



# FUNCTIONAL TRAINING STUDIO

## BRISTOL FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00am – 7:00am <b>Strength Train</b> (Julie)				
8:30 – 9:45 am <b>Cardio Core &amp; More</b> (Pat)		8:30 – 9:45 am <b>Sculpt</b> (Pat)		8:30 – 9:45 am <b>Pilates/Barre</b> (Pat)		
	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)	
					10:15 – 11:15am <b>Yoga</b> (Rotation)	
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.