



Valley Health and Fitness .ca



Business Hours:

Monday to Thursday: 5:30am - 10:00pm | Friday: 5:30am - 9:00pm
 Saturday: 7:00am - 6:00pm | Sunday: 8:00am - 6:00pm | Holidays: 9:00am - 5:00pm

Program Schedule at Valley Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Fit Camp (60 Mins)	* Cycle & Strength (Studio2) (60 min)	Fit Camp (60 Mins)		* Cycle & Strength (Studio2) (60 min)		
9:00am	Jazzercise (60 Mins)	Zumba (60 Mins)	Cardio / Strength / Stretch (20 / 20 / 20)	Zumba (50 Mins)	Jazzercise (60 Mins)	Zumba (60 Mins)	Pilates (60 Mins)
	* Cycle Fit (Studio2) (60 min)	* Cycle Fit (60 min)		* Cycle Fit (50 min)	* Cycle Fit (50 min)		
10:15am	Total Body Conditioning (60)	Level 1 Yoga (90 Mins)		Soma Yoga (90 Mins)	Yogalates (75 Mins)	Weekend Warriors Hatha Flow Yoga (75 Mins)	Men's Yoga (60 Mins)
10:30am			The Works (60 Mins)				
11:30am	The Works (60 Mins)				Cardio, Strength Stretch (60 Mins)		
5:15pm	Total Body Xpress (30 Mins)		Boot Camp 360 (45 min)				
6:00pm	* Cycle Fit (60 min)	PiYo (50 min)	Zumba (60 Mins)	SlowFlow Yoga (75 min)			
7:10pm	Flow Yoga (75 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						

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Phone: 250-743-0511 **Email:** info @ valleyhealthandfitness . ca

- **Classes with white background are included in all membership packages**
- *** Participants need to register at the front desk to attend these classes**

Class Fees

- **Jazzercise Fees:** Member Drop In \$9 or Member 10 Visit Pass Card \$70, Non-Member Drop In \$12 or Non-Member 10 Visit Pass Card \$90, 12 Month Unlimited Membership \$46/month, 6 Month Unlimited \$52/month