























# Valhalla Health & Fitness Club

#610 (779-6006)

## “Group X” Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 – 7:00a.m.  (Pam)		6:00 – 7:00a.m.  (Pam)	6:00 – 7:00a.m.  (Allison)		
8:30 – 9:30m.  (Julianne)				8:30 – 9:30m.  (Sarah)	8:00 – 9:00 a.m.  (Rotating Team)	
9:30 – 10:30a.m.  (Dori)	9:15 – 10:00a.m. <b>Bosu Blast</b> (Dori)	9:15 – 10:00a.m. <b>ToneIt Up!</b> (Heidi)	9:15 – 10:15a.m.  (Dori)	9:30 – 10:30a.m.  (Sarah)	9:05-10:05a.m.  (Rotating Team)	
	10:05 – 10:35a.m. <b>Xpress Boxing</b> (Dori)	10:05- 10:35a.m. <b>Core Attack</b> (Heidi)			10:10 – 11:10a.m.  (Rotating Team)	10:30 – 11:30a.m.  (Janet)
11:00 – 12:00pm. <b>Silver Sneakers® Cardio Circuit</b> (Lisa)	11:00a.m – 12:00p.m. <b>Silver Sneakers® MSROM</b> (Dori)		11:00 – 12:00p.m. <b>Silver Sneakers® MSROM</b> (Ceil)	11:00 – 12:00p.m <b>Silver Sneakers® Cardio Circuit</b> (Leslie)		
4:30 – 5:15p.m. <b>Bosu Blast</b> (Sarah)		4:30 – 5:30p.m. <b>Pump`N`Step</b> (Janet)				
5:30 – 6:30p.m.  (Laura)	5:30 – 6:30 p.m.  (Allison)	5:30-6:30 p.m. <b>Boot Camp</b> (Jaret)	5:30- 6:30p.m.  (Kim)	5:30 – 6:30p.m.  (Irene)		
6:30 – 7:30p.m.  (Melissa)	6:30 – 7:30p.m.  (Melissa)	6:30 – 7:30p.m.  (Allison/Jim)	6:30 – 7:30p.m.  (Jayme)	5:45 – 6:45p.m.  (Jolene)		
7:30 – 9:00p.m. <b>HIGHMARK Lecture Series</b>	<b>Karate</b> 7:30p.m. <b>*On-Site Martial Arts</b>		<b>Karate</b> 7:30p.m. <b>*On-Site Martial Arts</b>			