

# Kirk Family YMCA Group Exercise Schedule JANUARY 2026



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio	Studio 1 & Virtual	Studio 2	Cycle Studio		Studio 1 & Virtual	Studio 2	Cycle Studio
5:30	Virtual BODY PUMP (55)	HIIT (45)	Cycle (45)	Virtual BODY COMBAT (55)	BODY PUMP (45)		Virtual BODY PUMP (55)	HIIT (45)	Cycle (45)	Virtual BODY COMBAT (55)	BODY PUMP (45)		Virtual BODY PUMP (55)		Cycle (45)	8:15	Virtual GRIT Strength (30)		
6:45	Virtual BODY ATTACK (30)			Virtual GRIT Strength (30)			Virtual BODY BALANCE (55)			Virtual GRIT Strength (30)			Virtual BODY ATTACK (30)			8:30		BODY STEP (55)	
7:15	Virtual CORE (30)			Virtual BODY BALANCE (30)						Virtual BODY BALANCE (30)			Virtual CORE (30)			9:00	BODY BALANCE (55)		RPM (45)
8:00	Yoga (55)			Pilates (55)			Virtual BODY ATTACK (45)			SURGE FIT (45)			*8:15* CORE (30)			9:45		BODY PUMP (55)	
8:30					BODY STEP (55)						BODY STEP (55)					11:00	Virtual BODY PUMP (55)	Zumba (55)	
9:00	Barre Above (55)	Strength & Tone (45)		Yoga (55)			Barre Above (55)			Yoga (55)			Pilates (55)	Strength & Tone (45)	Cycle Fusion (60)	12:00	Virtual BODY BALANCE (55)		
9:30			RPM (45)		BODY PUMP (55)			Cardio Jam (45)	RPM (45)		BODY PUMP (55)					1:15	Virtual BODY ATTACK (55)		
10:00	Forever Fit (45)	Zumba Gold (45)		Chair Yoga (45)			Forever Fit (45)			Chair Zumba (45)			Forever Fit (45)	Zumba Gold (45)		2:30	Virtual DANCE (45)		
10:30			CORE (30)		BODY BALANCE (45)				CORE (30)		BODY BALANCE (45)					3:30	Virtual BODY BALANCE (55)		
11:00	Forever Fit (45)			Virtual BODY PUMP (45)			Forever Fit (45)			Virtual BODY PUMP (45)			Forever Fit (45)			4:30	Virtual BODY COMBAT (55)		
PM																PM	SUNDAY		
12:00	*12:45* Virtual CORE (30)	BODY PUMP (45)	RPM (45)	Virtual BODY BALANCE (55)	HIIT (45)		*12:15* BODY BALANCE (45)	BODY PUMP (45)		Virtual BODY BALANCE (55)	HIIT (45)		*12:30* CORE (30)	BODY PUMP (45)	RPM (30)	1:30	BODY BALANCE (55)	Zumba (55)	
1:15	Virtual DANCE (30)			Virtual BODY PUMP (45)			Virtual GRIT Cardio (30)			Virtual BODY PUMP (45)			Virtual DANCE (30)			2:45	Virtual BODY COMBAT (45)	BODY PUMP (55)	
2:15	Virtual BODY BALANCE (30)			Virtual DANCE (30)			*1:45 PM Virtual CORE (30)			Virtual DANCE (30)			Virtual BODY BALANCE (30)			3:45	Virtual Born To Move (30)		
3:00	Virtual Born To Move (30)			Virtual BODY PUMP (45)			Virtual Born To Move (30)			Virtual BODY PUMP (45)			Virtual Born To Move (30)			4:30	Virtual Born To Move (30)		
4:30	Virtual BODY PUMP (55)	SURGE FIT(45)		Virtual BODY BALANCE (55)			Virtual BODY COMBAT (55)	BODY STEP (45)		Virtual BODY ATTACK (45)			Virtual BODY PUMP (55)			<p>Scan for the latest schedule, cancellations, and instructor updates.</p> 			
5:00				PILATES SCULPT (55)						BODY COMBAT (55)									
5:30	BODY BALANCE (55)	BODY PUMP (55)				RPM (30)	Virtual BODY BALANCE (55)	BODY PUMP (55)		Pilates (55)			Virtual BODY PUMP (45)						
6:00				*6:05* CORE (30)	Zumba (55)				Cycle (45)		Zumba (55)			Zumba (55)					
6:45	Virtual BODY PUMP (45)	*6:30* BODY COMBAT (45)		Yoga (55)			Virtual DANCE (45)			Yoga (55)			*6:30PM Virtual BODY COMBAT (45)	Les Mills Virtual Classes are held in STUDIO 1 Visit our website at <a href="http://www.ymcavbr.org">www.ymcavbr.org</a>					