























Monday		
7:00 AM	LES MILLS CXWORX	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	Mat Pilates 	MBS
		

Tuesday		
		
6:30 AM	LES MILLS BODYPUMP	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 Exp	GFS
6:35 PM	Vinyasa Flow Yoga 	MBS
7:05 PM	LES MILLS CXWORX	GFS
EXCUSES ARE USELESS. RESULTS ARE PRICELESS.		

Wednesday		
6:00 AM	LES MILLS BODYCOMBAT Exp	GFS
8:30 AM	LES MILLS BODYPUMP	GFS
9:30 AM	Mat Pilates 	MBS
9:35 AM	 Cycling Exp	CS
10:30 AM	♥ Aqua 	IP
11:30 AM	Cardio Line Dancing ♥	GFS
5:30 PM	LES MILLS BODYCOMBAT	GFS
6:35 PM	LES MILLS BODYPUMP	GFS
		

Thursday		
		
6:30 AM	LES MILLS BODYPUMP	GFS
10:00 AM	ZUMBA	GFS
11:00 AM	♥ Fitness 101 	GFS
11:15 AM	Vinyasa Flow Yoga 	MBS
5:15 PM	LES MILLS BODYPUMP Exp	GFS
6:05 PM	LES MILLS CXWORX	GFS
6:35 PM	 Cycling Exp	CS
6:35 PM	Vinyasa Flow Yoga 	MBS
6:40 PM	Kickboxing \$	GFS

Friday		
6:00 AM	LES MILLS BODYCOMBAT Exp	GFS
7:00 AM	LES MILLS CXWORX	GFS
8:30 AM	LES MILLS BODYPUMP	GFS
8:30 AM	♥ Aqua 	IP
9:40 AM	LES MILLS CXWORX	GFS
10:00 AM	♥ Yoga Level 1 	MBS
5:35 PM	ZUMBA	GFS

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
10:30 AM	Vinyasa Flow Yoga 	MBS
12:00 PM	ZUMBA	GFS
They call it working out for a reason!		



Effective 4/1/2019



- Reserved Fee Based Classes \$
- Group Fitness Studio GFS
- Mind & Body Studio MBS
- Cycling Studio CS
- Indoor Pool IP

ZUMBA (60 min)

This fun & easy to follow cardio dance class combines high-energy & motivating Latin music with moves that make you feel like you are partying on the dance floor.

BODYPUMP (60 min) (Exp. 45 min)

BODY PUMP is a rapid fat-burning class that uses barbells and plates to give you the fastest way to tone & condition muscles! In one class there are over 800 reps!

BODYCOMBAT (60 min) (Exp. 45)

BODY COMBAT combines moves and stances inspired from many self-defense disciplines such as karate, boxing, Muay Thai, Capoeira, & kickboxing. It is a fiercely energetic class cardiovascular class designed to fight fat and kick calories.

CXWORX (30 min)

CXWORX builds core strength, improves functional fitness of the abdominals, mid-section, glutes, and works the cross-slugs, which run from the upper to lower body. You will work with resistance tubes, weight plates and your body weight.

Fitness 101 (60 min)


Low impact classes that get you in shape.
Mondays : Cardiovascular exercises
Thursdays : Flexibility, balance and strength

BARRE INTENSITY (55 min) \$

Barre Intensity combines attributes of Pilates, dance and functional fitness training. Small isolated movements fatigue the muscles, large ranges of motion elevate the heart rate, and sequences incorporate the upper and lower body to make every minute count.

Kickboxing (45 min) \$

Kickboxing combines HIIT, core, stability & agility exercises. This fast-paced cardio class is great for relieving stress as you punch and kick the bag! You will build stamina, improve coordination & flexibility, and burn calories as you build lean muscles. Hand wraps and boxing gloves required.

 MAC Silver & Fit Class - classes designed for older and active adults, beginners, and those with limited physical skills.

\$ Fee based class. Class pass purchase required.

Yoga level 1 (60 min)

Hatha Yoga - This is a relatively gentle and slow practice that is great for beginners or students who prefer a more relaxed style where they hold poses longer.

Vinyasa Flow Yoga (60 min)

Power movements, sequences of flowing postures, movement with breath, & challenge poses. You will heighten your mind-body awareness, focus, & clarity.

Cycling (60 min) (Exp. 45 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)

Get a great workout in with upbeat music & fun dance moves. You will have fun at every class.

Mat Pilates (45 min)

This blend of strength & flexibility training improves posture, reduces stress & creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked.

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 & fitness level

Club Hours:

Monday - Thursday 5 AM - 11 PM

Friday 5 AM - 8 PM

Saturday 8 AM - 8 PM

Sunday 8 AM - 4 PM

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www.manhattanathletic.com
Schedule subject to change.
Please check our webpage & social media for daily updates.



Manhattan
ATHLETIC CLUB

Group Fitness Schedule



Revised 4/1/19

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