



"Best instructors and classes"

# BRADENTON BRANCH WINTER 2019 FITNESS SCHEDULE

**Wellness Solutions for ALL!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a-7:00a	<b>TRX</b> Tracy(FC)		<b>TRX</b> Tracy (FC)		<b>TRX</b> Tracy(FC)	
8:00a-9:00a		<b>CYCLE</b> Bob(C)		<b>CYCLE</b> Bob (C)		<b>TRX</b> Tracy(FC)
8:15a-8:55a	<b>CARDIO/CORE</b> Barb (U)				<b>CARDIO/CORE</b> Barb (U)	
8:30a-9:30a	<b>CYCLE</b> Jessica(C)		<b>CYCLE</b> Bob(C)		<b>TRX 30 Min.</b> Craig (FC)	
8:30a-9:30a	<b>ZUMBA</b> Esther(H)		<b>ZUMBA</b> Esther(H)		<b>ZUMBA</b> Esther(H)	
9:00a-9:45a	<b>TURBOKICK</b> Beckie(U)		<b>TURBOKICK</b> Beckie(U)		<b>CYCLE</b> Jessica (C)	<b>CYCLE(60 min)</b> Jess (C)
9:00a-9:45a					<b>SELF-DEFENSE</b> Tommy (U)	
9:00a-9:30a	<b>STRENGTH (Chair optional)</b> Barb(G)	<b>TABATA</b> Beckie (U)		<b>TABATA</b> Beckie (U)	<b>STRENGTH (Chair optional)</b> Barb(G)	
9:15a-10:15a						
9:30a-10:00a		<b>SCULPT</b> Beckie (U)		<b>SCULPT</b> Beckie (U)		
9:30a-10:30a	<b>CHAIR YOGA</b> Barb(H)	<b>CHAIR FITNESS</b> Barb (G)		<b>CHAIR FITNESS</b> Barb (G)	<b>CHAIR YOGA</b> Barb(H)	
9:50a-10:50a	<b>BODYPUMP</b> Georgia(U)		<b>BODYPUMP</b> Beckie(U)		<b>BODYPUMP</b> Georgia(U)	
10:00a-10:40a		<b>BARRE</b> Erin (U)		<b>BARRE</b> Erin (U)		
10:00a-11:00a		<b>CXWORX (30 min)</b> Beckie (H)		<b>CXWORX (30 min)</b> Beckie (H)		<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/TAI CHI</b> Charlotte(H)	<b>TAI CHI</b> Tom (H)		<b>TAI CHI</b> Charlotte (H)		
10:45a-11:45a		<b>SLOW YOGA FLOW</b> Barb(U)		<b>SLOW YOGA FLOW</b> Barb(U)		
11:45a		<b>MEDITATION</b> Barb (U)		<b>MEDITATION</b> Barb (U)		
12:30-1:30p				<b>rollassage</b> Ronnie (U)		
	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>
5:30p-6:15p	<b>BARRE</b> Erin(U)		<b>BARRE</b> Erin(U)	<b>PILATES (60 min)</b> Judy(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 (U)		<b>ZUMBA</b> Esther (U)			
6:30p-7:30p		<b>YOGA FLOW</b> Kayla(U)		<b>SLOW YOGA FLOW</b> Lara(U)		



FC(Fitness Center), U(Upstairs), H(Hossack Room), G(Gym), C(Cycle) **Effective 1/07/19**  
3805 59<sup>TH</sup> Street West, Bradenton, Fl. 34209 (941) 798-9622, [manateeymca.org](http://manateeymca.org)



## BRADENTON BRANCH WINTER 2019 FITNESS SCHEDULE



**barre** is a modern version of classic balletic training designed to shape and tone postural muscles, builds core strength, and allow you to escape the everyday.



**CARDIO / CORE** is a low impact aerobics full body workout for your heart and core.



**CHAIR FITNESS** is a full body, low impact workout that includes cardio, strength, core and balance with modifications for those who prefer to remain in chair. Perfect for all levels!

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



is the ultimate core workout.



**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.



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



strengthens the core and lengthens the entire body with rhythmic movement and stretch.

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



**SCULPT** integrates challenging and innovative strength moves for the entire body. **CORE** challenges the entire body minus the limbs with innovative moves.



**SELF-DEFENSE** integrates cardio conditioning with practical self-defense techniques.



**STRENGTH** uses free weights to increase muscle strength and bone density in upper and lower body. Perfect for all levels.



**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.



**YOGA FLOW** is Hatha yoga moving in and out of poses with breath. This class has sun salutations that take you up and down from floor (includes yoga philosophy).



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



**CHAIR FITNESS / CHAIR YOGA** These classes provide modifications with comprehensive workouts perfect for those with Parkinson's and their caregivers.

**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.