

March Room Two Schedule | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
7am			Yin Yoga Katie R. 7:30am - 8:30am				
8am	Yoga Shelly R. 8:30am - 9:30am			Yin Yoga Katie R. 8:30am - 9:30am	Yoga Katie R. 8:30am - 9:30am	Gentle Yoga Shelly R. 8:45am - 9:45am	
9am	Yin Yoga Shelly R. 9:45am - 10:45am	Low Impact Cardio Leslie B. 9:45am - 10:30am	Yoga Katie R. 9am - 10am	Low Impact Cardio Leslie B. 9:45am - 10:30am	Chair Yoga Shelly R. 9:45am - 10:45am		
10am			Chair Yoga Dianna G. 10:45am - 11:45am	Tai Chi Sandy C. 10:45am - 11:45am			
11am	Tai Chi Sandy C. 11am - 11:45am				Yoga Shelly R. 11am - 12pm	Barre Megan V. 11am - 12pm	Yoga Jessica S. 11am - 12pm
12pm	Barre Melissa D. 12pm - 1pm	Senior Strength Dianna G. 12:10pm - 1pm		Senior Strength Dianna G. 12:10pm - 1pm			
3pm							Power Yoga Katie R. 3pm - 4pm
4pm	Private Dance Lessons* James F 4:20pm - 4:50pm	Beginning Hip Hop* James F 4pm - 4:45pm	Beginning Hip Hop* James F 4pm - 4:50pm	Beginning Ballet* Gabrielle B. 4pm - 4:45pm			
5pm	Contemporary* James F 5pm - 6pm	Core and More Stan K. 5pm - 6pm	Beginning Hip Hop* James F 5pm - 6pm	Core and More Stan K. 5pm - 6pm	Adult Ballet* Gabrielle B. 5:30pm - 6:30pm		
6pm	Barre Megan V. 6:15pm - 7pm	Barre Hiedi J. 6:15pm - 7:15pm	Yoga Janelle M. 6:15pm - 7:30pm	Barre Hiedi J. 6:15pm - 7:15pm	Yoga Emily L. 6:45pm - 7:45pm		
7pm	Yoga Emily L. 7:15pm - 8:15pm						

Please note that all classes are subject to change due to demand and participation. It is recommended that you consult your physician prior to starting any exercise program.

Please note, instructors have 15 minutes before and after class time for preparation, member engagement and cleanup.

Winter 2 Session: February 24 - March 29

Yin Yoga

Build strength, flexibility and balance through bodily postures, breathing techniques, and meditation.

Yoga

Control breathing through a series of flowing movements designed to strengthen and lengthen muscles while developing a mind-body connection. Guidance through yoga postures improves strength, balance and flexibility.

Gentle Yoga

Alignment, core strength, flexibility and relaxation, are the focus of class and is accessible to all. Ideal for those preferring a more gentle practice.

Low Impact Cardio

Minimize muscular and joint stress while improving muscular endurance in this low impact class.

Chair Yoga

Develop strength, flexibility, balance, and restoration with the stability of a chair. Class offers the benefits of yoga through a safely guided practice.

Tai Chi

This class focuses on generating and circulating vital energy around the body by following traditional principles of movement, posture, and breathing.

Barre

Use the ballet barre, light weights, isometric exercises, and balance to firm, lengthen, lift, and sculpt the core, arms, thighs, and glutes.

Senior Strength

Minimize muscular and joint stress while improving muscular endurance in this low impact class.

Power Yoga

A total body workout combining strength and flexibility yoga poses. Includes breathing, warm up, and heat-building exercises. Strength-based with continual power flow building high endurance.

Beginning Ballet*

Beginning students learn preparatory exercises, focusing on creativity and exploration of movement.

Hip Hop*

Master your floor work and footwork in this high-energy class, with a focus on rhythms, musicality, and individual expression.

Adult Ballet*

Students learn preparatory exercises, focusing on creativity and exploration of movement. More advanced students engage in placement, technique, and musicality through barre, center, and enchainment (combination) exercises. Class is for adults ages 15 and older.

Core and More

Improve posture and physical function for a healthy lifestyle, as we focus on strengthening exercises for abdominal and back muscles.

Contemporary*

Explore natural energy and emotions that create dances of fluid expression while learning contact-release, floor work, fall and recovery, and improvisation.

Beginning Hip Hop*

Master your floor work and footwork in this high-energy class, with a focus on rhythms, musicality, and individual expression.