

# OCTOBER GROUP FITNESS

Shaded classes free to Silver/Gold members; \$3/class for bronze

Oct. 6: Yoga Nidra w/ Sacha - Studio 2 - 2-4pm  
 Oct. 13 Les Mills Launch - Free to all members  
 Oct. 14: Candelight Meditation w/ Liz - Studio 2 - 6-8pm  
 Oct. 21: Baptiste Power Yoga w/ Liz - Studio 2 - 1-3pm  
 Oct. 27: Buti Yoga w/ Kari - Studio 2 - 2-4pm

Studio 2 Workshops: \$31 (\$36 for same-day registration)

## STUDIO 1

	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
5:30AM	BODYPUMP <i>Frances</i>	CXWORX 30/ <i>Diane</i> BODYSTEP 30	BODYPUMP <i>Erin</i>	CXWORX 30/ <i>Tiffany</i> BODYSTEP ATH. 30	BODYPUMP <i>Maria / Anieska</i>		
7:40AM						CXWORX 30 <i>Tiffany</i>	
8:20AM	BODYPUMP <i>Rachel</i>		BODYPUMP <i>Rachel</i>		CXWORX 30 @ 8:55 <i>Erin</i>	BODYSTEP <i>Diane/Tiffany</i>	BODYSTEP 30/ CXWORX 30 <i>Joanna / Anieska</i>
9:30AM	BODYSTEP <i>Frances / Anieska</i>	BODYPUMP <i>Frances</i>	BODYCOMBAT <i>Tricia</i>	BODYPUMP <i>Tricia</i>	BODYCOMBAT <i>Erin</i>	BODYPUMP <i>Diane/Lorraine</i>	BODYPUMP <i>Jen</i>
10:45AM	CXWORX 30 @ 10:35 <i>Frances / Anieska</i>		CXWORX 30 @ 10:35 <i>Erin</i>			BODYCOMBAT <i>Charlotte</i>	
12:10PM	BODYPUMP <i>Tricia</i>		BODYPUMP <i>Rachel/Tiffany</i>		BODYPUMP <i>Diane</i>		
4:20PM	BODYSTEP ATH. 30/ CXWORX 30 <i>Tiffany</i>	BODYPUMP <i>Maria</i>	BODYSTEP 30/ CXWORX 30 <i>Diane/ Frances</i>	BODYPUMP <i>Rachel</i>			
5:30PM	BODYPUMP <i>Lorraine</i>	BODYCOMBAT <i>Nicki</i>	BODYPUMP <i>Maria/Frances</i>	BODYCOMBAT <i>Charlotte</i>	BODYPUMP <i>Lorraine</i>		
6:45PM	BODYCOMBAT <i>Amy</i>	BODYPUMP <i>Jen</i>	BODYCOMBAT <i>Nicki</i>	BODYPUMP <i>Nicki</i>			

## STUDIO 2

5:30AM			HEATED YOGA 1 <i>Kari</i>		YOGA 2 <i>Kari</i>		
8:30AM					THERAPEUTIC PILATES @ 8:20 <i>Holly</i>	POWER PILATES 45 min. <i>Kari</i>	GENTLE YOGA @ 8:15 <i>Katie</i>
9:30AM	PILATES MAT <i>Sacha</i>	YOGA 1 @ 9:15 (75 min.) <i>Jane</i>	PILATES MAT <i>Holly</i>	YOGA 1 @ 9:15 (75 min.) <i>Katie</i>	PILATES MAT <i>Mike</i>	YOGA 1 <i>Kari</i>	GENTLE YOGA <i>Katie</i>
10:45AM	YOGA 1 (75 min.) <i>Jane</i>	GENTLE YOGA <i>Jane</i>	GENTLE YOGA (75 min.) <i>Yomalix</i>	GENTLE YOGA <i>Sacha</i>	YOGA 1 <i>Joanna</i>	HEATED VINYASA 75 Min. <i>Katie</i>	HEATED YOGA 2 75 Min. <i>Jane</i>
12:15PM		YOGA 1 (45 min.) <i>Joanna</i>					
4:20PM	YOGA 1 <i>Yomalix</i>				HEATED YOGA 2 75 Min. <i>Jane</i>		
5:30PM	YOGA 2 <i>Liz</i>	HEATED VINYASA <i>Liz</i>	YOGA 1 <i>Jane</i>	HEATED VINYASA <i>Katie</i>	GENTLE YOGA @ 5:45 <i>Sacha</i>		
6:45PM	GENTLE YOGA <i>Liz</i>						

## STUDIO 3

	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
5:30AM	CYCLING <i>Maria</i>	CYCLING <i>Karli</i>	SPRINT30 <i>Maria</i>	RPM <i>Jim</i>	SPRINT30 <i>Amy</i>		
8:20AM						RPM <i>Jen</i>	CYCLING <i>Karli/Lou</i>
8:50AM		SPRINT30 <i>Tricia</i>		SPRINT30 <i>Lorraine</i>			
9:30AM	RPM <i>Lorraine</i>		SPRINT30 <i>Joanna</i>		CYCLING <i>Lorraine</i>	SPRINT30 <i>Amy</i>	
12:15PM	SPRINT30 <i>Rachel</i>	CYCLING/45 <i>Anne</i>	SPRINT30 <i>Tricia</i>	CYCLING/45 <i>Anne</i>	SPRINT30 <i>Joanna</i>		
4:20PM	SPRINT30 <i>Maria</i>		SPRINT30 <i>Karli</i>				
5:30PM	SPRINT30 <i>Diane</i>	RPM45 <i>Jen</i>		SPRINT30 <i>Lou</i>			
6:45PM			SPRINT30 <i>Rachel</i>				

## INDOOR POOL

5:30AM							
7:00AM	BOOT CAMP DEEP <i>Ana</i>		AQUA TABATA DEEP <i>Ana</i>		BOOT CAMP DEEP <i>Ana</i>		
8:00AM	DEEP WATER X-FIT <i>Ana</i>	DEEP WATER CARDIO <i>Sherry</i>	DEEP WATER CARDIO <i>Sherry</i>	DEEP WATER CARDIO <i>Sherry</i>	DEEP WATER X-FIT <i>Ana</i>	DEEP WATER CARDIO <i>Laurie</i>	
9:30AM	CARDIO SPLASH SHALLOW <i>Holly</i>		CARDIO SPLASH SHALLOW <i>Sherry</i>		CARDIO SPLASH SHALLOW <i>Kendra</i>		
12:10PM	DEEP WATER CARDIO <i>Holly</i>		DEEP WATER CARDIO <i>Sherry</i>		DEEP WATER CARDIO <i>Kendra</i>		
5:30PM		DEEP WATER CARDIO <i>Laurie</i>		DEEP H2O 45 Min. @ 5:45 <i>Laurie</i>			

All classes are 1 hour unless otherwise noted.

Please talk with the class instructor about your child participating in class 10 min. before class begins. Ages 14+ are permitted if participating and non-disruptive. Below 14 requires instructor approval. For safety, there is no exception to the 14+ rule for BodyPump, indoor cycling, and water fitness classes. Infants and toddlers are welcome in self-contained seats or strollers, as long as they are not disruptive or crying. No infants or toddlers allowed in Mind Body or water fitness classes. Children who are walking may stay in the Children's Activity Center - see Valley youth programs for pricing and days/times. Children 5+ can participate in the After School Program during the school year and children 8+ can use the Youth Activity Center with parent on site.

Online schedule available: [valleyac.com/group-fitness-schedule](http://valleyac.com/group-fitness-schedule)

