FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tanglewood Family YMCA
Group Exercise Schedule
Jan 1 - Jan 31 2026

Special Class Line up NYE & Day
All other classes cancelled

Les Mills Virtual classes are shaded.
Visit our website at www.ymcavbr.org
Hot yoga = 100-103F
Warm yoga = 90F

AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio 1	Studio 3	Hot Studio	Studio 1	Studio 3	Hot Studio	Studio 1	Studio 3	Hot Studio	Studio 1	Studio 3	Hot Studio	Studio 1	Studio 3	Hot Studio		Studio 1	Studio 3	Hot Studio
5:15 - 5:45	Les Mills Core 30 minutes		Hot Power Yoga 5:45-6:30am	Body Pump 45 minutes	Body Pump 5:15-6:00am		Body Balance 45 minutes			Body Pump 45 minutes	Body Pump 45 minutes		Les Mills Core 30 minutes			8:15	Les Mills Core 8:00-8:30am	Barre 8:00-8:45am 45 minutes	
6:15	Body Pump 45 minutes			Body Balance 45 minutes		Warm Yoga Sculpt 6:00-6:45am	Body Pump 45 minutes			Body Balance 45 minutes			Body Pump 45 minutes			9:00		Body Pump 1 hour	
8:30				Les Mills Core 8:00-8:30am	HIIT 30 minutes			Core Strength & Stretch 8:00-9:00am		Les Mills Core 8:00-8:30am	HIIT 30 minutes					10:15		Surge Fit 1 hour	Hot Yoga 10:30-11:30am
9:15		Barre 45 minutes	Hot Yoga 1 hour		Barre 45 minutes	Warm Yoga 9:30-10:30am	Go Lo 9:00-9:45 am	Surge Fit 1 hour	Hot Yoga 1 hour		Barre 45 minutes	Warm Yoga Flow 9:30-10:30am		Surge Strength 45 minutes	Hot Yoga 9:30-10:30am	11:15	Les Mills Core 30 minutes	Total Body Conditioning 10:00-10:45am Functional Rm	
10:15	Yoga 10:00-10:55am	Moderate Fit 45 minutes							Warm Pilates 10:30-11:15am				Yoga 10:00-10:55am	Barre 45 minutes		1:00 PM	Body Balance 45 minutes		
11:15	Forever Fit 45 minutes				Chair Yoga 11:30-12:15		Forever Fit 11:45am 45 minutes				Chair Yoga 11:30-12:15		Forever Fit 45 minutes			4:00 PM	Body Pump 4:30-5:15pm		
PM																PM	SUNDAY		
12:15	Pilates 45 minutes			Body Pump 45 minutes		Hot Yoga 12:00-1:00pm		Body Pump 12:00-12:45pm		Body Pump 45 minutes		Hot Yoga 12:00-1:00pm	Body Balance 45 minutes	Body Pump 12:00-12:45pm					
2:00-3:00	Body Pump 2:00-2:45pm						Body Pump 2:00-2:45pm						Body Pump 2:00-2:45pm			1:00		Body Pump 1:15-2:00pm	Warm 20/20/20 1:30-2:30pm
3:00-4:00	Les Mills Core 30 minutes			Body Balance 3:30-4:15pm			Les Mills Core 30 minutes			Body Balance 3:30-4:15pm			Les Mills Core 3:00-3:30pm BodyBalance 3:30-4:15pm			2:00		Zumba 2:15pm	
4:30	Les Mills Core 30 minutes	Total Body Conditioning 5:30-6:15pm Functional Room Reservations		Body Pump 45 minutes						Body Balance 45 minutes	Barre 45 minutes		Les Mills Core 30 minutes	Body Pump 4:45-5:45pm		3:00	Gentle Yoga 1 hour		
5:30	Pilates 45 minutes	Zumba 55 minutes		Yoga 45 minutes	Body Pump 55 minutes	Hot Pilates 45 minutes	Body Balance 45 minutes	Body Combat 45 minutes		Yoga 45 minutes	Body Pump 45 minutes	Hot Yoga 5:45pm 45 minutes			Hot Yoga 5:45pm 1 hour				
6:30		Barre 45 minutes	Warm Pilates 45 minutes			Hot Yoga 45 minutes		Power Sculpt 45 minutes	Hot Yoga 45 minutes	Body Pump 45 minutes	Zumba 55 minutes	Warm Restore 6:45-7:30pm	Body Balance 45 minutes						
7:15				Body Balance 7:30-8:15pm															