



BRADENTON YMCA MAY 2019 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)		TRX Tracy(FC)
8:15a-8:55a	CARDIO/CORE Barb (U)		PILATES Barb (U)		CARDIO/CORE Barb (U)	
8:30a-9:30a			CYCLE Kristen (C)			
8:30a-9:15a	ZUMBA Esther(H)		ZUMBA Esther (H)		ZUMBA Esther (H)	
9:00a-9:45a	KICKBOXING Leanne(U)		POUND Laura (U)		STEP Leanne (U)	CYCLE Deane (C)
9:00a-9:45a					CYCLE Gayle (C)	
9:00a-9:30a		TABATA Leanne (U)		TABATA Leanne (U)		
9:15a-10:15a	CHAIR YOGA Barb (H)				CHAIR YOGA Barb (H)	
9:30a-10:00a		CORE Leanne (U)		CORE Leanne (U)		
9:50a-10:50a	BODYPUMP Georgia (U)		BODYPUMP Georgia (U)		BODYPUMP Georgia (U)	
10:00a-10:40a		BARRE Erin (U)		BARRE Erin (U)		
10:00a-10:40a		CHAIR FITNESS Barb (H)		CHAIR FITNESS Barb (H)		YOGA (60 min) 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 BEGINNER Charlotte (H)					
10:40a-11:40a				TAI CHI INTERMEDIATE Charlotte (H)		
10:45a-11:45a		SLOW YOGA FLOW Barb (U)		SLOW YOGA FLOW Barb (U)		
11:45a-12:10p		MEDITATION Barb (U)		MEDITATION Barb (U)		
12:30-1:30p				rollassage Ronnie (U)		
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
5:30p-6:15p	BARRE Erin (U)		BARRE Erin (U)			
5:30p-6:00p		POUND 30 Min Laura (U)				
6:00p-6:30p		ROLLASSAGE Laura (U)				
5:45p-6:30p				PILATES Lara (U)		
6:15p-7:00p	TRX John (FC)		TRX John (FC)			
6:15-7:00p.	CYCLE Deane (C)					
6:15p-7:00p	ZUMBA Esther (U)		ZUMBA Esther (U)			
6:30p-7:30p		YOGA FLOW Kayla (U)		SLOW YOGA FLOW Lara (U)		



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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.



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



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.



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.



KICKBOXING is an advanced cardiovascular workout integrating choreographed kicking and punching that will help get rid of fat and reshape your body!



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



Is a full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.



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



STEP AEROBICS is the ultimate cardio workout that can be done with or without a step.



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 & strength workout.



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.