



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## YMCA at Tanglewood Group Exercise Schedule 3/31/2025- 4/30/2025

**Please Note: NEW Classes in Functional Fitness!**

| AM    | MONDAY                            |                                 |                                    |  | TUESDAY                                |                      |  | WEDNESDAY                            |                         |  | THURSDAY                               |                             |   | FRIDAY                              |                                    |                                   | AM      | 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                      |
| 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   |                                    |                                   | 8:15    | Les Mills Core 30 minutes VIRTUAL |                       |   |
| 5:45  |                                   | Power Sculpt 5:45 am 45 minutes |                                    | Hot Barre 5:30 am 90°F 45 minutes        |  |                      |  |                                      |                         | Power Yoga 5:45 am 45 minutes              |  |                             |   | Warm Sculpt 5:30 am 90°F 45 minutes |                                    |                                   | 8:30    |                                   |                       |   |
| 6:15  | Body Pump 45 minutes VIRTUAL      |                                 |                                    |  | Body Balance 45 minutes VIRTUAL        |                      |  | Body Pump 6:30 am 45 minutes VIRTUAL |                         |  | Body Balance 45 minutes VIRTUAL        |                             |   |                                     |                                    |                                   | 9:00    | Body Balance 9 am- 9:45 am        | Body Pump 9 am 1 hour |   |
| 8:30  |                                   |                                 |                                    |  | Les Mills Core 8 am 30 minutes VIRTUAL | HIIT 30 minutes      |  |                                      |                         |  | Les Mills Core 8 am 30 minutes VIRTUAL | HIIT 30 minutes             |   |                                     |                                    |                                   | 10:15   | Body Pump 45 minutes VIRTUAL      |                       | *NEW* Weekend Warriors 10 am 45 minutes |
| 9:15  |                                   | Barre 45 minutes                |                                    |  | Go Lo 45 minutes                       | Barre 45 minutes     | Hot Yoga 9:15 am 100-103°F 1 hour          | Go Lo 45 minutes                     | Power Sculpt 45 minutes | Warm Yoga Flow 9:30 am 90°F 45 minutes     |  | Barre 45 minutes            | Warm Yoga 9:15 am 90°F 1 hour               | Yoga 9 am- 10 am                    | Cardio, Strength & Core 45 minutes |                                   | 11:15   | Les Mills Core 30 minutes VIRTUAL |                       |   |
| 10:15 | Yoga 10 am 55 minutes             |                                 |                                    | Hot Barre 10:30 am 90°F 30 minutes       | Moderate Fit 45 minutes                |                      | Hot Yin Yoga 10:30 am 100-103°F 45 minutes | Yoga 55 minutes                      | Moderate Fit 45 minutes |  | Les Mills Dance 45 minutes VIRTUAL     |                             | Hot Yoga Flow 10:30 am 100-103°F 45 minutes |                                     | Barre 45 minutes                   | Hot Yoga 9:30 am 100-103°F 1 hour | 1:00    | Body Balance 45 minutes VIRTUAL   |                       |   |
| 11:15 | Forever Fit 45 minutes            |                                 |                                    | Hot Yoga Sculpt 11:30 am 90°F 45 minutes | Chair Yoga 45 minutes                  |                      |  |                                      |                         | Hot Yoga Sculpt 11:30 am 90°F 45 minutes   | Chair Yoga 45 minutes                  | Moderate Fit 11 am 1 hour   | Hot Power Sculpt 11:30 am 90°F 45 minutes   | Forever Fit 45 minutes              |                                    |                                   | 4:30 PM | Body Pump 45 minutes VIRTUAL      |                       |   |
| PM    |                                   |                                 |                                    |  |  |                      |  |                                      |                         |  |  |                             |   |                                     |                                    |                                   | PM      | SUNDAY                            |                       |   |
| 12:15 | Pilates 45 minutes                | LifeFIT 30 minutes              |                                    | Vinyasa Flow 12:30 pm 90°F 45 minutes    | Body Pump 45 minutes VIRTUAL           |                      | Warm Stretch 12:30 pm 90°F 30 minutes      | Body Balance 45 minutes VIRTUAL      |                         | Vinyasa Flow 12:30 pm 100-103°F 45 minutes | Les Mills Core 30 minutes VIRTUAL      | Stretch It 12 pm 30 minutes | Warm Stretch 12:30 pm 90°F 30 minutes       | Body Balance 45 minutes VIRTUAL     | Body Pump 45 minutes               |                                   | 1:15    |                                   | Body Pump 45 minutes  |   |
| 2:00  | Body Pump 45 minutes VIRTUAL      |                                 |                                    |  |  |                      |  | Body Pump 45 minutes VIRTUAL         |                         |  |  |                             |   |                                     |                                    |                                   | 2:15    |                                   |                       |   |
| 3:00  | Les Mills Core 30 minutes VIRTUAL |                                 |                                    |  |  |                      |  |                                      |                         |  |  |                             |   | Les Mills Core 30 minutes VIRTUAL   |                                    |                                   | 3:15    | Gentle Yoga 3 pm 1 hour           |                       |   |
| 3:30  |                                   |                                 |                                    |  | Body Balance 45 minutes VIRTUAL        |                      |  | Les Mills Core 30 minutes VIRTUAL    |                         |  | Body Balance 45 minutes VIRTUAL        |                             |   | Body Balance 45 minutes VIRTUAL     |                                    |                                   | 4:30    |                                   |                       |   |
| 4:30  | Les Mills Core 30 minutes VIRTUAL |                                 |                                    |  | Body Pump 45 minutes VIRTUAL           |                      |  |                                      |                         |  | Body Balance 45 minutes                |                             |   | Les Mills Core 30 minutes VIRTUAL   | Body Pump 4:45 pm 1 hour           |                                   | 5:30    |                                   |                       |   |
| 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 6:30 pm 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            | Warm Restore 6:45 pm 90°F 45 minutes        | Balance 45 minutes VIRTUAL          |                                    |                                   |         |                                   |                       |   |
| 7:30  | Line Dancing 45 minutes           |                                 |                                    |  | Body Balance 45 minutes VIRTUAL        |                      |  | Line Dancing 45 minutes              |                         |  |  |                             |   |                                     |                                    |                                   |         |                                   |                       |   |

Les Mills Virtual Classes are held in STUDIO 1

Visit our website at [www.ymca.org](http://www.ymca.org)





Warm/Hot



Warm Yoga  
Flow  
10:30 am  
90°F  
1 hour



Sweat &  
Serenity 1:  
30pm 90°F  
45 minutes



