

# NOVEMBER GROUP FITNESS

Thanksgiving - Thurs. Nov 23 - Club closed  
 Fri. Nov 24 - Classes from 5:00am-3:00pm

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</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 ATH. <i>Joanna/Diane</i>
9:30AM	BODYSTEP <i>Frances</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>Joanna/Frances</i>		CXWORX 30 @ 10:35 <i>Erin</i>			BODYCOMBAT <i>Charlotte</i>	REMIX <i>Rebecca/Rhachel</i>
12:10PM	BODYPUMP <i>Tricia</i>		BODYPUMP <i>Rachel</i>		BODYPUMP <i>Diane</i>	CXWORX 30 @ 11:50 <i>Joanna/Maria</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>	REMIX <i>Rebecca</i>		
5:30PM	BODYPUMP <i>Lorraine</i>	BODYCOMBAT <i>Charlotte/Nicki</i>	BODYPUMP <i>Maria/Frances</i>	BODYCOMBAT <i>Kate G.</i>	BODYPUMP <i>Lorraine</i>		
6:45PM	BODYCOMBAT <i>Amy</i>	BODYPUMP <i>Jen</i>	ZUMBA <i>Jade</i>	BODYPUMP/ CXWORX 30 <i>Maria</i>			
STUDIO 2							
5:30AM			HEATED YOGA 1 <i>Angela</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 <i>Yomalix</i>	GENTLE YOGA <i>Sacha</i>	YOGA 1 <i>Joanna/Katie</i>	HEATED VINYASA 75 Min. <i>Katie</i>	HEATED YOGA 2 75 Min. <i>Jane</i>
4:20PM	POWER PILATES @ 4:20 <i>Angela</i>				HEATED YOGA 2 75 Min. <i>Jane</i>		
5:30PM	YOGA 2 <i>Vinny</i>	HEATED VINYASA <i>Vinny</i>	YOGA 1 <i>Jane</i>	HEATED VINYASA <i>Katie</i>	GENTLE YOGA @ 5:45 <i>Sacha</i>		
6:45PM	GENTLE YOGA <i>Sacha/Vinny</i>		POWER PILATES 45 min. <i>Mike/Sacha</i>				
GYM 2							
9:30AM						ZUMBA <i>Jade</i>	
6:45PM	REMIX <i>Rebecca</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/Jen</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</i>		
4:20PM	SPRINT30 <i>Maria</i>		SPRINT30 <i>Karli</i>				
5:30PM		RPM <i>Lou</i>		SPRINT30 <i>Lou</i>			
6:45PM	SPRINT30 <i>Diane</i>		SPRINT30 <i>Rachel</i>				

## INDOOR POOL

5:30AM		DEEP WATER CARDIO <i>Patricia</i>					
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>Patricia</i>	DEEP WATER X-FIT <i>Patricia</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.

• 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 for shaded classes. Seasonal classes may be removed mid-month. Classes averaging below minimum will come off seasonally with two weeks notice.

• 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)

