



## BRADENTON YMCA FALL 2019 FITNESS SCHEDULE

	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)
8:30a-9:10a	<b>CARDIO/CORE</b> Barb (U)		<b>PILATES</b> Barb (U)		<b>CARDIO/CORE</b> Barb (U)	
8:30a-9:30a			<b>CYCLE</b> Kristen (C)			
8:45a-9:40a	<b>ZUMBA</b> Esther(H)		<b>ZUMBA</b> Esther (H)		<b>ZUMBA</b> Esther (H)	
9:10a-9:50a	<b>KICKBOXING</b> Leanne(U)		<b>POUND</b> Laura (U)		<b>STEP</b> Leanne (U)	
9:15a-10:00a						<b>CYCLE</b> Tracy (C)
9:00a-9:30a		<b>TABATA</b> Leanne (U)		<b>TABATA</b> Leanne (U)	<b>CYCLE (45m)</b> Gail (C)	
9:15a-9:40a	<b>CHAIR STRENGTH</b> Barb (G)				<b>CHAIR STRENGTH</b> Barb (G)	
9:45a-10:30a	<b>CHAIR YOGA</b> Barb (H)		<b>STRETCH &amp; STRENGTH (60 min.)</b> Regina (H)		<b>CHAIR YOGA</b> Barb (H)	
9:30a-10:00a		<b>CORE</b> Leanne (U)		<b>CORE</b> Leanne (U)		
10:00a-11:00a	<b>BODYPUMP</b> Georgia (U)		<b>BODYPUMP</b> Georgia (U)		<b>BODYPUMP</b> Georgia (U)	<b>YOGA</b> Barb/Tara (U)
10:00a-10:40a		<b>BARRE</b> Erin (U)		<b>BARRE</b> Erin (U)		
10:00a-10:40a		<b>CHAIR FITNESS</b> Lara (H)		<b>CHAIR FITNESS</b> Lara (H)		
10:30a-11:30a	<b>TAI CHI BEGINNER</b> Charlotte (H)					
10:40a-11:40a				<b>TAI CHI INTERMEDIATE</b> Charlotte (H)		
10:45a-11:45a		<b>SLOW FLOW YOGA</b> Barb (U)		<b>SLOW FLOW YOGA</b> Barb (U)		
12:30p-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-6:00p	<b>BODYPUMP EXP.</b> Erin (U)		<b>BODYPUMP EXP.</b> Erin (U)	<b>TABATA</b> Barb (U)		
5:30p-6:30p		<b>CARDIO SCULPT</b> Tara (U) (60 mins)				
6:00p-6:30p	<b>BARRE</b> Erin (U)		<b>BARRE</b> Erin (U)	<b>CORE</b> Barb (U)		
6:15p-7:00p	<b>TRX</b> Craig (FC)		<b>TRX</b> Tracy (FC)			
6:15p-7:00p.	<b>CYCLE</b> Gail (C)					
6:30p-7:30p	<b>ZUMBA</b> Tara (U)	<b>YOGA FLOW</b> Kayla (U)	<b>ZUMBA</b> Esther (U)	<b>SLOW YOGA FLOW</b> Lara (U)		

***NEW EVENING BODYPUMP AND MORE MORNING CLASSES!***

FC(Fitness Center), U(Upstairs), H(Hossack Room), G(Gym), C(Cycle) **Effective 09/03/19**  
 3805 59<sup>TH</sup> Street West, Bradenton, Fl. 34209 (941) 798-9622, [manateeymca.org](http://manateeymca.org)



# BRADENTON YMCA FALL 2019 FITNESS SCHEDULE



is a modern version of classic balletic training designed to lengthen and strengthen the entire body improving posture and balance.



sculpts & strengthens your body using barbells & dumbbells with professional choreography. BODYPUMP express is a condensed format.



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

**CARDIO SCULPT** is a combination of cardiovascular moves and muscle sculpting exercises to burn fat and build lean muscle using various equipment including dumbbells and resistance bands.



**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 STRENGTH** offers a complete strength workout with modifications for those who prefer to remain in the chair.

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



**CORE** is the ultimate workout for abs, back, and glutes.



**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.



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.



**STRETCH & STRENGTH** Will increase your range of motion and create a balance between all muscle groups while increasing your overall strength. The first 30-minute segment focuses on flexibility and balance exercises while the second segment works on strength and 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 & strength workout.



**TRX** 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 STRENGTH / CHAIR YOGA** These classes provide modifications for workouts perfect for those with Parkinson's and other limitations and their caregivers.