



# BRADENTON YMCA MARCH 2020 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
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-9:00a	CARDIO/CORE Barb (U)				CARDIO/CORE Barb (U)	
8:15a-9:10a			PILATES Barb (U)			
8:45a-9:40a	ZUMBA Esther(H)		ZUMBA Esther (H)			
9:00a-10:00a	CYCLE Kristi (C)		CYCLE Kristi (C)		CYCLE (45m) Gail (C)	
9:00a-9:30a	CHAIR STRENGTH Barb (G)	TABATA Leanne (U)		TABATA Leanne (U)	CHAIR STRENGTH Barb (G)	
9:15a-9:55a	KICKBOXING Leanne(U)		CARDIO SCULPT Val (U)		STEP Leanne (U)	
9:15a-10:00a						CYCLE Tracy (C)
9:30a-10:15a	CHAIR YOGA Barb (G)				CHAIR YOGA Barb (G)	
9:30a-10:00a		CORE Leanne (U)		CORE Leanne (U)		
9:30a-10:15a		PEDALING WITH PARKINSONS Bob (C)		PEDALING WITH PARKINSONS Bob (c)		
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) 3/6 & 3/12 only		
10:30a-11:30a	TAI CHI John Ganis (H)					
10:45a-11:45a		SLOW FLOW YOGA Barb (U)		SLOW FLOW YOGA Barb (U)		
11:50a-12:15p		MEDITATION Barb (U)		MEDITATION Barb (U)		
12:30p-1:30p		rollassage Ronnie (U)				
1:00p-2:00p				SOCIAL DANCING W/ KATHRYN LYONS (\$8 members/ \$12 others)		
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
5:30p-6:00p				CARDIO SCULPT Lara (U)		
5:30p-6:30p	TOTAL BODY SCULPT Tara (U)	CARDIO SCULPT Barb (U)	TOTAL SCULPT Esther (U)			
6:00p-6:30p				CORE Lara (U)		
6:00p-6:45p	CYCLE (45 m) Gail (C)					
6:15p-7:00p	TRX Craig (FC)		TRX Tracy (FC)			
6:30p-7:30p	ZUMBA Tara (U)	YOGA FLOW Kayla (U)	ZUMBA Esther (U)	SLOW YOGA FLOW Lara (U)		

FC (Fitness Center), U(Upstairs), H(Hossack Room), G(Gym), C(Cycle) **Effective 03/01/20**  
 3805 59<sup>TH</sup> Street West, Bradenton, Fl. 34209 (941) 798-9622, [manateeymca.org](http://manateeymca.org)



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**BARRE** provides a total body workout focused on posture and core using ballet inspired moves.



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 various cardio formats 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 Parkinson's.



**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.



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.



**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.