



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ROCKBRIDGE AREA YMCA

### GROUP EXERCISE SCHEDULE

**February 2026**

STAY & PLAY HOURS (Ages 6 weeks to 8 years old)

Mon - Thurs (8AM-12 and 4:30PM-7:30PM)

Fri- Sat (8AM-12) Sun (1:00-4:00)

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday	
AM	Group X Studio	Comm Room	Cycle Room	Group X Studio	Comm Room	Cycle Room	Group X Studio	Comm Room	Cycle Roo	Group X Studio	Comm Room	Cycle Room	Group X Studio	Comm Room	AM	Group X Studio	Comm Room
6:00	Les Mills Cardio			Body Pump			Les Mills Cardio			Body Pump			Les Mills Cardio		7:00		
8:00	Forever Fit						Total Body			Fit Plus			Forever Fit		8:00		
9:00	Body Pump			Body Combat			Body Pump	Let's Dance		Body Combat			Virtual Body Pump	Total Body Sculpt	9:00	Body Combat	
10:00	Let's Dance			Les Mills Core	Yoga					Les Mills Core	Yoga		Let's Dance		10:00	Les Mills Dance	
11:00	AOA Classic			AOA Circuit			AOA Classic			AOA Circuit			AOA Classic		11:00	Les Mills Athletic	
PM																	
12:00	Chair Yoga												Chair Yoga (12:10)		PM	<b>SUNDAY</b>	
1:00															1:30	Les Mills Body Balance	
2:00															3:20	Les Mills Combat	
4:30		Tai Chi			HIIT			Tai Chi		HIIT					4:00		
5:30	Body Pump				Yoga	Cycle	Body Pump			Les Mills Cardio	Yoga	Cycle	Les Mills Athletic		5:00		

<b>6:30 / 6:45</b>	Les Mills Athletic (6:45)			MIXXED FIT (6:30PM)			p Les Mills Athletic (6:45PM)			MIXXED FIT (6:30PM)						6:00		
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\*Silver Sneakers and Renew Active are accepted.\*

\*Les Mills classes are virtual classes unless otherwise noted.\*

\*Ask the welcome desk about 24-Hour Access.\*

\*Classes defined on the back.\*

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### Class Definitions

**Active Older Adults – Classic:** Improves joint mobility, balance and stability, strength, and muscular endurance. Proper alignment and form are encouraged to prevent injury.

**Active Older Adults - Circuit:** A low-impact moderate, intensity total body workout.

**Body Combat:** Martial arts moves with powerful punching and kicking sequences – kick your metabolism up!

**Body Pump:** The world's fastest way to get in shape! A barbell class that challenges every major muscle. You must be 12 years or older to participate.

**Yoga:** Yoga postures and meditation combined to create a mind-body experience. Increases flexibility and enhances mental well-being.

**Chair Yoga:** Enjoy the benefits of yoga without the barriers! There are seated and standing options, and there is no floor work. This option is ideal for all abilities.

**Fit Plus:** A low-impact intensity workout where the structure will be the instructor's choice to keep it fresh and fun.

**Forever Fit:** A low-impact, low-intensity workout that combines cardio, strength training, flexibility, and balance training.

**Let's Dance:** Dance! Jive it up with some good old-fashioned dance moves! The class may include salsa, hip-hop, swing, club, and Latin. It's great for all fitness levels.

**MIXXED Fit:** A dance-inspired workout that uses explosive dance moves and body weight toning! No compiled choreography.

**RPM/Cycle 45:** Ride to the rhythm through hills, flats, mountain peaks, speed work, and intervals—riding drills to focus on endurance, strength, and recovery.

**Les Mills Dance:** A 45-minute high energy workout that combines innovative dance movements with the latest music to drive energy and motivation.

**Total Body Sculpt:** Tone and sculpt your entire body while enhancing the shape and definition of your muscles

**Power Sculpt:** Grab your weights and get ready to build some muscle! Tone and look leaner with this 45-minute class, which will challenge you in a fun, safe environment.

**H.I.I.T.** Prepare to burn many calories and significantly improve cardiovascular and muscle endurance while sculpting lean muscles with this fun but challenging bodyweight workout that packs a punch in 30-45 minutes.

**Tai Chi:** Join us for this relaxing exercise class that combines gentle stretching, meditation, and movement to improve physical strength and circulation and promote healthy joints, balance, and lung capacity.

**Les Mills Core:** 30-minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

**Les Mills Cardio:** A 30-minute high intensity interval training to improve cardio fitness, increase speed and maximize calorie burn.

**Les Mills Athletic:** A 30-minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.



