



Valley Health and Fitness .ca



Hours of Business Operation:

Monday - Friday 5:30am - 10:00pm | Saturday - Sunday 7:00am - 7:00pm | Holidays Hours 10:00am - 4:00pm

Program Schedule at Valley Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am					Spin (Studio2) (50 min)		
8:00am	Spin (Studio2) (50 min)		Spin (Studio2) (50 min)				
8:30am					Flow Yoga (80 Mins)		
9:00am	Total Body Conditioning (50 min)	Jazzercise Body Sculpting (50 Mins)	Resist & Flex (50 Mins)	Jazzercise Body Sculpting (50 Mins) Spin (Studio2) (50 min)		Spin (Studio2) (60 min)	
9:30am							Jazzercise (60 Mins)
10:00am	Jazzercise (60 Mins)	Lo Impact (50 Mins)	Pilates Fitness Fusion (60 Mins)	Move n Groove (50 Mins)	Jazzercise (60 Mins)		
10:30am						Weekend Warriors Hatha Flow Yoga (75 Mins)	
11:00am		Flow Yoga (90 Mina)		Gentle Yoga (90 Mins)			
12:00pm	Circuit training (50 Mins)		Circuit training (50 Mins)		Circuit training (50 Mins)		
5:15pm	Total Body Xpress (30 min)		Total Body Xpress (30 min)				
6:00pm	Spin (Studio2) (60 min)	Boxing Boot Camp (50 Mins)	Spin (Studio2) (60 min)				
7:00pm		Jazzercise (60 Mins)		Yoga (90 min)			

Note: All the classes highlighted in YELLOW are pay for use classes and are paid over and above membership. These instructors are renting space from the gym and adding additional classes to the classes that are already included with the membership

Business Hours: Monday - Friday 5:30am -10pm & Saturday/Sunday 7am-7pm

Phone: 250-743-0511

Email: info @ valleyhealthandfitness . ca

⌘ **Schedule effective from Jan 07/12**

⌘ **Classes with white background are included in all membership packages**

⌘ **** Pre-Registered programs only. Participants need to pre-register at the front desk to attend classes.**

Class Fees

- ⌘ **Jazzercise Fees:** Member Drop In \$8 or Member 10 Visit Pass Card \$55, Non-Member Drop In \$11 or Non-Member 10 Visit Pass Card \$75, 12 Month Unlimited Jazzercise Membership \$43/month, 6 Month Unlimited \$48/month and 2 month unlimited \$110
- ⌘ **Pilates Fitness Fusion** fees are as follows: Member Drop In \$6 or Member 10 Visit Pass Card \$50. Non-Member Drop In \$11 or Non-Member 10 Visit Pass Card \$100