



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.



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.

Aqua

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

Chair Yoga

GET FIT WHERE YOU SIT! Try this fun and innovative class without Master Yoga Instructor. Chair Yoga is a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for balance. The poses, or Asanas, are often adaptations of Hatha Yoga poses.

Yoga

Yoga is a system of postures (Asanas) and breathing practices (pranayama). There are many styles of yoga each, of which arises from different teaching lineages. As each of our teachers comes from a different yoga background, there classes will vary in style and content. All yoga classes include asanas, breathing and relaxation techniques.

Sport Conditioning

Sports Conditioning, also known as Bootcamp. Supplement your workout routine with cardiovascular conditioning and strength maintenance training. Scott will give you personal attention in a co-ed group environment. Challenge your fitness level with a series of dynamic exercise activities. You will defy expectations.

Strength & Range of Motion/Senior

Learn fun-filled exercises as you increase your cardiovascular system, muscular strength coordination, using various props while standing and sitting. Have fun and meet new friends!!!

Triyoga

A complete hatha yoga method. It is the union of posture, breath and focus including relaxation-in-action, wavelike spinal movements and economy in motion. All fitness levels are welcome.

Full Body Workout

This class has it all! Enjoy a combination of cardio (step, kickboxing, aerobics), strength (weight lifting), and on to the floor for a focus on your glutes and abs! Bring your towel and water. All fitness levels will enjoy this total body workout!

30 Minute Abs

Join Scott for 30 minutes of Ab exercises. Bring your towel, this one will really make you sweat!

Cycling

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



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's a great cardiovascular workout that's all out fun.

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



Manhattan
 ATHLETIC CLUB

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