



YMCA Hours of Operation
 Monday-Thursday: 4am-10pm
 Friday: 4am-9pm
 Saturday: 6:30am-6pm
 Sunday: 11am-6pm

Kid's Zone Hours:
 Monday-Thursday: 8:15am-1pm and 4pm-8:30pm
 Friday: 8:15am-1pm and 4pm-8pm
 Saturday: 7:30am-12pm
 Sunday: Closed

YMCA of the Suncoast
Bardmoor Branch
 8787 Bryan Dairy Road
 Largo, FL 33777
 (727) 394-9622
 www.suncoastymca.org

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	5:30-6:30 Core Fitness \$	5:30-6:30 Core Fitness \$	5:30-6:30 Core Fitness \$	5:30-6:30 Core Fitness \$			
6 am		6:00-7:00 Cycling			6:00-7:00 Cycling		
8 am	8:00-9:00 Fit over Forty	8:00-9:00 Starting out Strong	8:00-9:00 Fit over Forty	8:00-9:00 Starting out Strong	8:00-9:00 Fit over Forty	8:30-9:30 Cycling	
9 am	9:00-9:55 Healthy Body	9:15-10:15 Water Aerobics @Ridgecrest Pool 9:45-10:40 Body Flex	9:00-9:55 Basic Cardio and Strength Training	9:15-10:15 Water Aerobics @Ridgecrest Pool 9:45-10:40 Body Flex	9:00-9:55 Healthy Body	9:30-10:30 Powerflex	9:30 – 10:30 Sunday Cycle Mania \$ Start date 6/7/2009
10 am	10:00-10:55 Basic Cycling	10:45-11:55 Yoga	10:00-10:55 Basic Cycling	10:45-11:55 Yoga	10:00-10:55 Body Blast	10:35-11:35 Step Aerobics	
11 am	11:00–11:25 ABSolute Adventure 11:30–12:00 Total Body Stretch 11:30 – 12:30 GI Jen \$		11:00-12:00 Powerflex 11:30 - 12:30 GI Jen \$		11:00-12:00 Pilates 11:30 – 12:30 GI Jen \$		
12 am		12:00-1:00 Tai Chi	12:30 – 1:15 Cycling	12:00-1:00 Tai Chi	12:30 – 1:15 Cycling		
1 pm	1:30-2:30 SilverSneakers®	1:30-2:30 SilverSneakers® 2:30 – 3:30 Laughter Yoga	1:30-2:30 SilverSneakers®	1:30-2:30 SilverSneakers®	1:30-2:30 SilverSneakers®		
5 pm	5:05-6:05 Cardio Kickboxing	4:45-5:45 Livestrong for Survivors	5:05-6:05 Zumba		5:05-6:05 Pilates		
6 pm	6:15-7:15 Powerflex	6:00-7:00 Cycling	6:15-7:15 Powerflex	6:00-7:00 Cycling	6:15-7:15 Powerflex		
7 pm	7:15-8:15 Step Aerobics	7:05-8:30 Yoga		7:05-8:30 Yoga			
8 pm			8:15-9:30 Yoga				

We Build Strong Kids, Strong Families, Strong Communities.