



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SALEM FAMILY YMCA Group Exercise Schedule MAY 5 - JUN 1 2025

The Salem Y will be open  
9AM-2PM on Memorial  
Day, with a modified  
Group Ex schedule.

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		<b>Body Attack</b> 45 minutes	Cycle 45 minutes	Body Pump 45 minutes	<b>Body Balance</b> 45 minutes	<b>Sprint</b> 30 minutes		<b>Body Balance</b> 45 minutes	<b>RPM</b> 50 minutes	Body Pump 45 minutes	<b>Body Balance</b> 45 minutes	<b>Sprint</b> 30 minutes		<b>Body Pump</b> 45 minutes	Cycle Sculpt 45 minutes	8:15	Weekend Warrior 8:00-8:45 in Studio A	Barre 45 minutes	<b>RPM</b> 8:15 - 9:05
6:15 - 6:30		<b>Les Mills Core</b> 6:15 - 6:45	<b>THE TRIP</b> 6:30 - 7:15		<b>Body Pump</b> 6:15 - 7:00			<b>Body Balance</b> 6:15 - 7:00	<b>Sprint</b> 6:30 - 7:00		<b>Body Pump</b> 6:15 - 7:00			<b>Les Mills Core</b> 6:15 - 6:45	<b>RPM</b> 6:30 - 7:20	9:00	Body Pump One hour	Barre 9:15 45 minutes	<b>THE TRIP</b> 9:30 - 10:15
8:30	Power Sculpt 40 minutes	<b>Body Balance</b> 8:00 45 minutes	<b>RPM</b> 50 minutes		<b>Les Mills Core</b> 8:00 30 minutes	<b>RPM</b> 50 minutes	Cycle Fusion 45 minutes	<b>Les Mills Core</b> 8:00 30 minutes	Cycle Fusion 45 minutes		<b>Les Mills Core</b> 8:00 30 minutes	<b>RPM</b> 50 minutes		<b>Body Attack</b> 8:00 45 minutes		10:15	Body Balance One hour	<b>Body Attack</b> 45 minutes	<b>RPM</b> 10:30 - 11:20
9:15	Zumba 45 minutes	Barre 45 minutes		Body Pump One Hour	Go Lo 45 minutes		BodyStep 9:20-10:10	Barre One hour		Power Sculpt 45 minutes	Go Lo 45 minutes		Yoga 45 minutes	<b>Body Pump</b> 9:00 One hour	Cycle-Sculpt 9:30-10:15	11:15		<b>GRIT ATHLETIC</b> 30 minutes	<b>Sprint</b> 11:30 - 12:00 <b>THE TRIP</b> 12:15-1:00
10:15	Moderate Fit One hour	Tai Chi 45 minutes		Zumba 10:30 45 minutes		<b>RPM</b> 10:00-10:50	Moderate Fit 45 minutes	Moderate Fit STREAMING		Zumba 10:30 45 minutes	Body Balance 45 minutes	<b>RPM</b> 10:00-10:50	Moderate Fit One hour	Barre One hour	<b>RPM</b> 10:30-11:20				<b>Sprint</b> 1:30 - 2:00 <b>RPM</b> 2:30-3:20
11:15	Stretch It! 20 minutes	Forever Fit 45 minutes			Gentle Yoga 45 minutes		Forever Fit - STRENGTH 45 minutes	<b>Body Pump</b> 45 minutes			Gentle Yoga 45 minutes		Stretch It! 20 minutes	Forever Fit 11:30-12:15		4:00 PM		<b>Body Pump</b> 45 minutes	<b>Sprint</b> 3:30 - 4:00 <b>RPM</b> 4:00-4:50 <b>THE TRIP</b> 5:00-5:45
PM																5:00 PM			
12:15	Core Strength & Stretch 45 minutes	<b>Body Pump</b> 45 minutes	Cycle 45 minutes	Body Pump 45 minutes	Chair Yoga 45 minutes	<b>RPM</b> 50 minutes		<b>Body Combat</b> 30 minutes	Cycle 45 minutes	Body Pump 45 minutes	Chair Yoga 45 minutes	<b>RPM</b> 50 minutes		<b>Body Combat</b> 12:30-1:00	Cycle 45 minutes	PM	SUNDAY		
3:30		<b>Les Mills DANCE</b> 30 minutes Dance Cardio			<b>Les Mills DANCE</b> 30 minutes			<b>Les Mills Core</b> 30 minutes			<b>Les Mills Body Combat</b> 45 minutes			<b>Les Mills DANCE</b> 30 minutes Dance Cardio		1:15	Body Pump 45 minutes	<b>Body Combat</b> 45 minutes	<b>RPM</b> 50 minutes
4:30-4:45	Cross Train 4:45 45 minutes	<b>Body Attack</b> 45 minutes		Power Sculpt & Core 4:45 45 minutes	<b>Body Pump</b> 45 minutes			<b>Body Balance</b> 4:30 45 minutes		Power Sculpt & Core 4:45 45 minutes	<b>Body Pump</b> 4:30 45 minutes		Body Pump 4:45 One hour	<b>Body Balance</b> 4:00 45 minutes		2:15	Body Step 45 minutes	<b>Body Pump</b> 2:00-3:00pm	<b>THE TRIP</b> 2:30 - 3:15
5:30-5:45	Body Pump 5:30 One hour	Barre 5:30 One hour	Cycle 5:45-6:30 Now on Mondays	Body Step 5:30 45 minutes	Body Balance 5:30 45 minutes	<b>RPM</b> 5:45-6:35	Body Pump 5:30 One hour	Barre 5:30 One hour	<b>THE TRIP</b> 5:00-5:45		Yoga 5:30 45 minutes	<b>RPM</b> 5:45-6:35		<b>Grit Athletic</b> 30 minutes	<b>RPM</b> 5:00-5:50	3:15	Zumba 45 minutes	<b>Body Balance</b> One hour	<b>Sprint</b> 3:30 - 4:00
6:15-6:45	Yoga Fusion 6:30 45 minutes	<b>Les Mills DANCE</b> 6:45 45 minutes	<b>RPM</b> 7:00-7:50		Barre 6:15 45 minutes	<b>Sprint</b> 7:00-7:30	Wednesday Warrior 6:30 One Hour	<b>Les Mills DANCE</b> 6:45 45 minutes	<b>RPM</b> 7:00-7:45		Barre 6:15 45 minutes					4:30	Yoga One hour	<b>Body Pump</b> 4:15 One hour	<b>THE TRIP</b> 4:00-4:45 <b>Sprint</b> 5:00-5:30