

# FUNCTIONAL TRAINING STUDIO

## BRISTOL FAMILY YMCA

### February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00am – 7:00am <b>Strength Train</b> (Julie)				
8:00 – 9:30 am <b>Cardio Core &amp; More</b> (Pat)		8:00 – 9:30 am <b>Sculpt</b> (Pat)		8:00 – 9:30 am <b>Pilates/Barre</b> (Pat)		
9:45 – 10:45 am <b>Balance &amp; Flex</b> (Kathy)	9:45 – 10:45 am <b>Cycling</b> (Cindy)		9:45 – 10:45 am <b>Cycling</b> (Sharon)		9:05 – 10:05 am <b>Tabata Cycling</b> (Sharon / Rotation)	
					10:15 – 11:15am <b>Yoga</b> (Brandi)	
						2:00pm- 3:00pm <b>Cycling</b> (Sharon)
5:45 – 6:40 pm <b>Balance &amp; Flex</b> (Julie)						
	6:00 – 7:00pm <b>Yoga</b> (Brandi)		6:00 – 7:00pm <b>Yoga</b> (Brandi)			

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

Class	
<b>Yoga</b>	Integrate the body, mind and spirit in this 60-minute Yoga class suitable for all fitness levels. It's more than just stretching; it brings greater awareness of your body, breath, and movement. Reduce stress as you improve your strength, flexibility, and well-being.
<b>Cycling</b>	This class setting is appropriate for all learning levels because YOU control YOUR intensity. Instructors will lead you on a journey yet you control how intense your workout is.
<b>Tabata Cycling</b>	High intensity, interval cycle class.
<b>Strength Train</b>	This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.
<b>Pilates/Barre</b>	Great for ALL fitness levels! A safe, effective way to build core strength, endurance and flexibility.
<b>Sculpt</b>	55-minute strength training class using barbells, dumbbells, etc. No previous experience necessary.
<b>Cardio Core &amp; More</b>	High-energy class with Cardio & Core work included.
<b>Balance &amp; Flex</b>	Invigorating 60-minute mind-body workout incorporating Yoga & Pilates fundamentals. Great for improving balance, mobility, flexibility & core strength.
<b>Arms/Butt/Core</b>	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.