

Monday			
6:00 AM	Kickboxing	GFS	\$
7:00 AM	LES MILLS CXWORX <i>Effective Jan 8, 2018</i>	GFS	
8:30 AM	LES MILLS BODYPUMP	GFS	
9:15 AM	Aqua	IP	
11:00 AM	Fitness 101	GFS	
11:30 AM	BARRE INTENSITY	MBS	\$
5:30 PM	LES MILLS BODYPUMP	GFS	
6:35 PM	Cycling	CS	
6:35 PM	LES MILLS BODYCOMBAT	GFS	
6:35 PM	Ashtanga Yoga	MBS	
<p><b>NEW</b>  BARRE INTENSITY </p>			

Friday			
7:00 AM	LES MILLS CXWORX <i>Effective Jan 12, 2018</i>	GFS	
8:30 AM	LES MILLS BODYPUMP	GFS	
8:30 AM	Aqua	IP	
9:40 AM	LES MILLS CXWORX <i>Effective Jan 12, 2018</i>	GFS	
10:00 AM	Yoga level 1	MBS	
5:00 PM	LES MILLS CXWORX <i>Effective Jan 12, 2018</i>	GFS	
5:35 PM	ZUMBA	GFS	

Tuesday			
6:30 AM	LES MILLS BODYPUMP	GFS	
8:00 AM	Cycling Super Express	CS	
8:35 AM	LES MILLS CXWORX <i>Effective Jan 9, 2018</i>	GFS	
9:15 AM	ZUMBA	GFS	
10:30 AM	Aqua	IP	
5:15 PM	Kickboxing	GFS	\$
5:30 PM	Cycling	CS	
6:15 PM	LES MILLS BODYPUMP Express	GFS	
6:35 PM	Vinyasa Flow Yoga	MBS	
7:05 PM	LES MILLS CXWORX <i>Effective Jan 9, 2018</i>	GFS	
<p><b>IF IT DOESN'T CHALLENGE YOU, IT DOESN'T CHANGE YOU!</b></p>			

Saturday			
8:15 AM	LES MILLS BODYPUMP	GFS	
9:30 AM	LES MILLS BODYCOMBAT	GFS	
9:30 AM	BARRE INTENSITY	MBS	\$
9:30 AM	Cycling	CS	
10:45 AM	ZUMBA	GFS	
<p><b>MAKE MUSCLES NOT EXCUSES</b></p>			

Wednesday			
6:00 AM	Kickboxing	GFS	\$
6:30 AM	Cycling Express	CS	
8:30 AM	LES MILLS BODYPUMP	GFS	
9:30 AM	Mat Pilates	MBS	
10:30 AM	Aqua	IP	
11:30 AM	Cardio Line Dance	GFS	
5:30 PM	Cycling	CS	
5:30 PM	LES MILLS BODYCOMBAT	GFS	
6:35 PM	LES MILLS BODYPUMP	GFS	
<p><b>NEW</b> LES MILLS CXWORX <b>TAKER CORE TRAINING TO NEW PLATEAUS</b></p>			

<p><b>NEW</b>  Kickboxing </p>			
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Thursday			
6:30 AM	LES MILLS BODYPUMP	GFS	
8:00 AM	BARRE INTENSITY	MBS	\$
8:00 AM	Cycling Super Express	CS	
8:35 AM	LES MILLS CXWORX <i>Effective Jan 11, 2018</i>	GFS	
9:15 AM	Aqua	IP	
10:00 AM	ZUMBA	GFS	
11:00 AM	Fitness 101	GFS	
11:15 AM	Vinyasa Flow Yoga	MBS	
5:15 PM	LES MILLS BODYPUMP Express	GFS	
5:30 PM	Cycling	CS	
6:05 PM	LES MILLS CXWORX <i>Effective Jan 11, 2018</i>	GFS	
6:40 PM	Kickboxing	GFS	\$

**Effective 01/02/2018**



Fee Class Passes Required

Group Fitness Studio

Mind & Body Studio

Cycling Studio

Indoor Pool

## 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.

## (30 min.)

CXWORX is all about building core strength, improving functional fitness of the abdominals, mid-section, and glutes, as well as working the cross-slings, which run from the upper to lower body. Basically, CXWORX targets everything from the mid-thigh up to the shoulders, which is an area also known as your trunk. You will work with resistance tubes, weight plates and your body weight.

## 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

## (60 min.)

Barre Intensity combines attributes of Pilates, dance and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range of motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count. This results in a total body workout that leaves you mentally strong and feeling accomplished.

## (45 min.)

Kickboxing combines martial arts techniques with fast-paced cardio. This high-energy workout challenges all fitness levels. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Hand wraps and boxing gloves required.

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

 Fee based class. Class pass purchase required

## 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.

## Super Express Express Cycling ( 30 Min, 45 min. or 60 min.)

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.

## 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

### Club Hours:

Monday - Thursday 5AM - 11 PM

Friday 5AM - 8 PM

Saturday 8 AM - 8 PM

Sunday 8AM - 4 PM

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[www.manhattanathletic.com](http://www.manhattanathletic.com)

**Schedule subject to change.**

**Please check our Facebook or our webpage for daily updates.**



**LES MILLS**  
**CXWORX™**  
30 MINUTE REVOLUTIONARY CORE TRAINING

## Group Fitness Schedule



@manhattanaclub

# Revised 01/02/2018