



8:30 AM BODYPUMP GF	
8:30 AM BODYPUMP GF 9:30AM Mat Pilates M 10:30AM Aqua IP	
9:30AM Mat Pilates M 10:30AM Aqua IP	S
10:30AM Aqua IP	S
71900	BS
11:30AM Cardio Line Dance GF	
	S
5:30PM Cycling S	3
5:30PM BODYCOMBAT. GF	S
6:35PM BODYPUMP GF	S

**EXCUSES DON'T** 

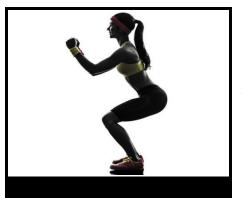
**3URN CALORIES** 

	Thursday			
6:30AM	BODYPUMP.	GFS		
8:00AM	Cycling 🔧	cs		
9:15AM	💙 Aqua	IP		
10:00AM	ZVMBA*	GFS		
11:00AM	Fitness 101 🗜	GFS		
11:15AM	Yinyasa Flow Yoga	MBS		
5:30PM	BODYPUMP	GFS		
5:30PM	Cycling	cs		
6:35PM	Mat Pilates	MBS		
6:35PM	Lesmills Body Combat.	GFS		

	Friday	
8:30 AM	BODYPUMP.	GFS
8:30AM	♥ Aqua 😂	ΙΡ
9:45AM	Abs & Glutes 45 min.	GFS
10:00AM	Yoga level 1	MBS
5:30PM	S ZVMBA	GFS

DON'T WISH FOR IT. WORK FOR IT.

	Saturday				
8:15AM	BODYPUMP	GFS			
9:30AM	BODYCOMBAT.	GFS			
9:30AM	Cycling 🔧	CS			
10:45AM	3 ZVMBA	GFS			



FITNESS IS NOT A
DESTINATION IT'S A WAY
OF LIFE!

# **Effective 06/01/2017**



Group Fitness Studio GFS

Mind & Body Studio MBS

Cycling Studio CS

Indoor Pool IP

MAC Silver & Fit Classes



This fun and easy to follow cardio dance class combines high-energy and motivating Latin music with moves and combinations that make you feel like you are partying on the dance floor. Zumba is the best way to "dance away your worries".



# (60 min.)

Body Pump is a rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.



#### (60 min.)

BODYCOMBAT combines moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It is a fiercely energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it is a great cardiovascular workout that's all out fun.

# Fitness 101 (60 min.)



Low impact classes that get you in shape and help you shed pounds.

Mondays: Cardiovascular exercises

Thursdays: Flexibility, balance and strength

#### Aqua (T, W 45 min/ M, Th, F 60 min.)



Aqua classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level

#### Abs & Glutes (M 25 Min. / F 45 Min.)

This workout is for those that want to concentrate on their ABS and GLUTES. You will work hard to build a storng and healthy core! All fitness levels welcome. M/ondays 25 min. Fridays 45 min.

# Step Aerobics (60 min.)

With a portable platform with height adjustable risers, you will do choreographed exercise routines up, onto, down and around the step for great cardio fitness. Your coordination will be tested at times!

MAC Silver & Fit Class - classes designed for older active adults, true beginners or for people with limited physical skills.

# Yoga level 1 (60 min.)



System of postures (Asanas), breathing practices (Pranayama) and meditation from Ashtanga Yoga to heighten mind-body awareness, focus, and clarity. This is a beginner class.

## Ashtanga/Vinyasa Flow Yoga (60 min.)

Ashtanga & Vinyasa Flow Yoga classes that include vigorous workouts made of power movements, sequences of flowing postures, movement with breath, and challenging poses. These classes will heighten your mind-body awareness, focus, and clarity.

#### Cycling (45 min. or 60 min.)

45 min. Express on Mondays at 5:45 am only

Indoor cycling utilizes innovative, motivational techniques for a great cardio workout! You control your own resistance as you journey thorugh hill climbs, sprints, and flats. New riders, please arrive early for bike set up assistance.

## Cardio Line Dance (60 min.)



Fun, Dance and Fitness is what this class is all about. Upbeat music and fun dance moves will keep you engaged and excited at every class.

#### Mat Pilates (45 min.)

The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity.

Club Hours:

Monday - Thursday 5AM - 11 PM

Friday 5AM - 8 PM

Saturday 8 AM - 8 PM

Sunday 8AM - 4 PM

4162 Manhattan Blvd Harvey, LA 70058 (504)362-2200 Fax (504)362-2293

www.manhattanathletic.com

Schedule subject to change.

Please check our Facebook or our
webpage for daily updates.





# **Group Fitness Schedule**





Revised 06/01/2017