





*BRISTOL Group Exercise Schedule*  
**FEBRUARY 2019**


Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Zumba 9:30am Shotokan Karate 11:30am
3	4 Yoga-lates 12:30pm Dance Class 1:30pm Cardio Sculpt 5:00pm	5 Total Tone 12:30pm Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	6 Yoga Flow 12:30pm Yoga Flow 4:45pm	7 Body Blitz 12:30pm Muscle Mix 5:00pm	8	9 Zumba 9:30am Shotokan Karate 11:30am
10	11 Yoga-lates 12:30pm Dance Class 1:30pm Cardio Sculpt 5:00pm	12 Total Tone 12:30pm Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	13 Yoga Flow 12:30pm Yoga Flow 4:45pm	14 Body Blitz 12:30pm Muscle Mix 5:00pm	15 	16 Zumba 9:30am Shotokan Karate 11:30am
17	18 <b>Fitness Center</b> <b><u>CLOSED</u></b> for <b><u>Presidents Day</u></b>	19 Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	20 Yoga Flow 12:30pm Yoga Flow 4:45pm	21 Body Blitz 12:30pm Muscle Mix 5:00pm	22	23 Zumba 9:30am Shotokan Karate 11:30am
24	25 Yoga-lates 12:30pm Dance Class 1:30pm Cardio Sculpt 5:00pm	26 Total Tone 12:30pm Meditation 12:30pm <i>in Art Gallery</i> Zumba 4:45pm	27 Yoga Flow 12:30pm Yoga Flow 4:45pm	28 Body Blitz 12:30pm Muscle Mix 5:00pm		


# Exercise Class Descriptions & Instructors

*Modifications are given to accommodate all fitness levels in all classes.*


	<p><b>Cardio Sculpt with Lynette: (Mon) 45 mins</b> A complete cardio and muscle sculpting workout. Lynette keeps this class fun and interesting by using dumbbells, heavy bars, balance ball and more to strengthen and tone your body.</p>
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	<p><b>Shotokan Karate with Sensei Kevin: (Sat) 60 mins</b> A karate class that will include a fitness warm up, basic katas and self-defense. All levels welcome.</p>
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	<p><b>Body Blitz with Wendy: (Thurs) 45 mins</b> Total body strength-training primarily focused on toning and strengthening the core.</p>
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	<p><b>Total Tone with Wendy: (Tues) 45 mins</b> A strengthening workout that focuses equal time on upper body and lower body and abdominal work using body bars, free weights, and body weight as resistance to tone the entire body.</p>
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	<p><b>Dance Class with DPao: (Mon) 60 mins</b> A dance exercise session which will include a variety of dance styles including hip hop.</p>
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	<p><b>Yoga Flow with Andrea: (Wed) 45 mins</b> This easy going Hatha/Vinyasa blend is designed to de-stress and refresh. Suitable for all levels this class will bring your body and mind back into balance through breath work, postures and meditation.</p>
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	<p><b>Meditation in Art Gallery with Dāna: (Tues) 30 mins</b> <i>Held in Art Gallery, H building.</i> Sit comfortably and allow yourself to be guided into deep relaxation and calm. Guided meditation techniques promote stress reduction, clarity of mind and help soothe the nervous system.</p>
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	<p><b>Yoga-lates with Wendy: (Mon) 45 mins</b> This low-impact workout will develop core strength and stabilization through Pilate poses. It will also improve flexibility, muscular strength posture and alignment through yoga poses, breathing and relaxation.</p>
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	<p><b>Muscle Mix with Lynette: (Thurs) 45 mins</b> Work magic with your muscles. Lynette uses a variety of equipment and combination movements to get you super toned! Join the fun!</p>
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	<p><b>Zumba with Dawn: (Tues &amp; Sat) 60 mins</b> A high energy dance fitness program using Latin rhythms and easy to follow moves.</p>
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