

FUNCTIONAL TRAINING STUDIO

BRISTOL FAMILY YMCA

August

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

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

Class	
Yoga	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.
Cycling	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.
Tabata Cycling	High intensity, interval cycle class.
Strength Train	This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors.
Pilates/Barre	Great for ALL fitness levels! A safe, effective way to build core strength, endurance and flexibility.
Sculpt	55-minute strength training class using barbells, dumbbells, etc. No previous experience necessary.
Cardio Core & More	High-energy class with Cardio & Core work included.
Balance & Flex	Invigorating 60-minute mind-body workout incorporating Yoga & Pilates fundamentals. Great for improving balance, mobility, flexibility & core strength.