



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Botetourt Family YMCA
Group Exercise Schedule
March 2026

*Paid Programs: Bootcamp w/
Lorinda (B), Barbell Club w/ Eric
(wellness floor), Adult Aikido (B)

Stay & Play Hours:
Mon-Fri 8am - 1pm & 4pm - 8pm
Sat 8am - 2pm
Sun 1pm - 4pm

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
AM	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
	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						
	Let's Have a Ball OR Core 8:00-8:45			Virtual Core 8:00-8:30															
	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	Virtual Cycle 60 8:30-9:30	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	Boot Camp *Paid Program 9:00-10:00			Virtual Core 9:00-9:30	Zumba 9:00-10:00	Cycle 45 9:00-9:45
	Power Sculpt 10:00-10:50	Barre 10:15-11:15			Ground Movement Fundamentals 9:00-9:55		Gentle Yoga 9:00-9:50	Zumba 10:15-11:15		Power Sculpt 8:45-9:40	Ground Movement Fundamentals 9:00-9:55		Body Balance 9:00-9:55		Cycle Sculpt 9:00-10:00		Body Pump 10:00-11:00	Yoga 10:15-11:15	
	Line Dance 11:00-12:00			Forever Fit 10:00-10:45	Zumba/Cardio Dance 10:00-10:45		Power Sculpt 10:00-11:00			Forever Fit 10:00-10:45	Zumba 10:00-11:00		Cross Train Lite 10:15-11:15	Barre 10:15-11:15			Forever Fit 11:15-12:00		
				Chair Yoga 11:00-11:30			Line Dance 11:00-12:30	Pilates 11:30-12:15		Chair Yoga 11:00-11:30	Barre Up 11:45-12:15					PM	Just Move 12:15-12:45		
PM	Virtual Body Pump 12:30-1:30			Cross Train Lite 11:40-12:30						Virtual Body Pump 12:30-1:30			Virtual Body Pump 12:30-1:30			PM	SUNDAY		
				Virtual Body Pump 3:00-4:00			Virtual Body Pump 3:15-4:00			Virtual Body Pump 3:00-4:00									
	Cross Train 4:30-5:30						Cross Train 4:30-5:30										Body Pump 1:15-2:15		Cycle 45 1:15-2:00
				Body Pump 5:20-6:20						Body Pump 5:20-6:20	Aikido 4:45-5:45		Virtual Body Pump 5:30-6:30		Cycle 60 4:45-5:45		Zumba 3:00-4:00	Pilates 2:15-3:00	
	Beginner Line Dance 6:30-7:30	Barre 6:00-7:00	Cycle Express 6:00-6:30	Yoga 6:30-7:15	Zumba 6:00-7:00	Cycle 45 5:45-6:30	Zumba 6:00-7:00		Cycle 45 6:00-6:45	Beginner Line Dance 6:30-7:30	Barre 6:00-7:00	Cycle 5:45-6:30	Virtual Combat 7:00-7:45				Virtual Body Pump 4:30-5:30	Aikido 4:00-5:30	
				Virtual Core 8:00-8:45	Aikido 7:15-8:15					Virtual Core 8:00-8:45			Virtual Core 8:00-8:45						

