



GROUP FITNESS SCHEDULE 2024

Monday

5:15-6 PM Strength Training
7-8 PM Zumba

Wednesday

9:30-10:15 AM Kickboxing
10:30-11 AM Barre
5:15-6 PM Strength Training

Friday

6-7 AM Yoga

Sunday

11:30AM-12:30 PM Yoga

Tuesday

9:30-10:15 AM Strength Training
5:15-6 PM Cardio
6-6:45 PM Strength Training

Thursday

9:30-10:15 AM Strength Training
5:15-6 PM Cardio
6-6:45 PM Strength Training

Saturday

8:30-9:30 AM Step & Strength
9:30-10:30 AM Cardio/Strength

*FIRST CLASS FREE!
4-Class Pass \$40*

*Drop-In \$20
Unlimited Class Pass \$80*

**BECOME A NEW
MEMBER & SEE
THE REWARDS FOR YOURSELF**

521 EAST STATE ROAD 434, WINTER SPRINGS, 32708

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