

# JULY GROUP FITNESS

Shaded classes free to Silver and Gold members; \$5 / class for Bronze members. \$5 late cancel / no show fee.

**JULY 4 - INDEPENDENCE DAY - CLUB OPENS 5A - 3P - NO GF CLASSES**

**JULY 21 - STAFF PICNIC - CLUB OPENS 8A - 12P - GF CLASSES DURING OPEN HOURS**

**JULY 25 - PREVIEW TO BARRE - 4:15P - FREE TO ALL MEMBERS**

**JULY 7 - DANCE TRIBUTE FOR CARLEY - 10:45A - 60 MINS - DONATIONS WELCOME**

**JULY 13 - LES MILLS SUPER SATURDAY LAUNCH - FREE TO ALL MEMBERS**

**JULY 13 - JULY 26 - LES MILLS & CYCLING CLASSES FREE TO ALL MEMBERS**

**JULY 20 - INTRO TO PRENATAL YOGA W/ BREANNE - 5P - 90 MINS - \$46 EARLY BIRD, \$51 DAY OF**

**JULY 26 - 80'S NEW WAVE YOGA W/ AMELIA - 7P - 75 MINS - \$15 EARLY BIRD, \$20 DAY OF**

**NEW OR CHANGES IN CLASSES ARE MARKED IN ORANGE**

**No latecomers or walk-ins after class starts**

All classes must be registered via the Member Portal or Valley App

Register up to 7 days in advance

Registration Cancellation: Cancel 2 hours in advance to avoid penalty

## STUDIO 1

	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
5:30 AM	<b>BODYPUMP</b> Maria / Callie		<b>BODYPUMP</b> Diane		<b>BODYPUMP</b> Maria		
6:00 AM		<b>CORE &amp; MORE 30</b> Maria					
8:50 AM						<b>CORE &amp; MORE 30</b> Diane / Lori	
9:30 AM	<b>BODYCOMBAT</b> Morgan / Stacie	<b>BODYPUMP</b> Frances / Morgan	<b>BODYCOMBAT</b> <i>Low Impact</i> Morgan	<b>BODYPUMP</b> Lori / Frances	<b>BODYCOMBAT</b> Jessica	<b>BODYPUMP</b> Lori / Lauren	<b>BODYPUMP</b> Sarah
10:45 AM						<b>BODYCOMBAT</b> Anna / Jessica	<b>DanceFit</b> Sarah
12:15 PM	<b>BODYPUMP</b> Lori / Frances		<b>BODYPUMP</b> Lauren / Amy		<b>BODYPUMP</b> Diane / Frances		
5:30 PM	<b>BODYPUMP</b> Jen / Sarah	<b>BODYCOMBAT</b> Jessica / Anna	<b>BODYPUMP</b> Jen / Anna	<b>BODYCOMBAT</b> Anna / Charlotte	<b>BODYPUMP</b> Jen		
6:40 PM		<b>BODYPUMP</b> Sarah	<b>DanceFit</b> Breanne / Sarah	<b>BODYPUMP</b> Callie			

## STUDIO 2

	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
8:20 AM	<b>GENTLE YOGA w/ MEDITATION</b> Cassady			<b>GENTLE YOGA w/ MEDITATION</b> Cassady		<b>MAT PILATES</b> Susanne	<b>GENTLE YOGA w/ MEDITATION</b> Elizabeth
9:30 AM	<b>MAT PILATES</b> Karlee	<b>GENTLE YOGA</b> Amelia	<b>MAT PILATES</b> Maria	<b>YOGA 1</b> Amelia	<b>GENTLE YOGA</b> Erynn	<b>YOGA 1</b> Natalie	<b>GENTLE YOGA</b> Natalie
10:45 AM	<b>YOGA 1</b> Amelia	<b>MAT PILATES</b> Lori	<b>GENTLE YOGA</b> Elizabeth	<b>MAT PILATES</b> Karlee	<b>YOGA 1</b> Amelia		<b>YOGA-LATES</b> Breanne
4:15 PM				<b>PREVIEW - BARRE</b> <b>JULY 25</b> Erika	<b>MAT PILATES</b> Jane		<b>GENTLE YOGA w/ MEDITATION</b> Maria
5:30 PM	<b>POWER YOGA</b> Natalie	<b>VINYASA</b> Amelia	<b>POWER YOGA</b> Erynn	<b>VINYASA</b> Natalie	<b>YOGA 1</b> Jane		
6:40 PM	<b>DEEP STRETCH</b> Erynn	<b>YOGA 1</b> Jen M	<b>DEEP STRETCH</b> Erynn	<b>RESTORATIVE YOGA</b> Elizabeth			

## STUDIO 3

	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
5:30 AM		<b>SPRINT 30</b> Lorraine	<b>SPRINT 30</b> Maria / Mike	<b>SPRINT 30</b> Maria / Karli			
8:50 AM						<b>SPRINT 30</b> Jen	<b>SPRINT 30</b> Lauren / Diane
9:30 AM	<b>SPRINT 30</b> Lorraine		<b>SPRINT 30</b> Lauren		<b>SPRINT 30</b> Lauren		
5:30 PM		<b>SPRINT 30</b> Jen		<b>SPRINT 30</b> Diane			

## INDOOR POOL

	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
8:00 AM	<b>DEEP WATER CARDIO</b> Sarena / Ana		<b>DEEP WATER CARDIO</b> Sarena		<b>DEEP WATER CARDIO</b> Ana		
9:30 AM	<b>CARDIO SPLASH</b> SHALLOW Kendra		<b>CARDIO SPLASH</b> SHALLOW Shawntae		<b>CARDIO SPLASH</b> SHALLOW Sarena / Cortlynn		

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 8+ can use the Youth Activity Center with parent on site.

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