



# YMCA of Bristol

|    | MONDAY | TUESDAY  | WEDNESDAY                                     | THURSDAY                                       | FRIDAY                                     | SATURDAY                                     | SUNDAY   |   |
|----|--------|--|---|--|--|--|--|---|
| AM |        | 5:15 - 6:00 AM<br>Cycling<br>(Daryl)                 | 5:15 - 6:00 AM<br>Cycle + Core<br>(Julie)     | 5:15 - 6:00 AM<br>Cycling<br>(Daryl)           | 5:15 - 6:00 AM<br>Gentle Yoga<br>(Amy)     |  |  |   |
|    |        |  | 6:00 - 7:00 AM<br>Strength Train<br>(Julie)   |  | 6:15 - 7:00 AM<br>Yoga Flow<br>(Amy)       |  |  |   |
|    |        |  |   |  |  |  |  |   |
|    |        | 8:30 - 9:30 AM<br>Strength Train<br>(Heather)        | 8:30 - 9:30 AM<br>Barre Basics<br>(Sharon)    | 8:30 - 9:30 AM<br>Strength Train<br>(Sharon)   | 8:30 - 9:30 AM<br>Barre Basics<br>(Sharon) | 8:30 - 9:30 AM<br>Strength Train<br>(Sharon) |  |   |
|    |        | 8:30 - 9:45 AM<br>Cardio, Core & More<br>(Pat)       |   | 8:30 - 9:45 AM<br>Scuplt<br>(Pat)              |  | 8:30 - 9:45 AM<br>Pilates/Barre<br>(Pat)     | 9:00 - 10:00 AM<br>Cardio Mash-Up<br>(Rotation)  |   |
|    |        | 9:45 - 10:45 AM<br>A.B.C<br>(Dawn)                   | 9:45 - 10:40 AM<br>BOOTCAMP<br>(Dawn)         | 9:45 - 10:45 AM<br>Kickboxing<br>(Dawn)        | 9:45 - 10:40 AM<br>BOOTCAMP<br>(Dawn)      | 9:45 - 10:40 AM<br>Step<br>(Sharon)          | 9:00 - 10:00 AM<br>Tabata Cycle<br>(Sharon)      |   |
|    |        |  | 9:45 - 10:45 AM<br>Cycling<br>(Stephanie)     |  | 9:45 - 10:45 AM<br>Cycling<br>(Sharon)     |  | 10:05 - 11:05 AM<br>Strength Train<br>(Rotation) | 2:00 - 3:00 PM<br>Bikini Bootcamp<br>(Rotation) |
|    |        | 10:50 - 11:50 AM<br>P.Y.T (Pilates, Yoga)<br>(Alexa) | 10:50 - 11:50 AM<br>Yoga<br>(Alexa)           |  | 10:50 - 11:50 AM<br>Yoga<br>(Alexa)        | 10:45 - 11:45 AM<br>A.B.C<br>(Dawn)          | 10:15 - 11:15 AM<br>Yoga<br>(Rotation)           |   |
| PM |        |  | 12:15 - 12:45 PM<br>Hard CORE<br>(Dawn)       |  |  |  |  |   |
|    |        |  |   |  |  |  |  |   |
|    |        | 3:00 - 4:00 PM<br>Rivers Way                         | 3:00 - 4:00 PM<br>Rivers Way                  | 3:00 - 4:00 PM<br>Rivers Way                   | 3:00 - 4:00 PM<br>Rivers Way               |  |  |   |
|    |        | 4:30 - 5:30 PM<br>Strength Train<br>(Blakelee)       |   | 4:30 - 5:30 PM<br>Strength Train<br>(Blakelee) |  |  |  |   |
|    |        |  | 5:00 - 5:35 PM<br>HIIT<br>(Lauren)            |  | 5:00 - 5:35 PM<br>HIIT<br>(Lauren)         |  |  |   |
|    |        | 5:45 - 6:40 PM<br>STEP Challenge<br>(Sharon)         | 5:45 - 6:45 PM<br>Tabata Bootcamp<br>(Sharon) | 5:45 - 6:45 PM<br>Hip Hop Cardio<br>(Blakelee) | 5:45 - 6:45 PM<br>Power Dance<br>(Heather) |  |  |   |
|    |        | 5:45 - 6:40 PM<br>Flex + Balance<br>(Julie)          |   |  |  |  |  |   |
|    |        |  | 6:00 - 7:00 PM<br>Yoga<br>(Brandi)            | 6:15 - 7:15 PM<br>Cycling<br>(Stephanie)       | 6:00 - 7:00 PM<br>Yoga<br>(Brandi)         |  |  |   |
|    |        | 6:45 - 7:45 PM<br>Strength Train<br>(Sharon/Julie)   |   | 6:45 - 7:45 PM<br>PowerYoga<br>(Amy)           |  |  |  |   |
|    |        |  |   |  |  |  | <b>Location</b>                                  |   |
|    |        |  |   |  |  | <b>Main Aerobic</b>                          | <b>Multi-Functional</b>                          |   |

# Class Descriptions

## Age Guidelines

**Ages 13+** may participate in all Group Exercise classes without a parent or supervising guardian.

**Ages 8-12** may participate in Group Exercise classes with a parent or supervising guardian except class with weights or cycle classes.

## Classes

**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.

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

**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.)

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

**Cardio & Core** - This class will burn and tone all those pesky "trouble" areas, hitting the entire body for a great workout!

**Cardio Mashup** - A Fun, high-energy class incorporating your favorite Cardio classes alternating class styles with Tabata, Boot Camp, Dance, Kickboxing, etc. for a great workout!

**Cycle/Strength & Cycle/Core Combo** - classes utilizing bikes & various core exercises using mainly body weight.

**Cycling** - This class is for all learning levels because YOU control YOUR intensity. Instructors will lead you on a journey yet you control how intense your workout is.

**Hard "CORE"** - Join us for a class dedicated to your core! Strengthen and tone those abs in this killer workout dedicated to the midsection!

**HIIT** - 30 minute High Intensity Interval Training giving you a total body workout with cardio, strength and core intervals. All levels welcome! Format will change up constantly.

**Hip-Hop Cardio** - Super fun, dance based cardio workout.

**Kick & Core** - Challenging cross training class with kickboxing & core work included.

**P.Y.T.** - Pilates.Yoga.Toning Flex and stretch in this low impact, floor work class focusing on lengthening and stretching all muscles.

**Power Dance** - Features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

**Step Challenge** - A fun, high-energy class utilizing the step in many positions and heights. Cardio program strengthens and shapes the lower body one step at a time.

**StrengthTrain** - This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment..

**Tabata/CrossTraining** - Advanced, high intensity interval training.

**Yoga** - Bring awareness of your body, breath and movement. Improve strength, flexibility, circulation and well-being while reducing stress.

**Bikini Bootcamp**- High-energy class focusing on problem areas to get you ready for warmer weather!