



YMCA of Bristol October Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AM	5:15 – 5:45 AM Sports Conditioning (Kara)	5:15 – 6:00 AM Cycling (Daryl)	5:15 – 6:00 AM Cycle + Core (Julie)		5:15 – 5:45 AM Sports Conditioning (Chris)			
		5:15 – 5:45 AM BoxMaster (Chris)		5:15 – 5:45 AM BoxMaster (Chris)	5:15 – 6:00 AM Gentle Yoga (Amy)		★ Denotes a new class or time!	
	6:00–6:30 AM BoxMaster (Eric)	6:00 – 6:30 AM BoxMaster (Chris)	6:00 – 7:00 AM Strength Train (Julie)	6:00 – 6:30 AM BoxMaster (Chris)	6:15 – 7:00 AM Yoga Flow (Amy)			
						8:15 – 8:45 AM BoxMaster (Rotation)		
	8:30 – 9:30 AM Strength Train (Heather)		8:30 – 9:30 AM Strength Train (Sharon)		8:30 – 9:30 AM Strength Train (Sharon)	9:00 – 9:30 AM Sports Conditioning (Rotation)		
	8:30 – 9:30 AM Cardio, Core & More (Pat)	8:30 – 9:30 AM Barre (Sharon)	8:30 – 9:30 AM Sculpt (Pat)	8:30 – 9:30 AM Barre (Sharon)	8:30 – 9:30 AM Pilates (Pat)	9:00 – 10:00 AM Dance (Heather)		
	8:30 – 9:00 AM BoxMaster (Kara)	8:30 – 9:30 AM Nia (Alexa)	8:30 – 9:00 AM BoxMaster (Kara)	★ 8:30 – 9:30 AM Cardio Dance Mix (Kathy)	8:30 – 9:00 AM BoxMaster (Kara)	9:00 – 10:00 AM Tabata Cycle (Rotation)		
	9:15 – 9:45 AM BoxMaster (Kara)	9:45 – 10:30 AM Gentle Nia (Alexa)	9:00– 10:00 AM Cycling (Tom)	9:45 – 10:30 AM Chair Yoga (Tiffany)	9:15 – 9:45 AM BoxMaster (Kara)	9:00 – 10:00 AM Barre (Rotation)		
	9:45 – 10:45 AM A.B.C (Dawn)	9:45 – 11:00 AM Bootcamp (Dawn)	9:45 – 10:45 AM Kickboxing (Dawn)	9:45 – 11:00 AM Bootcamp (Dawn)	9:45 – 10:45 AM A.B.C. (Dawn)	9:45 – 10:15 AM BoxMaster (Rotation)		
	10:00 – 10:30 AM BoxMaster (Heather)	9:45 – 10:45 AM Cycling (Sharon)	★ 10:00 – 10:30 AM BoxMaster (Sharon)	9:45 – 10:45 AM Cycling (Sharon)	10:00 – 10:30 AM BoxMaster (Sharon)	10:30 – 11:00 AM Sports Conditioning (Rotation)		
	10:00 – 10:45 AM Forever Fit (Cecilia)					10:05 – 11:05 AM Strength Train (Rotation)		
	11:00 – 12:00 PM Line Dancing (Linda)	10:45 – 11:45 AM Yoga (Alexa)	11:00 – 12:00 PM Line Dancing (Linda)	10:45 – 11:45 AM Yoga (Amy)	11:00 – 12:00 PM Line Dancing (Linda)	10:15 – 11:15 AM Yoga (Rotation)		
	★ 11:00 – 11:45 AM Yoga (Cecilia)					Main Exercise Studio		
						STUDIO (by color)		
						Multi-Functional		
						Mind & Body Studio		

