



197 East Broadway  
New York, NY 10002  
646-395-4285  
@mannycantorfitness  
MannyCantor.org/fitness

## GYM HOURS

MON-THU: 6:30am-9:00pm  
FRI: 6:30am-7:00pm  
SAT-SUN: 9:00am-5:00pm

### Fitness Schedule:

**IN PERSON**

**VIRTUAL**

**SENIOR 65+**

**OPEN BASKETBALL HOURS**  
**Saturdays**  
**12pm - 3pm**

# GROUP FITNESS SCHEDULE

## January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:30am-8:30am</b> <b>Vinyasa Yoga</b> Stephen (6th floor)	<b>9am-10am</b> <b>Tai Chi</b> Roberto	<b>9:30am-10:30am</b> <b>Pilates</b> Michelle (6th floor)	<b>7:30am-8:30am</b> <b>Sunrise Yoga</b> Stephen (6th Floor)	<b>9:00am-10:00am</b> <b>Boxing</b> Tajah (5th Floor)		<b>10am-11am</b> <b>Resilient Strength</b> Shana
<b>9am-9:50am</b> <b>Pilates</b> C	<b>11am-11:45am</b> <b>Low Impact Cardio &amp; Conditioning</b> Shana	<b>10:45am-11:30am</b> <b>Zumba Gold</b> Adja		<b>9am-10am</b> <b>Hatha Yoga</b> Chintamani	<b>10:30am-11:15am</b> <b>Masala Bhangra</b> Cloe (6th Floor)	<b>11am-12pm</b> <b>Vinyasa Yoga</b> Natalia
<b>10am-11am</b> <b>Intuitive Alignment</b> Anne	<b>11:00am-12:00pm</b> <b>Pilates</b> Elizabeth	<b>12:30pm-1:15pm</b> <b>Chair Yoga</b> Susan	<b>12pm-12:45pm</b> <b>Silver Sneakers w/ Core and More</b> Elizabeth	<b>10:30am-11:15am</b> <b>Tai Chi</b> Roberto	<b>11:30am-12:30pm</b> <b>Pilates</b> