



# MAY GROUP FITNESS

May 28: Memorial Day - No classes - Club open 5am-3pm

STUDIO 1							
	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
5:30AM	BODYPUMP Frances	CXWORX 30/Diane BODYSTEP 30	BODYPUMP Erin	CXWORX 30/Tiffany BODYSTEP ATH. 30	BODYPUMP Maria		
7:40AM						CXWORX 30 Tiffany	
8:20AM	BODYPUMP Rachel		BODYPUMP Rachel		CXWORX 30 @ 8:55 Erin	BODYSTEP Diane/Tiffany	BODYSTEP Joanna/Amber
9:30AM	BODYSTEP Frances	BODYPUMP Frances	BODYCOMBAT Tricia	BODYPUMP Tricia	BODYCOMBAT Erin	BODYPUMP Diane/Lorraine	BODYPUMP Jen
10:45AM	CXWORX 30 @ 10:35 Joanna/Frances		CXWORX 30 @ 10:35 Erin			BODYCOMBAT Charlotte	
12:10PM	BODYPUMP Tricia		BODYPUMP Rachel		BODYPUMP Diane	CXWORX 30 @ 11:50 Joanna/Maria	
4:20PM	BODYSTEP ATH. 30/ CXWORX 30 Tiffany	BODYPUMP Maria	BODYSTEP 30/ CXWORX 30 Diane/Frances	BODYPUMP Rachel			
5:30PM	BODYPUMP Lorraine	BODYCOMBAT Charlotte/Nicki	BODYPUMP Maria/Frances	BODYCOMBAT Kate G.	BODYPUMP Lorraine/Amber		
6:45PM	BODYCOMBAT Amy/Charlotte	BODYPUMP Jen	BODYCOMBAT Nicki	BODYPUMP/ CXWORX 30 Amber			
STUDIO 2							
5:30AM			HEATED YOGA 1 Kari		YOGA 2 Kari		
8:30AM					THERAPEUTIC PILATES @ 8:20 Holly	POWER PILATES 45 min. Kari	GENTLE YOGA @ 8:15 Katie
9:30AM	PILATES MAT Sacha	YOGA 1 @ 9:15 (75 min.) Jane	PILATES MAT Holly	YOGA 1 @ 9:15 (75 min.) Katie	PILATES MAT Mike	YOGA 1 Kari	GENTLE YOGA Katie
10:45AM	YOGA 1 (75 min.) Jane	GENTLE YOGA Jane	GENTLE YOGA (75 min.) Yomalix	GENTLE YOGA Sacha	YOGA 1 Joanna/Sacha	HEATED VINYASA 75 Min. Katie	HEATED YOGA 2 75 Min. Jane
4:20PM	YOGA 1 Yomalix				HEATED YOGA 2 75 Min. Jane		
5:30PM	YOGA 2 Vinny	HEATED VINYASA Vinny	YOGA 1 Jane	HEATED VINYASA Katie	GENTLE YOGA @ 5:45 Sacha		
6:45PM	GENTLE YOGA Vinny						

# 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/Lorraine</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/Tricia/Rachel</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 in length unless otherwise noted.

• Please talk with the instructor before class about your child participating in class 10 min. before class begins.

Ages 14 and above are permitted if participating and non-disruptive. Younger than 14 requires instructor approval. For the child's safety, there is no exception to the 14 or older rule for BodyPump. Infants and toddlers are welcome in self-contained seat or stroller, as long as they are not disruptive or crying. No infants or toddlers are allowed in Mind Body classes or WGF classes. Children who are walking may stay in the Children's Activity Center – see Valley youth programs for pricing and days/times (available at the Concierge Desk or CAC). Children ages 5 and older can participate in the After School Program and children 8 and older can use the Youth Activity Center with parent on site at VAC.

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

