



BRADENTON YMCA AUGUST 2020 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00a-7.00a			TRX Tracy (FC)			
8.00a-9.00a		CYCLE Bob (C)		CYCLE Bob (C)		
8.15a-9.00a						TRX Val (FC)
8.45a-9.45a	ZUMBA Esther (U)		ZUMBA Esther (U)			
9.00a-9.45a						
9:00a-9:45a	KICKBOXING Leanne (Gym)	CARDIO/CORE Barb (Gym)	CARDIO SCULPT Val (Gym)	CARDIO/CORE Barb (Gym)	Fun Friday Leanne (Gym)	
9.15a-10.00a						Cycle Val
10.00a-11:00a	BODYPUMP Georgia (U)		BODYPUMP Georgia (U)		BODYPUMP Georgia (U)	
10:00a-11:00a		SLOW FLOW YOGA Barb (Gym)		SLOW FLOW YOGA Barb (Gym)		
10.15A-11.15						SLOW FLOW YOGA Barb/Lara (Gym)
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
6:00p-7:00p	TOTAL SCULPT Esther (U)	SLOW FLOW YOGA Barb (Gym)	ZUMBA Esther (Gym)	SLOW YOGA FLOW Lara (Gym)		
6.15p-7.00p	CYCLE Mike					
6:15p-7:00p	TRX Craig (FC)		TRX Tracy (FC)			



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BodyPump is a cardio strength workout that utilizes barbells to perform resistance exercises and workouts, all completed to upbeat music mix tracks.

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, 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 a 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.

STEP & SCULPT – a great cardio workout, with intervals of step combinations and strength training moves – all levels



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.

