



## YMCA of Bristol Fall '22 Group Exercise Schedule

|           | MONDAY  | TUESDAY                                  | WEDNESDAY                                    | THURSDAY                                | FRIDAY   | SATURDAY  | SUNDAY                                      |
|-----------|---|--|--|---|--|---|---|
| <b>AM</b> | 5:15 - 6:00 AM<br>Sports Conditioning<br>(Chris)    | 5:15 - 6:00 AM<br>Cycling<br>(Daryl)     | 5:15 - 6:00 AM<br>Cycle + Core<br>(Julie)    | 5:15 - 6:00 AM<br>Cycling<br>(Julie)    | 5:15 - 6:00 AM<br>Sports<br>Conditioning<br>(Daniel) |   |   |
|           |   | 5:15 - 5:45 AM<br>BoxMaster<br>(Daniel)  |  | 5:15 - 5:45 AM<br>BoxMaster<br>(Daniel) | 5:15 - 6:00 AM<br>Gentle Yoga<br>(Amy)               |   | ★ Denotes a new class, instructor, or time! |
|           |   | 6:00 - 6:30 AM<br>BoxMaster<br>(Daniel)  | 6:00 - 7:00 AM<br>Strength Train<br>(Julie)  | 6:00 - 6:30 AM<br>BoxMaster<br>(Daniel) | 6:15 - 7:00 AM<br>Yoga Flow<br>(Amy)                 |   |   |
|           |   | ★ 6:15 - 7:00 AM<br>Yin Yoga<br>(Amy)    |  | 6:15 - 7:00 AM<br>Yin Yoga<br>(Amy)     |  |   |   |
|           | 8:30 - 9:30 AM<br>Strength Train<br>(Amy)           | 8:30 - 9:30 AM<br>Nia<br>(Alexa)         | 8:30 - 9:30 AM<br>Strength Train<br>(Sharon) | 8:30 - 9:30 AM<br>Zumba<br>(Patti)      | 8:30 - 9:30 AM<br>Strength Train<br>(Sharon)         | 8:15 - 8:45 AM<br>BoxMaster<br>(Rotation)             |   |
|           | 8:30 - 9:30 AM<br>Cardio, Core & More<br>(Brittany) | 8:30 - 9:30 AM<br>Barre<br>(Sharon)      | 8:30 - 9:30 AM<br>Sculpt<br>(Jen)            | 8:30 - 9:30 AM<br>Barre<br>(Sharon)     | 8:30 - 9:30 AM<br>Pilates<br>(Amy)                   | 9:00 - 9:30 AM<br>Sports Conditioning<br>(Rotation)   |   |
|           |   |  | ★ 8:30- 9:30 AM<br>Cycling<br>(Tom)          |   | ★ 8:30 - 9:00 AM<br>BoxMaster<br>(Adam)              | 9:00 - 10:00 AM<br>Dance<br>(Heather)                 |   |
|           | 9:45 - 10:45 AM<br>A.B.C<br>(Dawn)                  | 9:45 - 10:45 AM<br>Bootcamp<br>(Dawn)    | 9:45 - 10:45 AM<br>Kick-N-Core<br>(Dawn)     | 9:45 - 10:45 AM<br>Bootcamp<br>(Dawn)   | 9:45 - 10:45 AM<br>A.B.C.<br>(Dawn)                  | 9:00 - 10:00 AM<br>Cycle<br>(Rotation)                |   |
|           |   | 9:45 - 10:45 AM<br>Cycling<br>(Sharon)   |  | 9:45 - 10:45 AM<br>Cycling<br>(Sharon)  |  | 9:00 - 10:00 AM<br>Barre<br>(Rotation)                |   |
|           | 10:00 - 10:45 AM<br>Forever Fit<br>(Cathy)          | 9:45 - 10:30 AM<br>Gentle Nia<br>(Alexa) | ★ 10:00 - 10:45 AM<br>Forever Fit<br>(Leigh) | 9:45 - 10:30 AM<br>Chair Yoga<br>(Amy)  | 10:00 - 10:45 AM<br>Forever Fit<br>(Cathy)           | 9:45 - 10:15 AM<br>BoxMaster<br>(Rotation)            |   |
|           | 10:00 - 10:30 AM<br>BoxMaster<br>(Brittany)         |  | 10:00 - 10:30 AM<br>BoxMaster<br>(Sharon)    |   | 10:00 - 10:30 AM<br>BoxMaster<br>(Sharon)            | 10:30 - 11:00 AM<br>Sports Conditioning<br>(Rotation) |   |
|           | 11:00 - 11:45 AM<br>Yoga<br>(Amy)                   | 10:45 - 11:45 AM<br>Yoga<br>(Alexa)      | ★ 11:00 - 11:45 AM<br>Yoga<br>(Patti)        | 10:45 - 11:45 AM<br>Yoga<br>(Amy)       |  | 10:05 - 11:05 AM<br>Strength Train<br>(Rotation)      |   |
|           | 11:00 - 12:00 PM<br>Line Dancing<br>(Linda)         |  | 11:00 - 12:00 PM<br>Line Dancing<br>(Linda)  |   | 11:00 - 12:00 PM<br>Line Dancing<br>(Linda)          | 10:15 - 11:15 AM<br>Yoga<br>(Rotation)                |   |
|           |   |  |  |   |  | ★ 11:15 - 12:00 PM<br>Step<br>(Becca)                 |   |
|           |   |  |  |   |  |   |   |

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

**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.

**Step-** An aerobic fitness class which is designed to provide people with cardio and strength training utilizing a platform.

**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 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.