

# Aerobic Studio Schedule

BRISTOL FAMILY YMCA

May

| Monday  | Tuesday   | Wednesday                                     | Thursday                                      | Friday  | Saturday                                      | Sunday |
|---|---|---|---|---|---|--------|
|   | 5:15-6:00am<br>Cycle<br>(Daryl)                 | 5:15-6:00am<br>Cycle/Core<br>(Julie)          | 5:15-6:00am<br>Cycle<br>(Daryl)               | 5:15-6:00am<br>Yoga<br>(Amy)                  |   |        |
| 6:00-7:00am<br>Strength Train<br>(Alexa)        | Member's<br>Choice<br>Fitness on Demand         | Member's<br>Choice<br>Fitness on Demand       | Member's<br>Choice<br>Fitness on Demand       | 6:00-7:00am<br>Yoga<br>(Amy)                  |   |        |
| Member's<br>Choice<br>Fitness on Demand         |   | Member's<br>Choice<br>Fitness on Demand       | Member's<br>Choice<br>Fitness on Demand       | Member's Choice<br>Fitness on Demand          |   |        |
| Member's<br>Choice<br>Fitness on Demand         |   | Member's<br>Choice<br>Fitness on Demand       |   | Member's Choice<br>Fitness on Demand          |   |        |
| 8:35 - 9:35 am<br>Strength Train<br>(Heather F) | 8:30-9:25am<br>Barre Basics<br>(Sharon)         | 8:35 - 9:35 am<br>Strength Train<br>(Sharon)  | 8:30-9:25am<br>Barre Basics<br>(Sharon)       | 8:35- 9:35 am<br>Strength Train<br>(Sharon)   |   |        |
| 9:45-10:45am<br>Arms/Butt/Core<br>(Dawn)        | 9:30 - 10:30am<br>Boot Camp<br>(Dawn)           | 9:45-10:30am<br>Kick & Core<br>(Dawn)         | 9:30 - 10:30am<br>Boot Camp<br>(Dawn)         | 9:45 - 10:45am<br>Step<br>(Sharon)            | 9:05-10:00am<br>Power Dance<br>(Heather)      |        |
|   |   |   |   |   | 10:05-11:05am<br>Strength Train<br>(Rotation) |        |
| Member's<br>Choice<br>Fitness on Demand         | 10:45-11:45am<br>Yoga 101<br>(Alexa)            | Member's<br>Choice<br>Fitness on Demand       | 10:45-11:45am<br>Yoga 101<br>(Alexa)          | Member's Choice<br>Fitness on Demand          | Member's<br>Choice<br>Fitness on Demand       |        |
| Member's<br>Choice<br>Fitness on Demand         | Member's<br>Choice<br>Fitness on Demand         | Member's<br>Choice<br>Fitness on Demand       | Member's<br>Choice<br>Fitness on Demand       | Member's Choice<br>Fitness on Demand          | Member's<br>Choice<br>Fitness on Demand       |        |
| 1:00-2:30 pm<br>Studio Closed<br>for Cleaning   | 1:00-2:30 pm<br>Studio Closed<br>for Cleaning   | 1:00-2:30 pm<br>Studio Closed<br>for Cleaning | 1:00-2:30 pm<br>Studio Closed<br>for Cleaning | 1:00-2:30 pm<br>Studio Closed for<br>Cleaning | Member's<br>Choice<br>Fitness on Demand       |        |
| 3:00- 4:00pm<br>Rivers Way                      | 3:00- 4:00pm<br>Rivers Way                      | 3:00- 4:00pm<br>Rivers Way                    | 3:00- 4:00pm<br>Rivers Way                    | Member's Choice<br>Fitness on Demand          | Member's<br>Choice<br>Fitness on Demand       |        |
| 4:30-5:30pm<br>Strength Train<br>(Blakelee)     | Member's<br>Choice<br>Fitness on Demand         | 4:30-5:30pm<br>Strength Train<br>(Blakelee)   | Member's<br>Choice<br>Fitness on Demand       | Member's Choice<br>Fitness on Demand          |   |        |
| 5:45-6:40pm<br>Step<br>Challenge<br>(Sharon)    | 5:45-6:40 pm<br>Tabata Boot<br>Camp<br>(Sharon) | 5:45-6:40pm<br>Power Dance<br>(Sara)          | 5:45-6:45pm<br>Power Dance<br>(Heather)       | Member's Choice<br>Fitness on Demand          |   |        |
| 6:45-7:45pm<br>Strength Train<br>(Julie/Sharon) | 6:45-7:40pm<br>Hip-Hop<br>Cardio<br>(Blakelee)  | 6:45-7:45pm<br>Strength Train<br>(Adriel)     | 6:50-7:20pm<br>Core Focus<br>(Heather)        |   |   |        |
| Member's<br>Choice<br>Fitness on Demand         | Member's<br>Choice<br>Fitness on Demand         | Member's<br>Choice<br>Fitness on Demand       | Member's<br>Choice<br>Fitness on Demand       |   |   |        |

Classes averaging less than 10 participants per class are subject to change or cancellation.

# Aerobic Class Descriptions

## **Yoga**

Bring awareness of your body, breath and movement. Participants will have the opportunity to improve strength, flexibility, circulation and well-being while reducing stress. (Yoga 101 & Gentle Yoga are beginner level classes)

## **Boot Camp**

High-energy class incorporating various exercise modes to achieve an intense full body workout.

## **Core Focus**

Advanced, high energy 30 minute core workout.

## **Kick & Core**

Challenging cross training class with kickboxing & core work included.

## **Barre Basics**

Barre classes include components of Pilates, Yoga and Ballet. You'll work your core & tone the entire body from head to toe! (No dance experience required)

## **Strength Train**

This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.

## **Arms/Butt/Core**

Low impact, high intensity toning using body weight and weighted exercises. Focus will be on core and arms and will include various forms of exercises including Pilates, body sculpting and weight training.

## **Cycle/Strength & Cycle/Core**

Combo classes utilizing bikes & various strength equipment.

## **Fitness on Demand/Members Choice**

Now you can choose which Fitness on Demand Class to take! Come check out the wide variety of classes you can choose from! See Fitness staff for more details!

## **Step**

A fun, high-energy class utilizing the step in many positions and heights. This cardio program strengthens and shapes the lower body one step at a time. Motivating instructors and fun music make this step class a great experience. Step is for all ages and fitness levels.

## **Step Challenge**

Fun, high-energy class incorporating the step for a great cardio workout!

## **Balance & Flex**

Invigorating 60-minute mind-body workout incorporating Yoga & Pilates fundamentals. Great for improving balance, mobility, flexibility & core strength.

## **Tabata/Cross Training**

Advanced, high intensity interval training.

## **Power Dance**

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

## **Hip-Hop Cardio**

Super fun, dance based cardio workout!

## **Rivers Way**

Room reserved for Rivers Way  
Mon-Thurs, 3pm-4pm

## **BRISTOL FAMILY YMCA**

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