



BRADENTON YMCA MAY 2021 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30a-7:15a	WATER FITNESS (Pool)		WATER FITNESS (Pool)		WATER FITNESS (Pool)	
8:00a-9:00a		CYCLE Bob (C)		CYCLE Bob (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-9:45a	KICKBOXING Leanne (Gym)	CARDIO/CORE Barb (Gym)	BARRE/PILATES FUSION Leanne (Gym)	CARDIO/CORE Barb (Gym)	Fun Friday Leanne (Gym)	WATER FITNESS (Pool)
9:00a-10:00a						CYCLE Val (C)
9:30a-10:15a		WATER FITNESS (Pool)		WATER FITNESS (Pool)		
10:00a-11:00a	BODYPUMP Georgia (U)		BODYPUMP Georgia (U)		BODYPUMP Georgia (U)	
10:00-11:00a	CHAIR FITNESS Barb (Gym) (45 mins)		CHAIR YOGA Barb (Gym) (45 mins)		CHAIR FITNESS/YOGA Barb (Gym) (1Hr)	
10:00a-11:00a		SLOW FLOW YOGA Barb (Gym)		SLOW FLOW YOGA Barb (Gym)		
10:15-11:15a						SLOW FLOW YOGA Barb (Gym)
10:30-11:15a	WATER FITNESS (Pool)		WATER FITNESS (Pool)		WATER FITNESS (Pool)	
11:00a-11:30		MEDITATION Barb (Gym)				
	EVENING	EVENING	EVENING	EVENING	EVENING	EVENING
5:30p-6:15p	BODYPUMP (45 mins) Leanne (U)		BODYPUMP (45 mins) Leanne (U)			
6:00p-7:00p		POWER HOUR Stacey (U)		SLOW YOGA FLOW Tami (U)		
6:30p-7:15p		WATER FITNESS (Pool)		WATER FITNESS (Pool)		
6:15p-7:15p			ZUMBA Esther (U)			
6:15p-7:00p	TRX Craig (FC)		TRX Tracy (FC)			



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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

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



CARDIO/CORE - a low impact full body cardio workout for your heart 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.

POWER HOUR – An interval class using a variety of equipment, exercises and stations to develop strength and endurance – suitable for all levels



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.

