



## YMCA of Bristol September Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM</b>	5:15 – 6:00 AM Sports Conditioning (Chris)	5:15 – 6:00 AM Cycling (Daryl)	5:15 – 6:00 AM Cycle + Core (Julie)	5:15 – 6:00 AM Cycling (Julie)	5:15 – 6:00 AM Sports Conditioning (Chandler)		
		5:15 – 5:45 AM BoxMaster (Chris)		5:15 – 5:45 AM BoxMaster (Chris)	5:15 – 6:00 AM Gentle Yoga (Amy)		
		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)	★ Denotes a new class, instructor, or time!
	8:30 – 9:30 AM Strength Train (Amy)		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 (Lou)	8:30 – 9:30 AM Barre (Sharon)	8:30 – 9:30 AM Sculpt (Lou)	8:30 – 9:30 AM Barre (Sharon)	8:30 – 9:30 AM Pilates (Amy)	9:00 – 10:00 AM Dance (Heather)	
		8:30 – 9:30 AM Nia (Alexa)				9:00 – 10:00 AM Cycle (Rotation)	
	9:15 – 9:45 AM BoxMaster (Brittany)	9:45 – 10:30 AM Gentle Nia (Alexa)	9:00– 10:00 AM Cycling (Tom)	9:45 – 10:30 AM Chair Yoga (Amy)	9:15 – 9:45 AM BoxMaster (Adam)	9:00 – 10:00 AM Barre (Rotation)	
	9:45 – 10:45 AM A.B.C. (Dawn)	9:45 – 10:45 AM Bootcamp (Dawn)	9:45 – 10:45 AM Kickboxing (Dawn)	9:45 – 10:45 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 (Brittany)	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 (Kathy)					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 (Amy)						
							Main Exercise Studio
							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)				2:00 – 3:00 PM Weekend Warrior (Rotation)
			5:00 – 5:45 PM Yoga (Jenny)				3:00 – 4:00 PM Yoga (Chelsa)
	5:45 – 6:45 PM Cycle (Tom)						3:15 – 3:45 PM Boxmaster (Rotation)
	★ 5:45 – 6:40 PM Bootcamp (rotation)	5:45 – 6:45 PM Tabata Bootcamp (Sharon)	★ 5:45 – 6:40 PM Bootcamp (rotation)	5:45 – 6:45 PM Power Dance (Heather)			
	5:45 – 6:15 PM BoxMaster (Chandler)	5:45 – 6:15 PM BoxMaster (Shaka)	5:45 – 6:15 PM BoxMaster (Chandler)	5:45 – 6:15 PM BoxMaster (Shaka)	5:45 – 6:15 PM BoxMaster (Shaka)		
	5:30 – 6:30 PM Warm Power Vinyasa Flow (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 (Chandler)	6:30 – 7:00 PM BoxMaster (Shaka)	6:15 – 7:15 PM Bike-N-Boxing (Rick)	6:30 – 7:00 PM BoxMaster (Shaka)			
						<b>STUDIO (by color)</b>	
						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)

**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/Weekend Warrior:** 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 Bootamp:** Advanced, high intensity interval training.

**Warm Power Vinyasa Flow-** powerful yoga using breath in motion to build functional strength, flexibility, balance and focus. Full body workou. Be prepared to sweat!

**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.