



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCKBRIDGE AREA YMCA

GROUP EXERCISE SCHEDULE

STAY & PLAY HOURS (Ages 6 weeks to 8 years old)

Mon - Thurs (8AM-12 and 4:30PM-7:30PM)

Fri- Sat (8AM-12) Sun (1:00-4:00)

March 2026

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday	
AM	Group X Studio	Comm Room	Cycle Room	Group X Studio	Comm Room	Cycle Room	Group X Studio	Comm Room	Cycle Room	Group X Studio	Comm Room	Cycle Room	Group X Studio	Comm Room	AM	Group X Studio	Comm Room
6:00				Body Pump						Body Pump					7:00		
8:00	Forever Fit						Total Body			Fit Plus			Forever Fit		8:00		
9:00	Body Pump			Body Combat			Body Pump	Let's Dance	RPM	Body Combat			Virtual Body Pump	Total Body Sculpt	9:00	Body Combat	
10:00	Let's Dance			Les Mills Core	Yoga					Les Mills Core	Yoga		Let's Dance		10:00	Les Mills Dance	
11:00	AOA Classic			AOA Circuit			AOA Classic			AOA Circuit			AOA Classic		11:00	Les Mills Athletic	
PM																	
12:00	Chair Yoga												Chair Yoga (12:10)		PM	SUNDAY	
1:00															1:30	Les Mills Body Balance	
2:00															3:20	Les Mills Combat	
4:30		Tai Chi			HIIT (4:35)			Tai Chi		HIIT (4:35)					4:00		
5:30	Body Pump				Yoga	Cycle	Body Pump			Les Mills Cardio	Yoga	Cycle	Les Mills Athletic		5:00		
6:30 / 6:45	Les Mills Athletic (6:45)			MIXXED FIT (6:30PM)			p Les Mills Athletic (6:45)			MIXXED FIT (6:30PM)					6:00		

Silver Sneakers and Renew Active are accepted.

Les Mills classes are virtual classes unless otherwise noted.

Ask the welcome desk about 24-Hour Access.

Classes defined on the back.

Class Definitions

Active Older Adults – Classic: Improves joint mobility, balance and stability, strength, and muscular endurance. Proper alignment and form are encouraged to prevent injury.

Active Older Adults - Circuit: A low-impact moderate, intensity total body workout.

Body Combat: Martial arts moves with powerful punching and kicking sequences – kick your metabolism up!

Body Pump: The world's fastest way to get in shape! A barbell class that challenges every major muscle. You must be 12 years or older to participate.

Yoga: Yoga postures and meditation combined to create a mind-body experience. Increases flexibility and enhances mental well-being.

Chair Yoga: Enjoy the benefits of yoga without the barriers! There are seated and standing options, and there is no floor work. This option is ideal for all abilities.

Fit Plus: A low-impact intensity workout where the structure will be the instructor's choice to keep it fresh and fun.

Forever Fit: A low-impact, low-intensity workout that combines cardio, strength training, flexibility, and balance training.

Let's Dance: Dance! Jive it up with some good old-fashioned dance moves! The class may include salsa, hip-hop, swing, club, and Latin. It's great for all fitness levels.

MIXXED Fit: A dance-inspired workout that uses explosive dance moves and body weight toning! No complicated choreography.

RPM/Cycle 45: Ride to the rhythm through hills, flats, mountain peaks, speed work, and intervals—riding drills to focus on endurance, strength, and recovery.

Les Mills Dance: A 45-minute high energy workout that combines innovative dance movements with the latest music to drive energy and motivation.

Total Body Sculpt: Tone and sculpt your entire body while enhancing the shape and definition of your muscles

Power Sculpt: Grab your weights and get ready to build some muscle! Tone and look leaner with this 45-minute class, which will challenge you in a fun, safe environment.

H.I.I.T. Prepare to burn many calories and significantly improve cardiovascular and muscle endurance while sculpting lean muscles with this fun but challenging bodyweight workout that packs a punch in 30-45 minutes.

Tai Chi: Join us for this relaxing exercise class that combines gentle stretching, meditation, and movement to improve physical strength and circulation and promote healthy joints, balance, and lung capacity.

Les Mills Core: 30-minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

Les Mills Cardio: A 30-minute high intensity interval training to improve cardio fitness, increase speed and maximize calorie burn.

Les Mills Athletic: A 30-minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.

