



BRADENTON YMCA JAN 2020 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)
8:30a-9:10a	CARDIO/CORE Barb (U)		PILATES Barb (U)		CARDIO/CORE Barb (U)	
8:45a-9:40a	ZUMBA Esther(H)		ZUMBA Esther (H)		LaBLAST Kelly (H)	
9:00a-10:00a	CYCLE Kristi (starts 1/13)		CYCLE Kristi (starts 1/8)			
9:15a-9:55a	KICKBOXING Leanne(U)		CARDIO SCULPT Val (U)		STEP Leanne (U)	
9:15a-10:00a						CYCLE Tracy (C)
9:00a-9:30a		TABATA Leanne (U)		TABATA Leanne (U)	CYCLE (45m) Gail (C)	
9:30a-10:15a		PEDALING WITH PARKINSONS Bob ©		PEDALING WITH PARKINSONS Bob (c)		
9:15a-9:40a	CHAIR STRENGTH Barb (G)				CHAIR STRENGTH Barb (G)	
9:45a-10:30a	CHAIR YOGA Barb (H)		STRETCH & STRENGTH (60 min.) Regina (H)		CHAIR YOGA Barb (H)	
9:30a-10:00a		CORE Leanne (U)		CORE Leanne (U)		
9:45a-10:40a		CHAIR FITNESS Lara (G)		CHAIR FITNESS Lara (G)		
10:00a-11:00a	BODYPUMP Georgia (U)		BODYPUMP Georgia (U)		BODYPUMP Georgia (U)	YOGA Barb/Tara (U)
10:00a-10:40a		BARRE Leanne (U)		BARRE Erin (U)		
10:30a-11:30a	TAI CHI Charlotte (H) 1/6 & 1/13 only					
9:45a-10:40a		CHAIR FITNESS Lara (G)		CHAIR FITNESS Lara (G)		
10:45a-11:45a		SLOW FLOW YOGA Barb (U)		SLOW FLOW YOGA Barb (U)		
11:50a-12:15a		MEDITATION Barb (U)				
12:30p-1:30p		rollassage Ronnie (U)				
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
5:30p-6:00p	TOTAL BODY SCULPT Tara (U)		BODYPUMP EXP. Erin (U)	INTERVAL TRAINING Barb (U)		
5:30p-6:30p		CARDIO SCULPT Tara (U) (60 mins)				
6:00p-6:30p			BARRE Erin (U)	CORE Barb (U)		
6:15p-7:00p	TRX Craig (FC)		TRX Tracy (FC)			
6:00p-6:45p	CYCLE (45 m) Gail (C)					
6:30p-7:30p	ZUMBA Tara (U)	YOGA FLOW Kayla (U)	ZUMBA Esther (U)	SLOW YOGA FLOW Lara (U)		



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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.

TOTAL BODY SCULPT – Total body workout for all major muscle groups using various equipment to build lean muscle



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, This workout is easily adapted to all fitness levels, please come early to your first class for help with proper bike set up. We also offer Pedaling with Parkinsons.



INTERVAL TRAINING – Alternating intervals of cardio and strength moves to burn calories and gain muscle – for all levels.

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



LaBLAST is a Dance Fitness Program combining a wide variety of ballroom dance styles and music genres. No partner and no experience necessary.



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. Focusing on flexibility, balance, strength and core.



TAI CHI/BALANCE energizes the whole body through moving meditation 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/PEDALING WITH PARKINSONS

These classes provide modifications for workouts perfect for those with Parkinson's and other limitations and their caregivers.