






EFFECTIVE APRIL 2, 2018

BRADENTON BRANCH 2018 SPRING 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/ CXWORX Corrie(U)
8:30a-9:00a					TRX Craig (FC)	
8:30a-9:30a	ZUMBA Esther/Carolyn(H)		ZUMBA Esther/Carolyn(H)		ZUMBA Esther/Carolyn(H)	
9:00a-10:00a		CHAIR FITNESS Barb(H)		CHAIR FITNESS Val(H)		
9:00a-9:25a	CHAIR STRENGTH Barb(G)				CHAIR STRENGTH Barb(G)	
9:00-9:45a	TURBOKICK Beckie(U)		TURBOKICK Beckie(U)		BODYCOMBAT Jessica (U)	BODYCOMBAT Jessica (U)
9:00a-10:00a	CYCLE Bob(C)	TABATA TUESDAY Beckie(U)	CYCLE Bob(C)	CARDIOCHISEL Beckie(U)	CYCLE Bob(C)	
9:30a-10:30a	YIN YOGA Lucy(G)		YIN YOGA Lucy(G)		YIN YOGA Lucy(G)	
9:30a-10:30a	CHAIR YOGA Barb(H)			BODY R&R Ronnie(G)	CHAIR YOGA Barb(H)	
9:45a-10:45a	BODYPUMP Georgia(U)		BODYPUMP Beckie(U)		BODYPUMP Georgia(U)	
10:00a-10:25a		STRETCHING FOR PARKINSON'S Barb (H)		STRETCHING FOR PARKINSON'S Val (H)		
10:00a-10:30a		CXWORX Beckie(U)		CXWORX Beckie(U)		
10:00a-11:00a						YOGA Barb/Tara(U)
10:30a-11:30a	PEDALING FOR PARKINSON'S Jacky (C)	SLOW FLOW YOGA Barb(U)	PEDALING FOR PARKINSON'S Jacky (C)	SLOW FLOW YOGA Barb(U)		
10:30a-11:30a	BALANCE Charlotte(H)	TAI CHI Charlotte(H)		TAI CHI Charlotte(H)		
11:30a-12:00p		MEDITATE Barb(U)		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-7:15p	ZUMBA Esther/Carolyn(U)		ZUMBA Esther/Carolyn(U)	TABATA (30 min) Georgia (U)		
6:30p-7:30p		YOGA Kayla(U)				
6:45-7:45p				YOGA Lara(U)		
7:15p-8:15p	BODY R&R Ronnie(U)					



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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.



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.



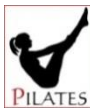
SLOW FLOW YOGA is a subtle flow of rhythmic, energy pulsations connecting movement with breath. This class is slow flow from floor to standing and back.

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.



YIN YOGA is a slow-paced style of yoga with postures that are held for longer.



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.

