



March Group Fitness Schedule FREE Group Fitness

Orientation March 6th @6:50 PM and March 10th @ 10:45 Studio 2

360.352.3400 www.valleyac.com

Please sign-up at the Concierge today!

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/Kate	BODYPUMP-10:45 Kate
12:10PM	BODYPUMP -Tricia	ZUMBA exp - Kristi 40 min.	BODYPUMP -Frances		CXWORX - Kari		BODYFLOW Erin/Kate - 12
4:20PM	BODYATTACK-Hollie /Shannon	BODYPUMP- Maria	BODYSTEP-Nicki	BODYPUMP- Rebecca	BODYCOMBAT-Erin		
5:30PM	BODYPUMP-Lorraine	ZUMBA - Rhoa	BODYPUMP-Nicki	BODYSTEP-Lorraine/Nicki	BODYPUMP- Erin		
6:45PM	BODYCOMBAT-Nicki/Charlotte	BODYPUMP-Kate	ZUMBA - Rebecca	BODYPUMP-Nicki			
Gym 2							
9:30AM						ZUMBA - TEAM	
						CXWORX - 10:40 Katie/Frances 30 min	
5:30PM	ZUMBA - Rebecca	BODYCOMBAT-Nicki		BODYCOMBAT-Tara	ZUMBA - Rhoa Mar 2, 9, 23 & 30		
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	Yoga 4 All Kari	Gentle Yoga Ommy	Pilates Mat Val		Fit W/Yoga Karen 10:45 90 min
4:15PM	Pilates Mat Val						
5:30PM	BODYFLOW Tara	Vinyasa Yoga Karen 75 min	Gentle Yoga Ommy	Vinyasa Yoga Karen 75 min	ZUMBA - Rhoa Blacklight 16th		
6:45PM	Gentle Yoga -Ommy		Yoga 4 All -Ommy				

Breath and Meditaion Workshop w/Karen Mar 18th 12:15-1:45 *Cycling Clinic FREE! March 24th @9:30-11:00 AM



START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 3							
5:30AM	INDOOR CYCLING María	INDOOR CYCLING Kris	INDOOR CYCLING María	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 March 24th @9:30-11:00 AM Conference room							
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.

