

# Aerobic Studio Schedule

## BRISTOL FAMILY YMCA

### September

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

## **Metabolic Boot Camp**

Structural and compound movements with little rest in between exercises to maximize calorie burn. Class also includes a full body stretch.

## **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**

400 M L King Jr. Blvd., Bristol TN 37620

P 423 968 3133 F 423 968 3618 W [bristolymca.net](http://bristolymca.net)