



VIRTUAL GROUP FITNESS

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**FREE FOR ALL
VALLEYS MEMBERS**



VIRTUAL GROUP FITNESS TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am	Yoga Downtown Rooftop						
7:10am		Piloxing Total Body		Taebo Shred	Induro Orocovis Puerto Rico		
8:00am	Dance & Sweat	Induro Orocovis Puerto Rico	Dance & Sweat	Induro Orocovis Puerto Rico			
11:00am	Xtreme Burn Hiit30	ON DEMAND	Xtreme Burn Hiit30	Taebo Shred	Xtreme Burn Hiit30	Xtreme Burn Hiit30	
12:00pm	ON DEMAND		Yoga Downtown Rooftop	ON DEMAND	ON DEMAND	Yoga Downtown Rooftop	
2:00pm			ON DEMAND				Xtreme Burn Hiit30
4:00pm	Induro Orocovis Puerto Rico	Xtreme Burn Hiit30	Induro Orocovis Puerto Rico	Xtreme Burn Hiit30	Induro Orocovis Puerto Rico		

WEEKENDS ON DEMAND SUBJECT TO AVAILABILITY

CLASS	DESCRIPTION
Dance & Sweat	Learning dance moves such as arm sways, hip twists and belly dance Choo Choo shimmies! All of these moves and more will work towards your entire body, making you SWEAT!
Xtreme Burn HIIT30	A high intensity interval training session not for the fainted hearted. This class is sure to be a high calorie burning workout.
Piloxing Total Body	Combining pilates and boxing techniques for a full-body workout.

CLASS	DESCRIPTION
Taebo Shred	Tae Bo is a total body fitness system that incorporates martial arts techniques such as kicks and punches to create a feisty workout.
Induro Orocovis Puerto Rico	A shorter, faster paced journey around the lush scenery of Orocovis in Puerto Rico.
Yoga Downtown Rooftop	A chilled out, slow paced yoga session set to the backdrop of a beautiful city skyline.