

GROUP EX CLASS UPDATES

GROUP EX SUBSTITUTE INSTRUCTORS

| DATE | TIME | CLASS | ORIGINAL INSTRUCTOR | SUB INSTRUCTOR | LOCATION |
|------|------|-------|---------------------|----------------|----------|
|------|------|-------|---------------------|----------------|----------|

Format and instructors are subject to change without notice.

FOR MORE INFORMATION,
check the Valley Health Wellness Fitness App or
vhwelldfit.com for our full Group Exercise Class Schedule.

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 **ValleyHealth**
Wellness & Fitness