



BRADENTON YMCA SEPTEMBER 2020 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.15a-7.00a			TRX Tracy (FC)			
6:30a-7:15a	WATER FITNESS (Pool)		WATER FITNESS (Pool)		WATER FITNESS (Pool)	
8.00a-9.00a		CYCLE Bob		CYCLE Bob		
8.45a-9.45a	ZUMBA Esther (U)		ZUMBA Esther (U)			
8:30a-9:15a	WATER FITNESS (Pool)		WATER FITNESS (Pool)		WATER FITNESS (Pool)	
9:00a-9:45a	KICKBOXING Leanne (Gym)	CARDIO/CORE Barb (Gym)	CARDIO SCULPT Val (Gym)	CARDIO/CORE Barb (Gym)	FUN FRIDAY Leanne (Gym)	NEW! HIGH FITNESS Hayley (Gym)
						WATER FITNESS (Pool)
						CYCLE Val (C)
9.30a-10.15a		WATER FITNESS (Pool)		WATER FITNESS (Pool)		
10:00-10:45	CHAIR FITNESS Leanne (Gym)		CHAIR YOGA Barb (Gym)			(10:00-10:30) TRX BLAST Val (FC)
10.00a-11:00a	BODYPUMP Georgia (U)	SLOW FLOW YOGA Barb (Gym)	BODYPUMP Georgia (U)	SLOW FLOW YOGA Barb (Gym)	BODYPUMP Georgia (U)	(10:15-11:15) SLOW FLOW YOGA Barb/Lara (Gym)
10:30-11:15a	WATER FITNESS (Pool)		WATER FITNESS (Pool)		WATER FITNESS (Pool)	
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
6:00p-7:00p	NEW! HIGH FITNESS Hayley (Gym)	SLOW FLOW YOGA Barb (U)	ZUMBA Esther (Gym)	SLOW YOGA FLOW Lara (U)		
6:00-6:45p		WATER FITNESS (Pool)		WATER FITNESS (Pool)		
6:15p-7:00p	TRX Craig (FC)		TRX Tracy (FC)			



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BODY PUMP 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.



TOTAL SCULPT 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, This workout is easily adapted to all fitness levels, please come early to your first class for help with proper bike set up.



NEW!!! HIGH FITNESS – a great cardio class alternating between cardio peaks and toning tracks. Music you love and easy to follow choreography. Suitable for all levels.

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



FUN FRIDAY! Instructor's choice... a fun way to end your week!



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!



Water Fitness is a complete body workout for all levels of fitness.