



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)			
9:30am							Jazzercise (60 Mins)
10:00am	Jazzercise (60 Mins)	Move n Groove (50 Mins)		Lo Impact (50 Mins)	Jazzercise (60 Mins)		
10:35am							
11:00am		Flow Yoga (90 Mina)		Gentle Yoga (90 Mins)			
12:00pm	Circuit training (50 Mins)		Circuit training (50 Mins)		Circuit training (50 Mins)		
6:00pm	Jazzercise (60 Mins)		Jazzercise (60 Mins)				
6:15pm		Boot Camp (60 min)					
6:30pm				Boot Camp (45 min)			
7:25pm		Hatha Yoga (80 min)		Yoga (80 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

- Schedule effective from March 21/10
- 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 12 Visit Pass Card \$55, Non-Member Drop In \$10 or Non-Member 12 Visit Pass Card \$75, Ten Month Unlimited Jazzercise Membership \$40/month & 6 Month Unlimited \$45/month
- **Spin Class** 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
- **Belly Dancing** fees are as follows: Member 10 Week Session \$60 Non-Member 10 Week Session \$120
- **Zumba** 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