



EFFECTIVE JANUARY 2, 2018

BRADENTON BRANCH 2017 WINTER 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	LOW CARDIO/ PILATES Barb (U)	CYCLE Bob(C)	STRENGTH/ PILATES Barb (U)	CYCLE Bob(C)		BODYPUMP/CX WORX Corrie(U)
8:30a-9:30a	ZUMBA Esther/Carolyn(H)		ZUMBA Esther/Carolyn(H)		ZUMBA Esther/Carolyn(H)	
9:00a-10:00a	CYCLE Bob(C)	CARDIOCHISEL Beckie(U)	CYCLE Bob(C)	CARDIOCHISEL Beckie(U)	CYCLE Bob(C)	
9:00a-9:30a	CHAIR STRENGTH Barb(G)				CHAIR STRENGTH Barb(G)	
9:00a-10:00a		CHAIR FITNESS Barb(G)		CHAIR FITNESS Val(H)		
9:30a-10:30a	CHAIR YOGA Barb(H)			BODY R&R Ronnie(G)	CHAIR YOGA Barb(H)	
9:00-9:45a	TURBOKICK Beckie(U)		TURBOKICK Beckie(U)			
9:45a-10:45a	BODYPUMP Georgia(U)		BODYPUMP Beckie(U)		BODYPUMP Georgia(U)	
10:00a-10:30a		CXWORX Beckie(U)		CXWORX Beckie(U)		TAI CHI Tom (H)
10:00a-11:00a						YOGA Barb/Tara(U)
10:30a-11:30a	BALANCE Charlotte(H)	TAI CHI Charlotte(H)		TAI CHI Charlotte(H)		
10:30a-11:30a	VINYASA YOGA Lucy(Y)	KRIPALU YOGA Barb(U)	VINYASA YOGA Lucy(Y)	KRIPALU YOGA Barb(U)	VINYASA YOGA Lucy(Y)	
11:30a-12:00p		MEDITATE Barb(U)				
5:15p-6:15p	BARRE Erin(U)		PILATES Judy(U)			
5:30p-6:15p		BODYPUMP EXP. Corrie(U)		BODYPUMP EXP. Georgia(U)		
6:00p-7:00p	TRX John(FC)		TRX John(FC)			
6:00p-7:00p	Cycle Bob (C)					
6:15p-7:10p	ZUMBA Esther/Carolyn(U)		ZUMBA Esther/Carolyn(U)			
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 1/2/18
(adding additional evening / week-end classes soon)

3805 59TH Street West, Bradenton, Fl. 34209 (941) 798-9622, manateeymca.org RED = ADVANCED



BRADENTON BRANCH 2017 WINTER FITNESS SCHEDULE



BARRE builds beautifully sculpted muscles using ballet inspired exercises.



BODY R&R is the ultimate recovery workout that will help prevent injury, increase flexibility, and reduce muscle soreness using various techniques including foam rolling.



CARDIO CHISLE uses all energy systems & muscle fibers with HIIT, plyometric, agility, and resistance exercises.



CHAIR FITNESS provides a comprehensive chair based workout integrating cardio, strength, core & flexibility.

CHAIR YOGA FOR EVERYONE provides all the benefits of yoga without getting on & off the floor.



CYCLE, NEW CARBON BLUE BIKES, could be your new cardio challenge? This workout is easily adapted to all fitness levels, please come early to your first class for help with proper bike set up.



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.



sculpts & strengthens your body using barbells & dumbbells.



is an and intense core workout that will cinch your waist and support posture.



LOW CARDIO is a complete and fun low impact aerobic workout.

increases flexibility, mobility, balance & body awareness through rhythmic exercises.



STRENGTH & CORE is a complete resistance workout for all with a focus on core.

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.



is an 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.



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.

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!

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