FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# YMCA at Tanglewood

## Group Exercise Schedule
## April 1 - April 30, 2026

*Les Mills Virtual classes are shaded.*
Visit our website at www.ymcavbr.org
Hot yoga = 100-103F
Warm yoga = 90F

| AM | MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Studio 1 | Studio 3 | Hot Studio | Studio 1 | Studio 3 | Hot Studio | Studio 1 | Studio 3 | Hot Studio | Studio 1 | Studio 3 | Hot Studio | Studio 1 | Studio 3 | Hot Studio |
| 5:15 - 5:45 | Les Mills Core 30 minutes | Body Pump 5:15-6:00am | Hot Power Yoga 5:45-6:30am | Body Pump 45 minutes | Body Pump 5:15-6:00am | | Body Balance 45 minutes | | | Body Pump 45 minutes | Body Pump 45 minutes | | Les Mills Core 30 minutes | | |
| 6:15 | Body Pump 45 minutes | | | Body Balance 45 minutes | | Warm Yoga Sculpt 6:00-6:45am | Body Pump 45 minutes | | | Body Balance 45 minutes | | | Body Pump 45 minutes | | |
| 8:30 | | | | Les Mills Core 8:00-8:30am | HIIT 30 minutes | | | Core Strength & Stretch 8:00-9:00am | | Les Mills Core 8:00-8:30am | HIIT 30 minutes | | | | |
| 9:15 | Go Lo 9:00-9:45 am | Barre 45 minutes | Hot Yoga 1 hour | Body Pump 45 minutes | Barre 45 minutes | Warm Yoga 9:30-10:30am | Go Lo 9:00-9:45 am | Surge Fit 1 hour | Hot Yoga 1 hour | | Barre 45 minutes | Warm Yoga Flow 9:30-10:30am | | Surge Strength 45 minutes | Hot Yoga 9:30-10:30am |
| 10:15 | Yoga 10:00-10:55am | Moderate Fit 45 minutes | | | | | | | Warm Pilates 10:30-11:15am | | | | Yoga 10:00-10:55am | Barre 45 minutes | |
| 11:15 | Forever Fit 45 minutes | | | | Chair Yoga 11:15am 45 minutes | | Forever Fit 45 minutes | | | | Chair Yoga 11:15am 45 minutes | | Forever Fit 45 minutes | | |
| PM | | | | | | | | | | | | | | | |
| 12:15 | Pilates 45 minutes | | | Body Pump 45 minutes | | Hot Yoga 12:00-1:00pm | | Body Pump 12:00-12:45pm | | Les Mills Core 30 minutes | | Hot Yoga 12:00-1:00pm | Body Balance 45 minutes | Body Pump 12:00-12:45pm | |
| 2:00-3:00 | Body Pump 2:00-2:45pm | | | | | | Body Pump 2:00-2:45pm | | | | | | Body Pump 2:00-2:45pm | | |
| 3:00-4:00 | Les Mills Core 30 minutes | | | Body Balance 3:30-4:15pm | | | Les Mills Core 30 minutes | | | Body Balance 3:30-4:15pm | | | Les Mills Core 3:00-3:30pm BodyBalance 3:30-4:15pm | | |
| 4:30 | Les Mills Core 30 minutes | Total Body Conditioning 5:30-6:15pm Functional Room Reservations | | Body Pump 45 minutes | Barre 45 minutes | | | | | | Barre 45 minutes | | Les Mills Core 30 minutes | Body Pump 4:45-5:45pm | |
| 5:30 | Pilates 45 minutes | Zumba 55 minutes | | Yoga 45 minutes | Body Pump 55 minutes | Hot Pilates 45 minutes | Body Balance 45 minutes | Body Combat 45 minutes | | Yoga 45 minutes | Body Pump 45 minutes | Hot Yoga 5:45pm 45 minutes | | | Hot Yoga 5:45pm 1 hour |
| 6:30 | | Barre 45 minutes | Warm Pilates 45 minutes | Cardio Jam 1 hour | | Hot Yoga 45 minutes | | Power Sculpt 45 minutes | Hot Yoga 45 minutes | Body Pump 45 minutes | Zumba 55 minutes | Warm Restore 6:45-7:30pm | Body Balance 45 minutes | | |
| 7:15 | | | | | | | | | | | | | | | |

| AM | SATURDAY | | | PM | SUNDAY | | |
|---|---|---|---|---|---|---|---|
| | Studio 1 | Studio 3 | Hot Studio | | | | |
| 8:15 | Les Mills Core 8:00-8:30am | Barre 8:00-8:45am 45 minutes | | | | | |
| 9:00 | | Body Pump 1 hour | | | | | |
| 10:15 | Yoga 10:00-10:55am | Surge Fit 1 hour | Hot Yoga 10:30-11:30am | | | | |
| 11:15 | Les Mills Core 30 minutes | Total Body Conditioning 10:00-10:45am Functional Rm | | | | | |
| 1:00 PM | Body Balance 45 minutes | | | | | | |
| 4:00 PM | Body Pump 4:30-5:15pm | | | | | | |
| | | | | | | | |
| 1:00 | | Body Pump 1:15-2:00pm | Warm 20/20/20 1:30-2:30pm | | | | |
| 2:00 | | Zumba 2:15pm | | | | | |
| 3:00 | Gentle Yoga 1 hour | | | | | | |
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