



BRADENTON YMCA NOVEMBER 2020 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00a-7:00a			TRX Tracy (FC)			
6:30a-7:15a	WATER FITNESS (Pool)		WATER FITNESS (Pool)		WATER FITNESS (Pool)	
8:00a-9:00a		CYCLE Bob (C)		CYCLE Bob (C)		CYCLE (8.15am) Val (C)
8:15-9:15a	ZUMBA Esther (U)					
8:30a-9:15a	WATER FITNESS (Pool)		WATER FITNESS (Pool)		WATER FITNESS (Pool)	
8:45a-9:45a			ZUMBA Esther (U)			
9:00a-9:30a						CARDIO STRENGTH Hayley (Gym)
9:30a-10:00a						CORE BLAST Hayley (Gym)
9:00a-9:45a	KICKBOXING Leanne (Gym)	CARDIO/CORE Barb (Gym)	BARRE/PILATES FUSION Leanne (Gym)	CARDIO/CORE Barb (Gym)	Fun Friday Leanne (Gym)	WATER FITNESS (Pool)
9:30a-10:15a		WATER FITNESS (Pool)		WATER FITNESS (Pool)		
10:00a-11:00a	BODYPUMP Georgia (U)		BODYPUMP Georgia (U)		BODYPUMP Georgia (U)	
10:00a-10:45	CHAIR FITNESS Barb (Gym)		CHAIR YOGA Barb (Gym)			
10:00a-11:00a		SLOW FLOW YOGA Barb (Gym)		SLOW FLOW YOGA Barb (Gym)		
10:15a-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
5:30p-6:15p	BODYPUMP (45 mins) Leanne (U)		BODYPUMP (45 mins) Leanne (U)			
6:00-6:45p		WATER FITNESS (Pool)		WATER FITNESS (Pool)		
6:00p-7:00p		SLOW FLOW YOGA Val/Barb (U)		SLOW YOGA FLOW Lara (U)		
6:15p-7:15p			ZUMBA Esther (U)			
6:15p-7:00p	TRX Craig (FC)		TRX Tracy (FC)			

FC(Fitness Center), U(Upstairs), H(Hossack Room), G(Gym), C(Cycle) **Effective 11/01/20**
 3805 59TH Street West, Bradenton, Fl. 34209 (941) 798-9622, manateeymca.org



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BARRE/PILATES FUSION is a Ballet and Pilates inspired class blending cardio, strength and flexibility, improving coordination, balance and core strength



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



CARDIO STRENGTH - a low impact full body workout incorporating strength training moves and cardio drills.

CORE BLAST – the ultimate workout for abs, glutes and core!



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 YOGA FOR EVERYONE provides all the benefits of yoga without getting on & off the floor.



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

FUN FRIDAY Instructor’s choice – a fun way to end your week!



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



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.



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