



# BRADENTON YMCA JULY 2020 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15a-7.00a			TRX Tracy (FC) (8)			
8.00a-9.00a		CYCLE Bob (8)		CYCLE Bob (8)		
8.15a-9.00a						TRX Val (FC) (8)
8.45a-9.45a	ZUMBA Esther (U) (16)		ZUMBA Esther (U)			
9.00a-9.45a	WATER FITNESS Martha (Pool) (18)		WATER FITNESS Martha (Pool) (18)		WATER FITNESS Martha (Pool) (18)	WATER FITNESS Martha (Pool) (15)
9:00a-9:45a	KICKBOXING Leanne (Gym) (30)	CARDIO/CORE Barb (Gym) (30)	CARDIO SCULPT Val (Gym) (30)	CARDIO/CORE Barb (Gym) (30)	FUN FRIDAY Leanne (Gym) (30)	
9.15a-10.00a						CYCLE Val (8)
10:00a-10:45a	WATER FITNESS Martha (Pool) (18)	WATER FITNESS Martha (Pool) (15)	WATER FITNESS Martha (Pool) (18)	WATER FITNESS Martha (Pool) (15)	WATER FITNESS Martha (Pool) (18)	
10.00a-11:00a	BODYPUMP Georgia (U) (16)	SLOW FLOW YOGA Barb (30)	BODYPUMP Georgia (U) (16)	SLOW FLOW YOGA Barb (20)	BODYPUMP Georgia (U) (16)	SLOW FLOW YOGA Barb/Lara (Gym) (30)
	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>
6:00p-6:45p	TOTAL SCULPT Esther (U) (16)		ZUMBA Esther (Gym) (30)			
6:00p-7:00p		SLOW FLOW YOGA Barb (Gym) (30)		SLOW YOGA FLOW Lara (Gym) (30)		
		WATER FITNESS Michelle (Pool) (15)		WATER FITNESS Michelle (Pool) (15)		
6.15p-7.00p	CYCLE Mike (8)					
6:15p-7:00p	TRX Craig (FC) (8)		TRX Tracy (FC) (8)			