



EFFECTIVE JUNE 4, 2018

BRADENTON BRANCH 2018 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		CYCLE Bob(C)		CYCLE Bob(C)		BODYPUMP/ CXWORX Corrie(U)
8:30a-9:30a	CYCLE Bob(C)		CYCLE Bob(C)	BARRE Erin(U)	TRX 30 Min. Craig (FC)	
8:30a-9:30a	ZUMBA Esther(H)		ZUMBA Esther(H)		ZUMBA Esther(H)	
9:00a-9:45a	TURBOKICK Beckie(U)	CARDIO&STRENGTH Barb(H)	TURBOKICK Beckie(U)	CARDIO&STRENGTH Barb(H)	BODYCOMBAT Jessica (U)	ZUMBA Tara(U)
9:00a-10:00a		HIIT Beckie(U)				CYCLE Jessica (C)
9:30a-10:30a	CHAIR YOGA Barb(H)			BODY R&R Ronnie(U)	CHAIR YOGA Barb(H)	
9:45a-10:15a		THERAPY STRETCHING Barb(H)		THERAPY STRETCHING Barb(H)		
9:45a-10:45a	BODYPUMP Georgia(U)		BODYPUMP Beckie(U)		BODYPUMP Georgia(U)	
10:00a-11:00a		CXWORX 30 Min. Beckie(U)				YOGA Barb/Tara(U)
10:30a-11:30a	PEDALING FOR PARKINSON'S Jacky (C)		PEDALING FOR PARKINSON'S Jacky (C)			
10:30a-11:30a	BALANCE/ TAI CHI Charlotte(H)			TAI CHI Charlotte(H)		
10:30a-11:45a		SLOW FLOW YOGA Barb(U)		SLOW FLOW YOGA Barb(U)		
10:45a-11:45a	YOGA FLOW Lucy(U)		YOGA FLOW Lucy(U)		YOGA FLOW Lucy(U)	
5:15p-6:15p	BARRE Erin(U)					
5:30p-6:00p		TRX Craig(FC)		TRX Craig(FC)		
5:30p-6:15p		BODYPUMP EXP. Corrie(U)				
6:00p-7:00p	TRX John(FC)		TRX John(FC)	CARDIO&STRENGTH Lara(U) 30 min.		
6:00p-7:00p	Cycle Bob (C)					
6:15p-7:15p	ZUMBA Esther (U)		ZUMBA Esther (U)			
6:30p-7:30p		YOGA FLOW Kayla(U)		SLOW FLOW 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.



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.



BODYCOMBAT is the ultimate Les Mills mixed martial arts complete workout.



CARDIO + STRENGTH is a complete and fun low impact aerobic workout integrating strength, flexibility, mobility, balance & body awareness through rhythmic exercises.



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.



- sculpts & strengthens your body using barbells & dumbbells with professional choreography.



- challenge your entire core with scientifically proven moves.

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



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.



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.



TRX 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.



TURBO KICK 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.



YOGA FLOW is a vinyasa sequence uniting breath with movement in a seamless transition. Namaste



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



The YMCA is dedicated to improving the lives of those with Parkinson's, arthritis, heart disease and mobility challenges with classes that integrate therapeutic modifications and exercises designed to improve mobility and reduce pain.



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



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.



THERAPY STRETCH is a class perfect for those with Parkinson's, arthritis, and limited mobility seeking complete body stretching.