






















Monday

6:30 AM	Cycling Express 	CS
8:30 AM		GFS
9:15AM	 Aqua 	IP
11:00AM	 Fitness 101 	GFS
12:15PM		GFS
5:00PM	Abs & Glutes 25 Minutes 	GFS
5:30PM		GFS
6:35PM	Cycling 	CS
6:35PM		GFS
6:35PM	 Ashtanga Yoga	MBS










I CAN AND I WILL

Tuesday

6:30AM		GFS
8:00AM	Cycling 	CS
9:15AM		GFS
10:30 AM	 Aqua 	IP
5:30PM	Step Aerobics 	GFS
5:30PM	Cycling 	CS
6:35PM	 Vinyasa Flow Yoga	MBS
6:35PM		GFS















Wednesday

6:30 AM	Cycling Express 	CS
8:30 AM		GFS
9:30AM	Mat Pilates 	MBS
10:30AM	 Aqua 	IP
11:30AM	Cardio Line Dance 	GFS
5:30PM	Cycling 	CS
5:30PM		GFS
6:35PM		GFS







**EXCUSES DON'T
BURN CALORIES**

Thursday

6:30AM		GFS
8:00AM	Cycling 	CS
9:15AM	 Aqua 	IP
10:00AM		GFS
11:00AM	 Fitness 101 	GFS
11:15AM	 Vinyasa Flow Yoga	MBS
5:30PM		GFS
5:30PM	Cycling 	CS
6:35PM	 Mat Pilates	MBS
6:35PM		GFS



Friday

8:30 AM		GFS
8:30AM	 Aqua 	IP
9:45AM	Abs & Glutes 45 min. 	GFS
10:00AM	 Yoga level 1	MBS
5:30PM		GFS

**DON'T WISH FOR IT.
WORK FOR IT.**

Saturday

8:15AM		GFS
9:30AM		GFS
9:30AM	Cycling 	CS
10:45AM		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	

ZUMBA (60 min.)

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 strong 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 through 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

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Schedule subject to change.

Please check our Facebook or our webpage for daily updates.



BODYCOMBAT

LES MILLS BODY TRAINING SYSTEMS

Group Fitness Schedule

Manhattan
ATHLETIC CLUB



Revised 06/01/2017