FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Botetourt YMCA Group Exercise Schedule
December 2025

*Paid Programs: Bootcamp w/ Lorinda (B), Runner's Strength & Mobility w/ Rachel E (A), and Barbell Club w/ Eric (wellness floor)

Stay & Play Hours:
Mon-Fri 8am - 1pm & 4pm - 8pm
Sat 8am - 2pm
Sun 1pm - 4pm

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
AM	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
	ody Pump 5:30-6:30			Virtual Body Combat 5: 15-6:00			Body Pump 5:30-6:30			Virtual Attack 5: 30-6:30			Body Pump 5:30-6:30					Barre 8: 00-8:50	
	Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45						
	Let's Have a Ball *OR* Core 8:00-8: 45			Virtual Core 8:00 - 8:30															
	ntle Yoga 9:00-9:50	Boot Camp *Paid Program 9:00-10:00	Cycle 45 9:00-9:45	Power Sculpt 8: 45-9:40	Yoga Sculpt 8:00-8:45	Cycle 60 8:30-9:30	Virtual Core 8:15-8:45			Virtual Core 8:00 - 8:30	Yoga Sculpt 8: 00-8:45	Cycle 60 8:30-9:30	Pilates 8: 00-8:45				Virtual Core 9:00-9:30	Zumba 9: 00-10:00	Cycle 45 9:00-9:45
	Power Sculpt 10:00-10:50	Barre 10:15-11:15			Yoga Flow 9: 00-9:45		Gentle Yoga 9:00-9:50	Boot Camp *Paid Program 9: 00-10:00		Power Sculpt 8: 45-9:40	Yoga Flow 9:00-9:45		Body Balance 9: 00-9:55	Boot Camp *Paid Program 9: 00-10:00	Cycle Sculpt 9: 00-9:45		Body Pump 10:00-11:00		
	ine Dance 11:00-12:00			Forever Fit 10:00-10:45	Zumba/Cardio Dance 10:00-10:45		Power Sculpt 10: 00-11:00	Zumba 10: 15-11:15		Forever Fit 10:00-10:45	Zumba 10: 00-11:00		Cross Train Lite 10:00-11:00	Barre 10: 15-11:15			Forever Fit 11:15-12:00		
				Chair Yoga 11:00-11:30			Line Dance 11:00-12:30	Pilates 11: 30-12:15								PM	Just Move 12:15-12:45		
PM	Virtual Body Pump 12: 30-1:30			Cross Train Lite 11:40-12:30			Virtual Body Pump 3:15-4:00			Virtual Body Pump 12:30-1:30			Virtual Body Pump 12:30-1:30			PM	SUNDAY		
				Virtual Body Pump 3:00-4:00						Virtual Body Pump 3:00-4:00									
	ross Train 4:30-5:30		Cycle 60 4:30-5:30	Step Xpress 4: 30-5:00	3:30-5:30 Reserved for Gaga Ball		Cross Train 4:30-5:30								Cycle 60 4:30-5:30		Body Pump 1:15-2:15		Cycle 45 1:15-2:00
				Body Pump 5:05-6:05						Body Pump 5:20-6:20			Virtual Body Pump 5:30-6:30				Zumba 3: 00-4:00	Pilates 2: 15-3:00	
		Barre 6:00-7:00	Cycle Express 6:00-6:30	Yoga 6:30-7:15	Zumba 6:00-7:00		Zumba 6: 00-7:00			Sculpt & Stretch 6: 30-7:30	Barre 6:00-7:00		Virtual Combat 7: 00-7:45	6:00-8:00 Reserved for Gaga Ball			Virtual Body Pump 4:30-5:30		
	*Runner's Strength & Mobility 7:15-8:00			Virtual Core 8:00-8:45			*Runner's Strength & Mobility 7:15-8:00			Virtual Core 8:00-8:45			Virtual Core 8:00-8:45						