



Botetourt Family YMCA Group Exercise Schedule July 2026

Day & Play Hours
Friday:
 8:00 am-1:00 pm & 4:00-8:00 pm
Saturday: 8:00 am-2:00 pm
Sunday: 1:00-4:00 pm

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			
	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	
AM	Body Pump 5:30-6:30			Virtual Body Combat 5:15-6:00			Body Pump 5:30-6:30			Virtual Attack 5:30-6:30			Body Pump 5:30-6:30				Barre 8:00-8:50		AM
	Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45			Virtual Body Pump 7:00-7:45				Virtual Core 9:00-9:30	Zumba 9:00-10:00	Cycle 45 9:00-9:45
	Let's Have a Ball OR Core 8:00-8:45			Virtual Core 8:00-8:30													Body Pump 10:00-11:00	Yoga 10:15-11:15	
	Gentle Yoga 9:00-9:50	Boot Camp *Paid Program 9:00-10:00	Cycle 45 9:00-9:45	Power Sculpt 8:45-9:40	Yoga Sculpt 8:00-8:45	Cycle 45 9:00-9:45	Virtual Core 8:15-8:45	Boot Camp *Paid Program 9:00-10:00		Virtual Core 8:00-8:30	Yoga Sculpt 8:00-8:45	Cycle 60 8:30-9:30	Pilates 8:00-8:45			Forever Fit 11:15-12:00			
	Power Sculpt 10:00-10:50	Barre 10:15-11:15		Forever Fit 10:00-10:45	Body Balance 9:00-9:55		Gentle Yoga 9:00-9:50	Zumba 10:15-11:15		Power Sculpt 8:45-9:40	All Levels Flow 9:00-9:50		Body Balance 9:00-9:55	Boot Camp *Paid Program 9:00-10:00	Cycle Sculpt 9:00-10:00	Just Move 12:15-12:45			
				Chair Yoga 11:00-11:30	Zumba/Cardio Dance 10:00-10:45		Power Sculpt 10:00-11:00	Pilates 11:30-12:15		Forever Fit 10:00-10:45	Zumba 10:00-11:00			Barre 10:15-11:15					
	Line Dance 11:00-12:00			Cross Train Lite 11:40-12:30			Line Dance 11:00-12:30			Chair Yoga 11:00-11:30	Barre Up 11:45-12:15		Cross Train Lite 10:15-11:15						
	Sunday																		
PM	Virtual Body Pump 12:30-1:30									Virtual Body Pump 12:30-1:30			Virtual Body Pump 12:30-1:30						PM
				Virtual Body Pump 3:00-4:00			Virtual Body Pump 3:15-4:15			Virtual Body Pump 3:00-4:00						Body Pump 1:15-2:15		Cycle 45 1:15-2:00	
	Cross Train 4:45-5:45			Body Pump 5:20-6:20	Athletic Mobility + Core 4:45-5:15		Cross Train 4:45-5:45			Body Pump 5:20-6:20			Virtual Body Pump 5:30-6:30		Cycle 60 4:45-5:45	Zumba 3:00-4:01	Pilates 2:15-3:00		
		Barre 6:00-7:00	Cycle Express 6:00-6:30	Yoga 6:30-7:15	Zumba 6:00-7:00		Zumba 6:00-7:00		Cycle 45 6:00-6:45				Virtual Combat 7:00-7:45			Virtual Body Pump 4:30-5:30			
				Virtual Core 8:00-8:45						Virtual Core 8:00-8:45	Barre 6:00-7:00	Cycle 45 5:45-6:30	Virtual Core 8:00-8:45						