

# March Room One Schedule | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Cycling</b> Rob A. 5:30am - 6:30am		<b>Cycling</b> Rob A. 5:30am - 6:30am		<b>Cycling</b> Rob A. 5:30am - 6:30am		
<b>8am</b>		<b>Core and More</b> Anita A. 8:45am - 9:35am		<b>Core and More</b> Anita A. 8:45am - 9:35am		<b>Cycling</b> Daphne G. 8am - 9am	
<b>9am</b>	<b>Pedal and Pulse</b> Megan V. 9:30am - 10:30am	<b>Yoga</b> Janelle M. 9:45am - 10:45am	<b>Barre</b> Megan V. 9:45am - 10:45am	<b>Yoga</b> Janelle M. 9:45am - 10:45am	<b>Pedal and Pulse</b> Randi S. 9:30am - 10:30am	<b>Cardio Step</b> Joyce W. 9:15am - 10:15am	
<b>10am</b>						<b>Yoga</b> Joyce W. 10:30am - 11:45am	
<b>11am</b>	<b>Yoga</b> Janelle M. 11am - 12:15pm	<b>Cycling</b> Michele A. 11am - 12pm		<b>Cycling</b> Stephanie L. 11am - 12pm			<b>Cardio Dance</b> Colette B. 11am - 12pm
<b>4pm</b>	<b>Core Express</b> Skyler S. 4:30pm - 5pm	<b>Cycling</b> Steven R. 4:30pm - 5:30pm	<b>Cycling</b> Daphne G. 4:15pm - 5:15pm	<b>Cycling</b> Steven R. 4:30pm - 5:30pm	<b>Core Express</b> Skyler S. 4:30pm - 5pm		
<b>5pm</b>	<b>Kettlebell (Drop-In)</b> Skyler S. 5:15pm - 6pm	<b>TRX®</b> Ryan H. 5:45pm - 6:30pm	<b>H.I.I.T.</b> Colette B. 5:30pm - 6:30pm	<b>TRX® Circuit</b> Megan J. 5:45pm - 6:30pm	<b>Cycling</b> Colette B. 5:30pm - 6:30pm		
<b>6pm</b>	<b>Yoga</b> YMCA Staff 6:30pm - 7:30pm	<b>R.I.P.P.E.D.®</b> Ryan H. 6:45pm - 7:45pm		<b>Cardio Dance</b> Colette B. 6:45pm - 7:45pm			

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.**

## **Cycling**

Build endurance and strength during this high-energy, interval class of cardio-muscular training. All fitness levels welcome. Bring a towel and water bottle.

## **Core and More**

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

## **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.

## **Barre**

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

## **Cardio Step**

Step to a high-energy workout for all fitness levels. Please arrive a few minutes early to discuss bench height and basic steps with instructor.

## **Cardio Dance**

Enjoy lively rhythms and movements in this fun, choreography-based workout.

## **Core Express**

For a 30 minute total body workout, participate in this fast paced, fun, and energetic class with a main focus of building core and cardiovascular endurance.

## **Kettlebell (Drop-In)**

## **TRX®**

Safely perform hundreds of exercises that build strength, flexibility, balance, and mobility, and prevent injuries through leveraged body weight exercises that integrate functional strength training regimens.

## **H.I.I.T.**

High Intensity Interval Training

HIIT training combines body resistance, plyometrics, and calisthenics to deliver a 30-45 minute workout that will burn fat and calories. Participants will be pushed into their anaerobic zones for short intervals and aerobic zones for longer intervals and then awarded recovery periods. Modifications will be given.

## **TRX® Circuit**

Alternate between TRX® suspension straps and a cardiovascular component in this large group TRX® Circuit class for a fast and effective total body workout. Suitable for advanced fitness levels.

## **R.I.P.P.E.D.®**

Maintain fitness in this high-intensity program that utilizes free weights, resistance, and body weight and combines each of its components in ways that are fun, safe, and effective.