



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Botetourt Family YMCA Group Exercise Schedule April 2025

Les Mills Launch Day  
Saturday, April 12th  
9:00-10:00am Body Pump  
11:15am-12:00pm  
Body Balance

Stay & Play  
M-F 8am - 1pm & 4pm - 8pm  
Saturday 8am - 2pm  
Sunday 1pm - 4pm

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C		Studio A	Studio B	Studio C
5:30	BODY PUMP One hour			5:15 Kick Boxing 45 minutes			Body Pump One hour			Rise & Hit It 30 minutes			Body Pump One hour			9:00		Zumba 55 minutes	Cycle 45
8:00-8:45				8:45 Power Sculpt 55 minutes	8:00 Yoga Sculpt 45 minutes	8:30 Cycle 60	8:00 Core 30 minutes			8:45 Power Sculpt 55 minutes	8:00 Yoga Sculpt 45 minutes	8:30 Cycle 60	8:15 Core 30 minutes			10:00	Body Pump One hour	Body Balance One hour	
9:00	Yoga 45 minutes	Boot Camp *PAID PROGRAM	Beginner Cycle 45 minutes		Power Yoga 45 minutes		Yoga 45 minutes	Boot Camp *PAID PROGRAM			Power Yoga 45 minutes		Boot Camp *PAID PROGRAM	Yoga 45 minutes	Cycle Fusion 45 minutes	11:00			
10:00	Power Sculpt 55 minutes	Barre One hour		Forever Fit 45 minutes	Cardio Jam 45 minutes		Body Pump One hour	Zumba One hour		Forever Fit 45 minutes	Zumba One hour		Cross Training Lite One hour	Barre One hour		11:15	Forever Fit 45 minutes		
11:00	Line Dance One hour			ChairYoga 30 minutes			Line Dance 90 minutes									1:00	12:15 Just Move 30 minutes		
11:30-1:00	12:15-12:45 Les Mills Core Virtual			11:35 Cross Training Lite 55 minutes			12:15-12:45 Body Pump Express Virtual									PM	SUNDAY		
4:30	Cross Train One hour		Cycle 60	Body Step 30 minutes	3:30-5:30 Gaga Ball		Cross Train One hour		Cycle 45	Body Step 30 minutes			Cross Train One hour		Cycle 60	1:15	Body Pump & Core Combo 75		Cycle 45
5:05	5:05 Body Balance 30 minutes			5:05 Body Pump One hour						5:05 Body Pump One hour						2:15		Body Balance/ Yoga 45 minutes	
5:45						5:45-6:30 Cycle 45						5:45-6:30 Cycle 45				3:00	Zumba One hour		
6:00-6:30		Barre One hour	Cycle Express 30 minutes	6:30 Yoga 45 minutes	Zumba One hour		Zumba One hour	Barre One hour		6:30 Yoga 45 minutes	Barre One hour			6:00-8:00 Gaga Ball		4:15			

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