



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# Aerobic Studio Schedule

## BRISTOL FAMILY YMCA

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Member's Choice Fitness on Demand	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)		
Member's Choice Fitness on Demand	Member's Choice Fitness on Demand	Member's Choice Fitness on Demand	Member's Choice Fitness on Demand	6:00-7:00am 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)		8:30-9:30am Barre Basics (Sharon)	8:35 – 9:35 am Strength Train (Sharon)	8:30-9:30am Barre Basics (Sharon)	8:35– 9:35 am Strength Train (Sharon)	
9:45-10:45am Arms/Butt/Core (Dawn)	9:40 – 10:40am Boot Camp (Dawn)	9:45-10:30am Kick & Core (Dawn)	9:40 – 10:40am Boot Camp (Dawn)	9:40 – 10:40am Step (Sharon)	9:05-10:00am Power Dance (Rotation)	
					10:05- 11:05am Strength Train (Rotation)	
Member's Choice Fitness on Demand	10:50-11:50am Yoga 101 (Alexa)	Member's Choice Fitness on Demand	10:50-11:50am Yoga 101 (Alexa)	10:45-11:45am Arms/Butt/Core (Dawn)	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	
1:00-2:30 pm Studio Closed for Cleaning	1:00-2:30 pm Studio Closed for Cleaning	1:00-2:30 pm Studio Closed for Cleaning	1:00-2:30 pm Studio Closed for Cleaning	1:00-2:30 pm Studio 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	The Y closes at 6pm	The Y closes at 6pm
5:45-6:40pm Step Challenge (Sharon)	5:45-6:40 pm Tabata Boot Camp (Sharon)	5:45-6:40pm Power Dance (Blakelee)	5:45-6:45pm Power Dance (Heather)	Member's Choice Fitness on Demand		
6:45-7:45pm Strength Train (Julie/Sharon)	Member's Choice Fitness on Demand	6:45-7:45pm Power 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			

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.

## 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/Step Challenge

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.

## Cardio Mashup

A Fun, high-energy class incorporating your favorite Cardio classes (Tabata, Boot Camp, Dance, Kickboxing, etc.) for a great 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's Adaptive Yoga Class, Mon-Thurs, 3pm-4pm

## BRISTOL FAMILY YMCA

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