Valley Health *LifeStyles*

Group Exercise Schedule: November - December 2026

Valley Health System

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.		Group Cycle	Total Body Conditioning	Group Cycle	Total Body Conditioning	Group Cycle	
7:30 a.m.		Total Body Conditioning		Bootcamp	Walk and Tone	Total Body Conditioning	
8:00 a.m.			Walk and Tone				Bootcamp
8:00 a.m.			Bar-less Barre	Bar-less Barre			Gentle Yoga
9:00 a.m.			Total Body Conditioning			Walk and Tone	
9:00 a.m.	Flow Yoga	Walk and Tone	Gentle Yoga	Yoga Sculpt	Total Body Conditioning	Bar-less Barre	Cardio Kickboxing
9:00 a.m.	Total Body Conditioning	Pilates Mat	Group Cycle	Total Body Conditioning	Pilates Mat	Group Cycle	Group Cycle
10:00 a.m.	Flow Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga		Flow Yoga
10:00 a.m.	Group Cycle		Aqua Intervals	Aqua Intervals	Aqua Intervals	Zumba	Zumba
10:00 a.m.				Walk and Tone			
11:00 a.m.	Restorative Yoga	Chair Zumba	Flow Yoga	Chair Yoga	Stretch & Strap	Chair Yoga Sculpt	Aqua Zumba
12:00 p.m.		Chair Yoga	Chair Zumba	Chair Yoga Sculpt		Chair Yoga	
4:30 p.m.				Zumba Toning			
5:00 p.m.		Bar-less Barre		Pilates Mat			
5:30 p.m.		Group Cycle	Bootcamp	Total Body Conditioning	Pilates Mat		
5:30 p.m.		Zumba			Zumba	Gentle Yoga	
6:00 p.m.		Yoga Sculpt		Flow Yoga	Group Cycle		
6:30 p.m.		Total Body Conditioning	Zumba	Aqua Zumba	Flow Yoga		
7:00 p.m.		Flow Yoga					