Bronze members

ALL LGF CLASSES ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED

Class descriptions are available at the concierge or on our website www.valleyac.com

Members must call to cancel a silver reservation 2 hours before class time to avoid a late cancellation fee of \$3.00. Members are limited to two(2) reservations at a time. Bronze members will be charged \$3.00 Seasonal classes may be removed mid-month. Classes averaging below minimum will come off seasonally with two weeks notice.

