



EFFECTIVE FEBRUARY 10, 2018



**BRADENTON BRANCH 2018 WINTER FITNESS SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45a-6:45a	<b>CYCLE</b> Lori (C)			<b>CYCLE</b> Lori (C)		
6:00a-7:00a	<b>TRX</b> Tracy(FC)		<b>TRX</b> Tracy(FC)		<b>TRX</b> Tracy(FC)	
8:00a-9:00a	<b>LOW CARDIO/ PILATES</b> Barb (U)	<b>CYCLE</b> Bob(C)	<b>STRENGTH/ PILATES</b> Barb (U)	<b>CYCLE</b> Bob(C)		<b>BODYPUMP/ CXWORX</b> Corrie(U)
8:30a-9:00a					<b>TRX</b> Craig (FC)	
8:30a-9:30a	<b>ZUMBA</b> Esther/Carolyn(H)		<b>ZUMBA</b> Esther/Carolyn(H)		<b>ZUMBA</b> Esther/Carolyn(H)	
9:00a-10:00a		<b>CHAIR FITNESS</b> Barb(H)		<b>CHAIR FITNESS</b> Val(H)		
9:00a-9:25a	<b>CHAIR STRENGTH</b> Barb(G)				<b>CHAIR STRENGTH</b> Barb(G)	
9:00-9:45a	<b>TURBOKICK</b> Beckie(U)		<b>TURBOKICK</b> Beckie(U)		<b>BODYCOMBAT</b> Jessica (U)	<b>BODYCOMBAT</b> Jessica (U)
9:00a-10:00a	<b>CYCLE</b> Bob(C)	<b>TABATA TUESDAY</b> Beckie(U)	<b>CYCLE</b> Bob(C)	<b>CARDIOCHISEL</b> Beckie(U)	<b>CYCLE</b> Bob(C)	
9:30a-10:30a	<b>CHAIR YOGA</b> Barb(H)			<b>BODY R&amp;R</b> Ronnie(G)	<b>CHAIR YOGA</b> Barb(H)	
9:45a-10:45a	<b>BODYPUMP</b> Georgia(U)		<b>BODYPUMP</b> Beckie(U)		<b>BODYPUMP</b> Georgia(U)	
10:00a-10:25a		<b>STRETCHING FOR PARKINSON'S</b> Barb (H)		<b>STRETCHING FOR PARKINSON'S</b> Val (H)		
10:00a-10:30a		<b>CXWORX</b> Beckie(U)		<b>CXWORX</b> Beckie(U)		<b>TAI CHI</b> Tom (H)
10:00a-11:00a						<b>YOGA</b> Barb/Tara(U)
10:30a-11:30a	<b>PEDALING FOR PARKINSON'S</b> Jacky (C)		<b>PEDALING FOR PARKINSON'S</b> Jacky (C)			
10:30a-11:30a	<b>BALANCE</b> Charlotte(H)	<b>TAI CHI</b> Charlotte(H)		<b>TAI CHI</b> Charlotte(H)		
10:30a-11:30a	<b>VINYASA YOGA</b> Lucy(Y)	<b>SLOW FLOW YOGA</b> Barb(U)	<b>VINYASA YOGA</b> Lucy(H)	<b>SLOW FLOW YOGA</b> Barb(U)	<b>VINYASA YOGA</b> Lucy(H)	
11:30a-12:00p		<b>MEDITATE</b> Barb(U)		<b>MEDITATE</b> Barb(U)		
5:15p-6:15p	<b>BARRE</b> Erin(U)		<b>PILATES</b> Judy(U)			
5:30p-6:15P		<b>BODYPUMP EXP.</b> Corrie(U)		<b>BODYPUMP EXP.</b> Georgia(U)		
6:00p-7:00p	<b>TRX</b> John(FC)		<b>TRX</b> John(FC)			
6:00p-7:00p	<b>Cycle</b> Bob (C)					
6:15p-7:15p	<b>ZUMBA</b> Esther/Carolyn(U)		<b>ZUMBA</b> Esther/Carolyn(U)	<b>TABATA (30 min)</b> Georgia (U)		
6:30p-7:30p		<b>YOGA</b> Kayla(U)				
6:45-7:45p				<b>YOGA</b> Lara(U)		
7:15p-8:15p	<b>BODY R&amp;R</b> Ronnie(U)					

FC(Fitness Center), U(Upstairs), H(Hossack Room), G(Gym), C(Cycle) Effective 2/10/18  
 3805 59<sup>TH</sup> Street West, Bradenton, Fl. 34209 (941) 798-9622, [manateeymca.org](http://manateeymca.org) RED = ADVANCED



# BRADENTON BRANCH 2018 WINTER FITNESS SCHEDULE



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



**BODYCOMBAT** releases your inner-warrior, a martial arts-inspired group fitness class with a mix of taekwondo, kung fu and more.



**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, an 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.



**SLOW 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.

**TABATA** is high-intensity interval training for a complete and efficient cardio workout.



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.



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

**STRETCHING FOR PARKINSON'S** provides stretching exercises for improved range of motion, balance, & flexibility for Parkinson's patients & others.

**PEDALING FOR PARKINSON'S** is an effective way for Parkinson's patients to experience the benefits of a cycling programming under the supervision of a certified cycling instructor. This is a lower intensity cycle class appropriate for anyone.

