



FUNCTIONAL TRAINING STUDIO YMCA OF BRISTOL

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|--|--|
| | | 6:00am – 7:00am Strength Train (Julie) | | | | |
| 8:30 – 9:45 am Cardio Core & More (Pat) | | 8:30 – 9:45 am Sculpt (Pat) | | 8:30 – 9:45 am Pilates/Barre (Pat) | | |
| | 9:45 – 10:45 am Cycling (Stephanie) | | 9:45 – 10:45 am Cycling (Sharon) | | 9:00 – 10:00 am Tabata Cycling (Sharon) | |
| | | | | | 10:15 – 11:15am Yoga (Rotation) | |
| 12:15 – 12:45 pm ExpressCycling (Stephanie) | | | | | | 2:00 – 3:00 pm Cycling (Rotation) |
| | 5:00–5:30 pm HIIT (Dawn/Lauren) | | 5:00–5:30 pm HIIT (Dawn/Lauren) | | | |
| 5:45 – 6:40 pm Balance & Flex (Julie) | 6:00 – 7:00pm Yoga (Brandi) | 6:15 – 7:15 pm Cycling (Stephanie) | 6:00 – 7:00pm Yoga (Brandi) | | | |
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Classes averaging less than 10 participants per class are subject to change or cancellation

| Class | |
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| 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. |
| HIIT | A total body workout with cardio, strength and core intervals, 30 minutes, all levels welcome! Format will change up constantly and keep your body guessing what is coming next! |
| Cycle Express | Love Cycle? Limited on time? Want to fit in a great workout in 30 minutes? This is the class for you! High energy and appropriate for all fitness levels. This is a 30 minute version of your favorite format! |