



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALEM FAMILY YMCA Group Exercise Schedule JAN 5 - FEB 1, 2026

Launches JAN 17-18!
"Intro to Group Ex" sessions
coming the week of JAN 19

Les Mills Virtual Classes
are shaded.
Visit our website at
www.ymcavbr.org

AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio		Studio A	Studio B	Cycle studio
5:15		Body Pump 5:15-6:00	Cycle 5:15-6:00	Body Pump 5:15-6:00	Body Attack 5:15-6:00	Sprint 5:15-5:45		Body Balance 5:15-6:00	RPM 5:15-6:05	Body Pump 5:15-6:00	Body Combat 5:15-6:00	Sprint 5:15-5:45		Body Pump 5:15-6:00	Cycle Sculpt 5:15-6:00	8:15		Barre 8:15-9:00	RPM 8:15-9:05
6:15 - 6:30		Body Combat 6:15-7:00	THE TRIP 6:30 - 7:15		Body Pump 6:15 - 7:00			Body Attack 6:15 - 7:00	Sprint 6:30 - 7:00		Body Pump 6:15 - 7:00			Body Balance 6:15-7:00	RPM 6:30 - 7:20	9:00	Body Pump 9:00-10:00	Pilates 9:15-10:00	THE TRIP 9:30 - 10:15
8:30	Power Sculpt 40 minutes	Body Balance 8:00-8:45	RPM 8:30-9:20		GRIT ATHLETIC 8:00-8:30	RPM 8:30-9:20	Cycle Fusion 8:30-9:10	Les Mills Core 8:00-8:30	Cycle Fusion 8:30-9:10		Les Mills Core 8:00-8:30	RPM 8:30-9:20		Body Attack 8:00-8:45	Cycle Sculpt 8:30-9:15	10:15	Body Balance 10:15-11:15	Body Attack 10:15-11:00	RPM 10:30 - 11:20
9:15	Zumba 9:15-10:00	Barre 9:15-10:00		Body Pump 9:15-10:15	Go Lo 9:15-10:00			Barre 9:15-10:00		Power Sculpt 9:15-10:00	Go Lo 9:15-10:00		Yoga 9:15-10:00	Body Pump 9:00-10:00		11:15		GRIT ATHLETIC 11:15-12:00	Sprint 11:30 - 12:00 THE TRIP 12:15-1:00
10:15	Moderate Fit 10:15-11:15	Tai Chi 10:15-11:00		Zumba 10:30-11:15	NEW: Body Balance 10:15-11:00	RPM 10:30-11:20	Moderate Fit 10:15-11:00			Zumba 10:30-11:15	Body Balance 10:15-11:00	RPM 10:30-11:20	Moderate Fit 10:15-11:15	Barre 10:15-11:00	RPM 10:30-11:20				Sprint 1:30 - 2:00 RPM 2:30-3:20
11:15	Stretch It! 11:15-11:35	Forever Fit 11:15-12:00			Gentle Yoga 11:15-12:00	RPM 11:30-12:20	Forever Fit 11:15-12:00	Body Pump 45 minutes			Gentle Yoga 11:15-12:00	RPM 11:30-12:20	Stretch It! 11:15-11:35	Forever Fit 11:15-12:00		4:00 PM		Body Pump 4:00-4:45	Sprint 3:30 - 4:00 RPM 4:00-4:50
PM																5:00 PM			
12:15		Body Pump 12:15-1:00	Cycle 12:15-1:00	Body Pump 12:15-1:00	Chair Yoga 12:15-1:00	RPM 12:30-1:20		Body Combat 12:15-12:45	Cycle 12:15-1:00	Body Pump 12:15-1:00	Chair Yoga 12:15-1:00	RPM 12:30-1:20		Body Combat 12:30-1:00	Cycle 12:15-1:00	PM	SUNDAY		
3:30		Les Mills DANCE 3:30-4:00			Les Mills DANCE 3:30-4:00			Les Mills Core 3:30-4:00		Body Pump 12:15-1:00	Body Combat 3:30-4:15			Les Mills DANCE 3:30-4:00		1:15	Body Pump 1:15-2:00	Body Combat 45 minutes	RPM 1:15-2:05
4:30-4:45	Total Body Conditioning 4:45-5:25	Body Attack 4:30-5:15		Power Sculpt & Core 4:45-5:25	Body Pump 45 minutes			Body Balance 4:30 45 minutes		Power Sculpt & Core 4:45 45 minutes	Body Pump 4:30 45 minutes			Body Balance 4:00-4:45		2:15	Body Step 2:15-3:00	Body Pump 2:00-3:00	THE TRIP 2:30 - 3:15
5:30-5:45	Body Pump 5:30-6:25	Barre 5:30-6:15	Cycle 5:45-6:30	Body Step 5:30-6:15	Pilates 5:45-6:15	RPM 5:45-6:35	Total Body Conditioning 5:30-6:15	Barre 5:30-6:15	THE TRIP 5:00-5:45	Body Step 5:30-6:15	Yoga 5:30-6:10	RPM 5:45-6:35	Body Pump 5:00-5:45	GRIT ATHLETIC 5:30-6:00	RPM 5:00-5:50	3:15	Zumba 3:15-4:00	Body Balance One hour	Sprint 3:30 - 4:00
6:15-6:45	Yoga Fusion 6:30-7:15	Les Mills DANCE 6:45-7:30	RPM 7:00-7:50	Line Dance 6:30-7:15	Stretch It 6:20-6:50	Sprint 7:00-7:30	Body Pump 6:30-7:25	Les Mills DANCE 6:45-7:30	RPM 7:00-7:45		Barre 6:20-7:00					4:30	Yoga 4:30-5:30	Body Pump 4:15-5:15	THE TRIP 4:00-4:45 Sprint 5:00-5:30