



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALEM FAMILY YMCA
Group Exercise Schedule
MAR 1 - APR 5, 2026

The Y will be close for a swim meet MAR 7-8, and Easter 4/5.

Les Mills Virtual Classes are shaded.
Visit our website at www.ymcavbr.org

AM	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			AM	SATURDAY		
	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio	Studio A	Studio B	Cycle studio		Studio A	Studio B	Cycle studio
5:15		Body Pump 5:15-6:00	Cycle 5:15-6:00	Body Pump 5:15-6:00	Body Attack 5:15-6:00	Sprint 5:15-5:45		Body Balance 5:15-6:00	RPM 5:15-6:05	Body Pump 5:15-6:00	Body Combat 5:15-6:00	Sprint 5:15-5:45		Body Pump 5:15-6:00	Cycle Sculpt 5:15-6:00	8:15		Barre 8:15-9:00	RPM 8:15 - 9:05
6:15 - 6:30		Body Combat 6:15-7:00	THE TRIP 6:30 - 7:15		Body Pump 6:15 - 7:00			Body Attack 6:15 - 7:00	Sprint 6:30 - 7:00		Body Pump 6:15 - 7:00			Body Balance 6:15-7:00	RPM 6:30 - 7:20	9:00	Body Pump 9:00-10:00	Pilates 9:15-10:00	THE TRIP 9:30 - 10:15
8:30	Power Sculpt 40 minutes	Body Balance 8:00-8:45	RPM 8:30-9:20		GRIT ATHLETIC 8:00-8:30	RPM 8:30-9:20	Cycle Fusion 8:30-9:10	Les Mills Core 8:00-8:30	Cycle Fusion 8:30-9:10		Les Mills Core 8:00-8:30	RPM 8:30-9:20		Body Attack 8:00-8:45	Cycle Sculpt 8:30-9:15	10:15	Body Balance 10:15-11:15	Body Attack 10:15-11:00	RPM 10:30 - 11:20
9:15	Zumba 9:15-10:00	Barre 9:15-10:00		Body Pump 9:15-10:15	Go Lo 9:15-10:00			Barre 9:15-10:00		Power Sculpt 9:15-10:00	Go Lo 9:15-10:00		Yoga 9:15-10:00	Body Pump 9:00-10:00		11:15		GRIT ATHLETIC 11:15-12:00	Sprint 11:30 - 12:00 THE TRIP 12:15-1:00
10:15	Moderate Fit 10:15-11:15	Tai Chi 10:15-11:00		Zumba 10:30-11:15	Body Balance 10:15-11:00	RPM 10:30-11:20	Moderate Fit 10:15-11:00			Zumba 10:30-11:15	Body Balance 10:15-11:00	RPM 10:30-11:20	Moderate Fit 10:15-11:15	Barre 10:15-11:00	RPM 10:30-11:20				Sprint 1:30 - 2:00 RPM 2:30-3:20
11:15	Stretch It! 11:15-11:35	Forever Fit 11:15-12:00			Gentle Yoga 11:15-12:00	RPM 11:30-12:20	Forever Fit 11:15-12:00	Body Pump 45 minutes			Gentle Yoga 11:15-12:00	RPM 11:30-12:20	Stretch It! 11:15-11:35	Forever Fit 11:15-12:00		4:00 PM		Body Pump 4:00-4:45	Sprint 3:30 - 4:00 RPM 4:00-4:50
PM																5:00 PM			
12:15		Body Pump 12:15-1:00	Cycle 12:15-1:00	Body Pump 12:15-1:00	Chair Yoga 12:15-1:00	RPM 12:30-1:20		Body Combat 12:15-12:45	Cycle 12:15-1:00	Body Pump 12:15-1:00	Chair Yoga 12:15-1:00	RPM 12:30-1:20		Body Combat 12:30-1:00	Cycle 12:15-1:00	PM	SUNDAY		
3:30		Les Mills DANCE 3:30-4:00			Les Mills DANCE 3:30-4:00			Les Mills Core 3:30-4:00		Body Pump 12:15-1:00	Body Combat 3:30-4:15			Les Mills DANCE 3:30-4:00		1:15	Body Pump 1:15-2:00	Body Pump livestream from Studio A	RPM 1:15-2:05
4:30-4:45	Total Body Conditioning 4:45-5:25	Body Attack 4:30-5:15		Power Sculpt & Core 4:45-5:25	Body Pump 45 minutes			Body Balance 4:30 45 minutes		Power Sculpt & Core 4:45 45 minutes	Body Pump 4:30 45 minutes			Body Balance 4:00-4:45		2:15	Body Step 2:15-3:00	Body Combat 45 minutes	THE TRIP 2:30 - 3:15
5:30-5:45	Body Pump 5:30-6:25	Barre 5:30-6:15	Cycle 5:45-6:30	Body Step 5:30-6:15	CHANGE: Pilates now 5:45-6:25	RPM 5:45-6:35	Total Body Conditioning 5:30-6:15	Barre 5:30-6:15	THE TRIP 5:00-5:45	Body Step 5:30-6:15	Yoga 5:30-6:10	NEW: Rhythm Ride 5:45-6:15	Body Pump 5:00-5:45	CHANGE: GRIT Cardio 5:00-5:30	RPM 5:00-5:50	3:15	Zumba 3:15-4:00	Body Balance One hour	Sprint 3:30 - 4:00
6:15-6:45	Yoga Fusion 6:30-7:15	Les Mills DANCE 6:45-7:30	RPM 7:00-7:50	Line Dance 6:30-7:15	CHANGE: Stretch It now 6:30-6:50	Sprint 7:00-7:30	Body Pump 6:30-7:25	Les Mills DANCE 6:45-7:30	RPM 7:00-7:45		Barre 6:20-7:00			CHANGE: GRIT Strength 5:30-6:00		4:30	Yoga 4:30-5:30	Body Pump 4:15-5:15	THE TRIP 4:00-4:45 Sprint 5:00-5:30