



## YMCA of Bristol January–March '22 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)		Denotes a new class, instructor, or time!
		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)		
	8:30 – 9:30 AM Strength Train (Amy)	8:30 – 9:30 AM Nia (Alexa)	8:30 – 9:30 AM Strength Train (Sharon)	8:30 – 9:30 AM Zumba (Patti)	8:30 – 9:30 AM Strength Train (Sharon)	8:15 – 8:45 AM BoxMaster (Rotation)	
	8:30 – 9:30 AM Cardio, Core & More (Suzanne)	8:30 – 9:30 AM Barre (Sharon)	8:30 – 9:30 AM Sculpt (Patti)	8:30 – 9:30 AM Barre (Sharon)	8:30 – 9:30 AM Pilates (Amy)	9:00 – 9:30 AM Sports Conditioning (Rotation)	
	9:15 – 9:45 AM BoxMaster (Brittany)		9:00– 10:00 AM Cycling (Tom)		9:15 – 9:45 AM BoxMaster (Adam)	9:00 – 10:00 AM Dance (Heather)	
	9:45 – 10:45 AM A.B.C. (Dawn)	9:45 – 10:45 AM Bootcamp (Dawn)	9:45 – 10:45 AM Kick-N-Core (Dawn)	9:45 – 10:45 AM Bootcamp (Dawn)	9:45 – 10:45 AM A.B.C. (Dawn)	9:00 – 10:00 AM Cycle (Rotation)	
		9:45 – 10:45 AM Cycling (Sharon)		9:45 – 10:45 AM Cycling (Sharon)		9:00 – 10:00 AM Barre (Rotation)	
	10:00 – 10:45 AM Forever Fit (Kathy)	9:45 – 10:30 AM Gentle Nia (Alexa)	10:00 – 10:45 AM Forever Fit (Patti)	9:45 – 10:30 AM Chair Yoga (Amy)	10:00 – 10:45 AM Forever Fit (Patti)	9:45 – 10:15 AM BoxMaster (Rotation)	
	10:00 – 10:30 AM BoxMaster (Brittany)		10:00 – 10:30 AM BoxMaster (Sharon)		10:00 – 10:30 AM BoxMaster (Sharon)	10:30 – 11:00 AM Sports Conditioning (Rotation)	
	11:00 – 11:45 AM Yoga (Amy)	10:45 – 11:45 AM Yoga (Alexa)	11:00 – 11:45 AM Yoga (Patti)	10:45 – 11:45 AM Yoga (Amy)		10:05 – 11:05 AM Strength Train (Rotation)	
	11:00 – 12:00 PM Line Dancing (Linda)		11:00 – 12:00 PM Line Dancing (Linda)		11:00 – 12:00 PM Line Dancing (Linda)	10:15 – 11:15 AM Yoga (Rotation)	
					<b>STUDIO (by color)</b>	<b>Main Exercise Studio</b>	
						<b>Multi-Functional</b>	
					<b>Mind &amp; Body Studio</b>		
					<b>Cycle Studio</b>		

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PM	4:30 – 5:30 PM Strength Train (Blakelee)		4:30 – 5:30 PM Strength Train (Blakelee)				2:00 – 3:00 PM Weekend Warrior (Rotation)
		5:00 – 5:45 PM Barre (Jenny)	5:15 – 6:15 PM Yoga (Jenny)				3:00 – 4:00 PM Yoga (Chelsa)
	★ 5:45 – 6:40 PM Bootcamp (Josh)	5:45 – 6:45 PM Tabata Bootcamp (Sharon)	★ 5:45 – 6:40 PM Bootcamp (Brittany)	5:45 – 6:45 PM Power Dance (Heather)			3:15 – 3:45 PM Boxmaster (Rotation)
	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)		
	6:00 – 7:00 PM Warm Power Vinyasa Flow (Julie)	6:00 – 7:00 PM Yoga (Brandi)		6:00 – 7:00 PM Yoga (Brandi)	6:00 – 7:00 PM Yoga (Chelsa)		
	5:45 – 6:45 PM Cycle (Tom)			★ 6:15 – 7:15 PM Bike-N-Boxing (Rick)			
	6:30 – 7:00 PM BoxMaster (Chandler)	6:30 – 7:00 PM BoxMaster (Shaka)	★ 6:30 – 7:00 PM BoxMaster (Chandler)				
						<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.**

**Kick-N-Core: 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 Bootcamp: 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 workout. 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.**