

# AUG GROUP FITNESS CLOSURE SCHEDULE

## 8/26 - 9/1 ONLY

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

**STUDIO 1 CLOSED DUE TO FLOOR RESURFACING. CLASSES MOVED TO STUDIO 2**

**ALL CLASSES ARE FREE TO ALL MEMBERS**

**SEP. 2 - LABOR DAY - CLUB OPENS 5A - 3P - NO GF CLASSES**

**STUDIO 1 CLASSES IN GREEN. MIND BODY CLASSES IN PINK**

**TEMPORARY CLASS FORMAT CHANGE IN ORANGE**

**AUG. 30 - 70'S & 60'S SOUL YOGA W/ AMELIA - 7P - 75 MINS - \$15 EARLY BIRD, \$20 DAY OF**

**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 2							
	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					
8:15 AM	<b>BODYCOMBAT</b> Morgan / Stacie	<b>BODYPUMP</b> Frances / Morgan	<b>BODYCOMBAT</b> Low Impact Morgan	<b>BODYPUMP</b> Amy B / Frances	<b>BODYCOMBAT</b> Jessica	<b>MAT PILATES</b> Susanne	<b>BODYPUMP</b> Sarah
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>BODYPUMP</b> Lauren	<b>GENTLE YOGA</b> Natalie
10:45 AM	<b>YOGA 1</b> Amelia	<b>MAT PILATES</b> Maria / Morgan	<b>GENTLE YOGA</b> Elizabeth	<b>MAT PILATES</b> Karlee	<b>YOGA 1</b> Amelia	<b>BODYCOMBAT</b> Anna / Jessica	<b>YOGA-LATES</b> Elizabeth / Breanne
12:15 PM	<b>BODYPUMP</b> Diane / Frances		<b>BODYPUMP</b> Lauren / Amy		<b>BODYPUMP</b> Diane / Frances		
4:15 PM				<b>BARRE</b> Erika	<b>MAT PILATES</b> Jane		<b>GENTLE YOGA w/ MEDITATION</b> Maria
5:30 PM	<b>BODYPUMP</b> Jen / Sarah	<b>PUMP / COMBAT</b> Anna	<b>BODYPUMP</b> Jen / Anna	<b>PUMP / COMBAT</b> Anna	<b>BODYPUMP</b> Jen		
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 / Lorraine	<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.
<b>8:00 AM</b>	<b>DEEP WATER CARDIO</b> Sarena / Ana		<b>DEEP WATER CARDIO</b> Sarena		<b>DEEP WATER CARDIO</b> Ana		
<b>9:30 AM</b>	<b>CARDIO SPLASH SHALLOW</b> Kendra		<b>CARDIO SPLASH SHALLOW</b> Shawntae		<b>CARDIO SPLASH SHALLOW</b> DeAnna / 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)