



A class that reinforces flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. Truly a fitness class for the 21st Century, BODYFLOW brings mind and body into perfect harmony. Try this revolutionary, holistic approach to fitness.



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.



Express

IN A HURRY? Try our 45 minute rapid fat-burning class that uses barbells to tone and condition muscles.



Take the ultimate ride! RPM incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.



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.

Aqua

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

Abs & Glutes

This 25 minute 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.

Step Aerobics

A class that offers a medium to high intensity cardio workout with basic step aerobics choreography. All levels welcome!

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.

Body Challenge

Defy your fitness level. Dynamic weight maintenance and cardiovascular conditioning exercises w/ variety of options. All levels welcome.

Cycling Express

45 minutes Indoor cycling that utilizes innovative, motivational techniques. All levels welcome to this great cardio workout!

Cycling 60 Minutes

Get a 60 min. cardio ride and burn more calories.

Interval Cycling

50 min cycling class. Perfect workout or training efforts from the inexperienced to the enthusiastic rider to reap cross training benefits.

Fitness 101

Never exercised? Haven't exercised in a long time? Don't know where to start? This is the class for you. Low impact low intensity exercise class to get you in shape.



Join the latest fitness craze. Zumba a fusion of Latin and international music that creates a dynamic, exciting, and effective fitness experience.



Club Hours

Monday - Thursday 5AM - 11 PM
 Friday 5AM - 8 PM
 Saturday 8 AM - 8 PM
 Sunday 8AM - 4 PM

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Group Fitness Schedule Effective 07/17/2010



Manhattan
 ATHLETIC CLUB

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