



Botetourt Family YMCA Group Exercise Schedule June 2026

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
Early Morning / Noon																	
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	
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		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			Virtual Core 8:00 - 8:30	Yoga Sculpt 8:00-8:45	Cycle 45 9:00-9:45	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		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			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 11:45-12:30		Cross Train Lite 10:15-11:15					
AFTERNOON / EVENING																	
Sunday																	
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
Virtual Body Pump 12:30-1:30			Virtual Body Pump 12:30-1:30						Virtual Body Pump 12:30-1:30			Virtual Body Pump 12:30-1:30					
			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	Athletic Mobility + Core 4:45-5:15		Body Pump Heavy 4:45-5:45		Cycle 60 4:45-5:45	Body Pump Heavy 2:30-3:30	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	Cardio Kickboxing 6:00-7:00	Cycle 45 6:00-6:45				Virtual Combat 7:00-7:45			Virtual Body Pump 4:30-5:30	Zumba 3:10-4:10	
			Virtual Core 8:00-8:45						Virtual Core 8:00-8:45	Barre 6:00-7:00		Virtual Core 8:00-8:45					

Stay & Play Hours
 Monday-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