						Cycle Studio	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM	4:30 - 5:30 PM Strength Train (Blakelee)	5:00 - 5:45 PM Barre (Jenny)	4:30 - 5:30 PM Strength Train (Blakelee)				3:00 - 4:00 PM Yoga (Chelsa)
		5:00 - 5:35 PM HIIT (Lauren)	5:00 - 5:45 PM Yoga (Jenny)	5:00 - 5:35 PM HIIT (Lauren)			
	5:30 - 6:30 PM Cycle (Tom)						
	5:45 - 6:40 PM Bootcamp (Brittany)	5:45 - 6:45 PM Tabata Bootcamp (Sharon)	★ 5:45 - 6:40 PM Bootcamp (Brittany)	5:45 - 6:45 PM Power Dance (Heather)			
	5:45 - 6:15 PM BoxMaster (Chris)	5:45 - 6:15 PM BoxMaster (Lauren)		5:45 - 6:15 PM BoxMaster (lauren)	5:45 - 6:15 PM BoxMaster (Shaka)		
	5:45 - 6:40 PM Balance + Flex (Julie)	6:00 - 7:00 PM Yoga (Brandi)	6:00 - 6:45 PM Barre (Ashley)	6:00 - 7:00 PM Yoga (Brandi)	6:00 - 7:00 PM Yoga (Chelsa)		
	6:30 - 7:00 PM BoxMaster (Chris)	6:30 - 7:00 PM BoxMaster (Shaka)	6:15 - 7:15 PM Bike-N-Boxing (Rick)	6:30 - 7:00 PM BoxMaster (Shaka)			
	6:45 - 7:45 PM Strength Train (Julie)	7:00 - 7:45 PM Sports Conditioning (Chandler)		7:00 - 7:45 PM Sports Conditioning (Tiffany)			
						STUDIO (by color)	
						Main Exercise Studio	
						Multi-Functional	
						Mind & Body Studio	
						Cycle Studio	

Age Guidelines

Ages 14+ may participate in all Group Exercise classes without a parent or supervising guardian.

Ages 12-13 may participate in Group Exercise classes without a parent or supervising guardian except classes with weights or cycle classes.

Ages 8-11 may participate in Group Exercise classes with a parent or supervising guardian except classes with weights or cycle classes.

Class Descriptions

Arms/Booty/Core (A.B.C.): Low impact, high intensity toning using body weight and weighted exercises. Focus will be on core and arms and will include various forms of exercise.

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

Barre: Includes 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.

Bike-N-Boxing: Class utilizes bikes & BoxMaster training.

BoxMaster: Boxing style conditioning that caters to all types of fitness levels. Participants will hit every aspect of conditioning while training in an interval format.

Cardio, Core & More: Fun, high-energy class focusing on full body workout using various equipment and formats. (low impact, great starter class)

Cardio Dance Mix- Low impact, multi-level dance classes incorporating Latin, Jive, Line Dance and more!

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.

Forever Fit: Perfect for older adults This class includes work for all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance and coordination.

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.

Kickboxing: Challenging cross training class with kickboxing & core work included.

Line Dancing- learn a variety of line dances and western struts in this class. It's a fun and very social way to exercise. No partner needed.

NIA: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind.

Pilates: A great class consisting of low-impact flexibility and muscular strength and endurance movements to strengthen the core. (low impact, great starter class)

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.

Sculpt: 60-minute strengthening program hitting all major muscle groups in one class with various types of equipment. (great starter class, low impact)

Sports Conditioning: A combination of aerobic conditioning, strength training, and sports performance enhancement utilizing battle ropes, body weight and more.

Strength Train: This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment.

Tabata Bootcamp: Advanced, high intensity interval training.

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

Chair Yoga: A gentle form of yoga done while sitting or standing with the support of the chair. Chair yoga poses are especially good for seniors and those who sit for long periods.

Yoga Flow: Energetic class matching movement to breath with lots of movement!

Yoga 101/Gentle Yoga: This is a basic yoga class and includes; breathwork, warmup poses, standing poses, balance work, stretching, and relaxation.