









































Monday		
6:45AM	Cycling Express 	CS
8:30AM		GFS
9:15AM	 Aqua 	IP
9:30AM		GFS
11:00AM	 Fitness 101 	GFS
5:00PM	Abs & Glutes 	GFS
5:30PM		GFS
5:30PM	Cycling 60 Min 	CS
6:35PM		GFS
6:35PM	 YOGA 2 & 3	MBS
<b>BREAK YOUR OWN RECORDS !</b>		














Friday		
8:30AM		GFS
8:30AM	 Aqua 	IP
9:30AM	Abs & Glutes 45 Minutes 	GFS
10:00AM	 YOGA Silver 	MBS
<b>COMMIT TO GET FIT !</b>		

Tuesday		
5:30AM	Cycling Express 	CS
6:30AM		GFS
9:00AM	 YOGA 2 & 3	MBS
9:15AM	  ZUMBA	GFS
10:30 AM	 Aqua Express 	IP
5:30PM	 YOGA 1 	MBS
5:30PM	 ZUMBA	GFS
5:30PM	Cycling 60 Min 	CS
6:35PM	 YOGA 2 & 3	MBS
6:35PM		GFS
		

Saturday		
8:15AM		GFS
8:30AM	 YOGA 1 	MBS
9:30AM	 YOGA 2 & 3	MBS
9:30AM		GFS
9:30AM	Cycling 60 Min 	CS
<b>NEVER GIVE UP!</b>		


Wednesday		
6:45AM	Cycling 	CS
8:30AM		GFS
9:15AM	 Aqua 	IP
9:30AM		GFS
5:30PM	Cycling 	CS
5:30PM		GFS
6:35PM		GFS
<b>FOCUS ON WHAT MOTIVATES YOU</b>		



Thursday		
5:30AM	Cycling Express 	CS
6:30AM		GFS
8:00AM	Cycling 60 Min 	CS
9:15AM	 Aqua 	IP
11:00AM	 Fitness 101 	GFS
5:00PM	Abs & Glutes 	GFS
5:30PM		GFS
6:30PM	Cycling 	CS
6:35PM	 Yoga 2 & 3	MBS
6:35PM		GFS
		

**Effective 09/23/2014**



- Group Fitness Studio      GFS
- Mind & Body Studio      MBS
- Cycling Studio      CS
- Indoor Pool      IP
- MAC Silver & Fit Classes      

## ZUMBA

Join the latest fitness craze. Zumba fusion of latin international music that create dynamic, exciting and effective fitness experience.

## LES MILLS BODYPUMP

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.

## LES MILLS BODYCOMBAT

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.

## **Cycling Express/Cycling 60 Minutes**

45 minutes Indoor cycling that utilizes innovative, motivational techniques. All levels welcome to this great cardio workout! OR Get a 60 min. cardio ride and burn more calories.

## **Aqua/ Aqua Express (45 min)**

An amazing workout in the water with minimal impact on your joints. All levels welcome!

## **Abs & Glutes 25 Min / 45 Min**

This workout is for those that want to concentrate on their ABS and GLUTES. Class includes a warm-up and a cool-down. All fitness levels welcome.

## ZUMBA

Zumba gold a fusion of Latin and international music that creates a dynamic, exciting and effective fitness experience. Zumba gold is designed for older active adults, true beginners, people with limited physical skills

## **YogaSilver**

Yoga Silver will introduce you to the ease, beauty, and benefits of yoga and improve your physical, emotional, and spiritual well being.



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

## **Yoga Level 1**

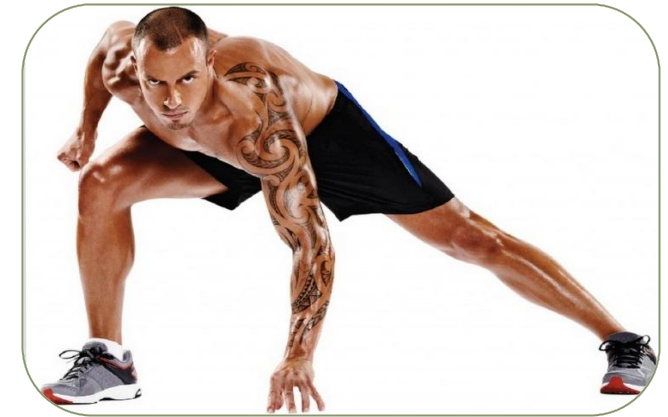
System of postures (Asanas), breathing practices (Pranayama) and meditation from Ashanga Yoga to heighten mind-body awareness, focus, and clarity.

## **Yoga Levels 2&3**

Ashanga style yoga. Vigorous workout made of power movements sequences of flowing postures and traditional poses synchronized with breath to heighten mind-body awareness, focus, and clarity.

## **Fitness 101**

Low impact class to get you in shape and shed pounds. **Monday** : Cardiovascular exercises. **Wednesday** : Flexibility, balance and strength



**BODY COMBAT**  
LES MILLS BODY TRAINING SYSTEMS



# **Fitness 101**

## **Group Fitness Schedule** **9/23/2014**



Join Us  
On Facebook

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

**Schedule subject to change.**  
**Check website for any updates.**

**Manhattan**  
ATHLETIC CLUB