



EFFECTIVE JUNE 1

**BRADENTON BRANCH 2017 SUMMER FITNESS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a-7:00a	TRX Tracy(FC)		TRX Tracy(FC)		TRX Tracy(FC)	
8:00a-9:00a	CARDIO & MORE (start 6/19) Barb (U)		CARDIO & MORE Barb (U)			
8:30a-9:30a	ZUMBA Esther/Carolyn(H)	CYCLE Bob(C)	ZUMBA Esther/Carolyn(H)	CYCLE Bob(C)	ZUMBA Esther/Carolyn(H)	BODYPUMP EXP Corrie(U) 50min.
9:00a-10:00a		COMPLETE FIT Kathy(H)	CYCLE Bob(C)	COMPLETE FIT Kathy(H)		
9:00a-10:00a		CARDIOCHISEL Beckie(U)		CARDIOCHISEL Beckie(U)		
9:00a-9:30a	BODYSTEP Georgia(U)		TURBOKICK Beckie(U)			
9:30a-10:30a	BODYPUMP Georgia(U)		CHAIR YOGA Barb(H)	PILATES Judy/Barb(H)	BODYPUMP Georgia(U)	TRX EXPRESS Corrie(FC) 30 min.
9:30a-10:30a			BODYPUMP Beckie(U)			
10:00a-10:30a		CXWORX Beckie(U)		CXWORX Beckie(U)		
10:00a-11:00a						YOGA Barb/Tara(U)
10:30a-11:30a	BALANCE Charlotte(H)	TAI CHI Charlotte(H)		TAI CHI Charlotte(H)	BODY R&R Ronnie(U)	
10:30a-11:30a	VINYASA YOGA Lucy(U)	KRIPALU YOGA Barb(U)	VINYASA YOGA Lucy(H)	KRIPALU YOGA Barb(U)	VINYASA YOGA Lucy(H)	
11:30a-12:00p		MEDITATE Barb(U)				
5:15p-6:15p	BARRE Erin(U)		PILATES OR BARRE Judy / Erin(U)			
5:30p-6:30P		BODYPUMP Corrie(U)		BODYPUMP Georgia(U)	ZUMBA Esther/Carolyn(H)	
6:00p-7:00p	TRX John(FC)		TRX John(FC)			
6:00p-7:00p	Cycle Bob (C)					
6:15p-7:15p	ZUMBA Esther/Carolyn(H)		ZUMBA Esther/Carolyn(H)			
6:30p-7:30p		YOGA Kayla(U)				
7:15p-8:15p	BODY R&R Ronnie(U)					

WATER EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-8a	Karen(P)		Karen(P)		Karen(P)	
8:30-9:30a	Charlotte(P)		Charlotte(P)		Charlotte(P)	
9-10a		Charlotte(P)		Charlotte(P)		Karen(P)
10-11a	LOW IMPACT Susan(P)		LOW IMPACT Susan(P)		LOW IMPACT Susan(P)	
11a-12p	Karen(P)	LOW IMPACT Susan(P)	Karen(P)	LOW IMPACT Susan(P)	Karen(P)	
6-7p		Lucy (P)		Charlotte(P)		

P (Pool), FC(Fitness Center), U(Upstairs), H(Hossack Room), G(Gym), C(Cycle) Effective 6/1/17  
 3805 59<sup>TH</sup> Street West, Bradenton, Fl. 34209 (941) 798-9622, [manateeymca.org](http://manateeymca.org) RED = CHALLENGING



## BRADENTON BRANCH 2017 SUMMER FITNESS SCHEDULE CLASS DESCRIPTIONS

**BARRE** builds beautifully sculpted muscles using ballet inspired exercises.

**BODYPUMP** is the original Les Mills class to sculpt & strengthen your body using barbells, dumbbells, and plates.

**BODY R&R** is the ultimate recovery workout that will help prevent injury, increase flexibility, and reduce muscle soreness. Each class includes body awareness exercises, yoga stretching, self-myofascial techniques, and both foam and ball rolling.

**CARDIO CHISLE** is the ultimate fun, high intensity cardiovascular and strength training class using all energy systems and muscle fibers with HIIT, plyometric, agility, and resistance exercises.

**CARDIO CORE** is a complete and fun low impact, traditional workout.

**COMPLETE FIT** provides a comprehensive workout integrating cardio, strength, core and flexibility. Chair-based modifications will be offered on T/Th. for those with injuries and limitations.

**CYCLE, NEW CARBON BLUE BIKES**, could be your new cardio challenge? Jump on a bike and tackle a variety of sprints, hills and terrains in our new spin room. This workout is easily adapted to all fitness levels, please come early to your first class so the instructor can help you with proper bike set up.

**CXWORX** is a Les Mills class-short, sharp core workout that will inspire you to the next level of fitness while strengthening and toning.

**PILATES** increases flexibility, mobility, balance and body awareness through rhythmic exercises.

**TAI CHI/BALANCE** energizes the whole body through moving meditation and is perfect for anyone who wants to improve balance and the mind body connection.

**TURBOKICK** is the ultimate, advanced cardiovascular workout that will help get rid of fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing, strength/endurance training and a nice cool-down.

**TRX** is a total body workout using suspension training and your bodyweight to build cardiovascular and muscular strength, flexibility, and your core at the same time.

**CHAIR YOGA** integrates all the benefits of yoga without getting on the ground.

**KRIPALU FLOW YOGA** is a subtle flow of rhythmic, energy pulsations connecting movement with breath. This class is slow flow from floor to standing and back with modifications.

**VINYASA YOGA** is a more advanced class using breath to flow from one pose to the next.

**WATER EXERCISE** provides a safe environment for a complete workout at any level. Low impact classes are designed to be easy on the joints with exercises to increase mobility and range of motion.

**ZUMBA** integrates Brazilian, Latin and African rhythms. Shake your body & have a blast!