



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA at Tanglewood Group Exercise Schedule 5/1/2025- 5/31/2025

Please Note: NEW Classes in Functional Fitness!  
**Special Memorial Day 5/26 Group Ex Schedule!**

AM	MONDAY				TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			TIME	SATURDAY			
	Studio 1	Studio 3	Functional Fitness	Warm/Hot	Studio 1	Studio 3	Warm/Hot	Studio 1	Studio 3	Warm/Hot	Studio 1	Studio 3	Warm/Hot	Studio 1	Studio 3	Warm/Hot		Studio 1	Studio 3	Functional Fitness	Warm/Hot
5:15	Les Mills Core 30 Minutes VIRTUAL				Body Pump 45 Minutes VIRTUAL	Body Pump 45 Minutes		Body Balance 45 Minutes VIRTUAL			Body Pump 45 Minutes VIRTUAL	Body Pump 45 Minutes		Les Mills Core 30 Minutes VIRTUAL			8:00 AM	Les Mills Core 30 Minutes VIRTUAL			
5:45		Power Sculpt 45 Minutes		5:30 AM Hot Barre 90°F 45 Minutes					Power Yoga 45 Minutes	5:30 AM Warm Sculpt 90°F 45 Minutes							8:30 AM				
6:15	Body Pump 45 Minutes VIRTUAL				Body Balance 45 Minutes VIRTUAL			6:30 AM Body Pump 45 Minutes VIRTUAL			Body Balance 45 Minutes VIRTUAL						9:00 AM	Body Balance 45 minutes	Body Pump 1 Hour		
8:30					8 AM Les Mills Core 30 Minutes VIRTUAL	HIIT 30 Minutes					8 AM Les Mills Core 30 Minutes VIRTUAL	HIIT 30 Minutes					10:15 AM	Body Pump 45 minutes VIRTUAL		10 AM Weekend Warriors 45 Minutes	10:30 AM Warm Yoga Flow 90°F 1 Hour
9:15		Barre 45 Minutes			Mod Fit 45 Minutes	Barre 45 Minutes	Hot Yoga 100-103°F 1 Hour	Go Lo 45 Minutes	Power Sculpt 45 Minutes	9:30 AM Warm Yoga Flow 90°F 45 Minutes		Barre 45 Minutes	Warm Yoga Flow 90°F 1 Hour	9AM Yoga 1 Hour	Cardio, Strength & Core 45 Minutes	9:30 AM Hot Yoga 100-103°F 1 Hour	11:15 AM	Les Mills Core 30 Minutes VIRTUAL			
10:15	10 AM Yoga 55 Minutes			10:30 AM Hot Barre 90°F 30 Minutes	Go Lo 45 Minutes	Hot Yin Yoga 100-103°F 45 Minutes		Yoga 55 Minutes	Mod Fit 45 Minutes	10:30 AM Warm Pilates 90°F 45 Minutes	Les Mills Dance 45 Minutes VIRTUAL		Hot Yoga Flow 100-103°F 45 Minutes		Barre 45 Minutes		1:00 PM	Body Balance 45 minutes VIRTUAL			
11:15	Forever Fit 45 Minutes				Chair Yoga 45 Minutes						Chair Yoga 45 Minutes	11 AM Mod Fit 1 Hour		Forever Fit 45 Minutes			4:30 PM	Body Pump 45 minutes VIRTUAL			
PM																		SUNDAY			
12:15	Pilates 45 Minutes	LifeFIIT 30 Minutes			Body Pump 45 Minutes VIRTUAL		12:30 PM Warm Stretch 90°F 30 Minutes				Les Mills Core 30 Minutes VIRTUAL	12 PM Stretch It! 30 Minutes	12:30 PM Warm Stretch 90°F 30 Minutes	Body Balance 45 minutes VIRTUAL	Body Pump 45 Minutes		1:15 PM		Body Pump 45 Minutes		
2:00	Body Pump 45 Minutes VIRTUAL							Body Pump 45 minutes VIRTUAL						Body Pump 45 minutes VIRTUAL			1:30 PM				Sweat & Serenity 90°F 45 minutes
3:00	Les Mills Core 30 Minutes VIRTUAL							Les Mills Core 30 Minutes VIRTUAL						Les Mills Core 30 Minutes VIRTUAL			2:00 PM				
3:30					Body Balance 45 Minutes VIRTUAL						Body Balance 45 Minutes VIRTUAL			Body Balance 45 minutes VIRTUAL			3:00 PM	Gentle Yoga 1 Hour			
4:30	Les Mills Core 30 Minutes VIRTUAL				Body Pump 45 Minutes VIRTUAL						Body Balance 45 Minutes			Les Mills Core 30 Minutes VIRTUAL	4:45 PM Body Pump 1 Hour		4:00 PM				
5:30	Pilates 45 Minutes	Zumba 55 Minutes	Total Body Conditioning 45 Minutes		Yoga 45 Minutes	Body Pump 45 Minutes		Body Balance 45 Minutes	Power Step 45 Minutes		Yoga 45 Minutes	Body Pump 45 Minutes									
6:30	Line Dancing 45 Minutes	Barre 45 Minutes		Hot Sculpt 90°F 30 Minutes				Line Dancing 45 Minutes	Power Sculpt 45 Minutes	Hot Yoga 100-103°F 45 Minutes	Body Pump 45 Minutes VIRTUAL	Zumba 55 Minutes	6:45 PM Warm Restore 90°F 45 Minutes	Body Balance 45 Minutes VIRTUAL							
7:30	7:15 pm Line Dancing 45 Minutes				Body Balance 45 Minutes VIRTUAL			7:15 pm Line Dancing 45 Minutes													





