



## BRADENTON YMCA SEPT 2021 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30a-7:15a	<b>WATER FITNESS (Pool)</b> Music Only		<b>WATER FITNESS (Pool)</b> Music Only		<b>WATER FITNESS (Pool)</b> Music Only	
8:00a-9:00a		<b>CYCLE</b> Bob (C)		<b>CYCLE</b> Bob (C)		
8:30a-9:15a	<b>WATER FITNESS (Pool)</b> Charlotte		<b>WATER FITNESS (Pool)</b> Charlotte		<b>WATER FITNESS (Pool)</b> Charlotte	
8.25a-8.55a					<b>RETRO STEP (30mins)</b> Leanne (G)	
8:45a-9:45a			<b>ZUMBA</b> Esther (U)			
9:00a-9:45a	<b>KICKBOX/CORE</b> Leanne (G)	<b>STEP &amp; SCULPT</b> Barb (G)	<b>BARRE/PILATES FUSION</b> Leanne (G)	<b>CARDIO/CORE</b> Kathy (G)	<b>Fun Friday</b> Leanne (G)	<b>WATER FITNESS (Pool)</b> Janet
9:00a-10:00a						<b>CYCLE</b> Val (C)
9:00a-10:00a						<b>FAMILY ZUMBA</b> Krista (U)
10:00-10:45a		<b>WATER FITNESS (Pool)</b> Charlotte		<b>WATER FITNESS (Pool)</b> Charlotte		
10:00a-11:00a	<b>BODYPUMP</b> Georgia (U)		<b>BODYPUMP</b> Georgia (U)		<b>BODYPUMP</b> Georgia (U)	
10:00-11:00a	<b>CHAIR FITNESS</b> Barb (G)	<b>LOW &amp; SLOW FITNESS</b> Donna (H)	<b>CHAIR YOGA</b> Barb (G)	<b>CHAIR FITNESS</b> Donna (H)	<b>GENTLE YOGA</b> Barb (H)	
10:00a-11:00a		<b>SLOW FLOW YOGA</b> Barb (G)		<b>SLOW FLOW YOGA</b> Barb (G)		
10:15-11:15a						<b>SLOW FLOW YOGA</b> Barb (U)
10:30-11:15a	<b>WATER FITNESS (Pool)</b> Music only		<b>WATER FITNESS (Pool)</b> Music Only		<b>WATER FITNESS (Pool)</b> Music Only	
11:00a-11:30		<b>MEDITATION</b> Barb (U)				
11:15a-12:15p				<b>iRESTORE ROLLASSAGE</b> Ronnie (U)		
	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>	<b>EVENING</b>
5:30p-6:15p	<b>BODYPUMP (45 mins)</b> Leanne (U)		<b>BODYPUMP (45 mins)</b> Leanne (U)			
6:00p-7:00p		<b>CYCLE</b> Stacey (C)		<b>CYCLE</b> Stacey/Val (C)		
6:00P-7:00P				<b>SLOW FLOW YOGA</b> Tami (U)		
6.30p-7.15p		<b>WATER FITNESS (Pool)</b> Janet		<b>WATER FITNESS (Pool)</b> Janet		
6:15p-7:00p	<b>TRX</b> Craig (FC)		<b>TRX</b> 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



**BODYPUMP** 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** 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!



**KICKBOX/CORE** is a cardiovascular workout integrating choreographed kicking and punching that will help get rid of fat and reshape your body ending with work to shape that Core!

**IRESTORE ROLLASAGE** the active recovery workout designed to help your muscles recover faster, making it possible to improve physical performance, minimize injury and reduce soreness



**LOW & SLOW** - Classic low impact, easy to follow dance moves, strength, balance and flexibility, suitable for all levels.

**RETRO STEP** aerobics is a good old fashioned cardiovascular workout using the Step, with combinations and patterns to boost your heart rate and strengthen your leg muscles. Suitable for all levels.



**STEP & SCULPT** - an interval class combining simple combinations using the step and weights to strengthen and tone.



**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.



**SLOW FLOW YOGA** 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).

**GENTLE YOGA**



incorporates Brazilian, Latin and African rhythms. Shake your body & have a blast! Family - children 8yrs or above are welcome to join!



**WATER FITNESS** is a form of aerobic exercise that takes place in the water, composed of a variety of exercises, helping to build strength while putting less stress on your joints and muscles and allowing a great range of motion. Suitable for all levels.



**CHAIR FITNESS / CHAIR STRENGTH / CHAIR YOGA / LOW & SLOW** These classes provide modifications for workouts perfect for those with Parkinson's and other limitations and their caregivers.