



## Bradenton YMCA | June 1st - June 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>TRX</b> Fitness Center	5:30PM-6:15PM (Strength) <i>Misty K.</i>		6:00AM-6:45AM (Strength) <i>Craig M.</i>		7:00AM-7:45AM (Strength) <i>Craig M.</i>		
<b>Cycle</b> Cycle Studio		8:00AM-9:00AM (Cardio) <i>Jennifer R.</i>					
<b>Zumba</b> Hossack Room		9:00AM-9:45AM (Dance) <i>Jessica A.</i>					
<b>CardioFit</b> Upstairs Group Exercise Room		9:00AM-9:55AM (Cardio) <i>Jennifer R.</i>					
<b>Yoga</b> Upstairs Group Exercise Room		10:00AM-11:00AM (Mind & Body) <i>Nicole U.</i>		10:00AM-11:00AM (Mind & Body) <i>Barbara M.</i>  6:20PM-7:20PM (Mind & Body) <i>Allison B.</i>		10:00AM-11:00AM (Mind & Body) <i>Steve P.</i>	
<b>Chair Volleyball</b> Gym		10:15AM-10:45AM (Chair Volleyball) <i>Jacob M.</i>					
<b>Meditation</b> Upstairs Group Exercise Room		11:00AM-11:40AM (Mind & Body) <i>Nicole U.</i>					
<b>Les Mills BODYPUMP</b> Upstairs Group Exercise Room		5:15PM-6:15PM (Strength) <i>Deb M.</i>	10:00AM-11:00AM (Strength) <i>Georgia P.</i>	5:15PM-6:15PM (Strength) <i>Deb M.</i>	10:00AM-11:00AM (Strength) <i>Georgia P.</i>		
<b>Les Mills BODYCOMBAT</b> Upstairs Group Exercise Room		6:15PM-7:15PM (Cardio) <i>Deb M.</i>					
<b>Pilates Mat</b> Upstairs Group Exercise Room			9:00AM-9:55AM (Mind & Body) <i>Barbara M.</i>				
<b>Functional Balance - Active Older Adults</b> Gym			9:00AM-10:00AM (Functional Balance - Active Older Adults) <i>Kathleen O.</i>				

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<b>Chair Yoga</b> Gym			10:00AM-11:00AM (Mind & Body) <i>Kathleen O.</i>				
<b>Women's Drumming</b> Multi Purpose Room			11:00AM-12:00PM (Women's Drumming) <i>Laurie L.</i>				
<b>Rollasage</b> Upstairs Group Exercise Room			11:10AM-12:00PM (Rollasage) <i>Margaret F.</i>				
<b>Zumba</b> Upstairs Group Exercise Room				9:00AM-10:00AM (Dance) <i>Jessica A.</i>		9:00AM-10:00AM (Dance) <i>Dan P.</i>	
<b>Active Older Adults Classic</b> Gym				10:00AM-11:00AM (Active Older Adults) <i>Barbara L.</i>	10:00AM-11:00AM (Active Older Adults) <i>Barbara M.</i>		
<b>Total Body Sculpt</b> Hossack Room				10:00AM-11:00AM (Strength) <i>Doreen A.</i>			
<b>Tai Chi</b> Hossack Room				11:10AM-12:00PM (Mind & Body) <i>Barbara M.</i>			
<b>Les Mills BODYCOMBAT</b> Hossack Room				6:30PM-7:15PM (Cardio) <i>Deb M.</i>			
<b>Fun Friday</b> Upstairs Group Exercise Room					9:00AM-9:55AM (Interval Training) <i>Barbara M.</i>		
<b>Gentle Yoga</b> Upstairs Group Exercise Room					11:10AM-12:10PM (Mind & Body) <i>Barbara M.</i>		