



January Group Fitness Schedule - closed New Years Day -

SUPER SATURDAY JANUARY 28TH - CXWORXS 7:30am, STEP 8:10am , PUMP 9:20am, ATTACK 10:30am, BREAK 11:30 , FLOW noon, COMBAT 1pm ALL CLASSES FREE to ALL MEMBERS, FREE upgrade month- move from Bronze to Silver or add family members

360.352.3400 www.valleyac.com

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 Jan. 13th and 27th		
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	Gentle Yoga Ommy	Vinyasa Yoga Karen	ZUMBA - Rhoa Jan. 20th		
6:45PM	Gentle Yoga -Ommy		Yoga 4 All -Ommy				
Pilates for Athletes Clinic w/Val - Jan 14th 1:00-2:30, Relaxation Workshop w/Ommy - Jan 15th 1:00-2:30							



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			

Jan 2nd club has shortened hours- 7:00AM-6:00PM (no 7:00 AM or 5:30PM) classes

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/Shawna		
10:00am	CARDIO SPLASH - Cherie/Sherry		CARDIO SPLASH - Sherry		GENTLE AQUA Ana/Shawna 10:30am		
12:10PM	DEEP WATER CARDIO - Sandy		DEEP WATER CARDIO - Sherry		DEEP WATER CARDIO - Sandy		
5:30PM	AQUA POWER- Shawna		BOOT CAMP -Ana				

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.

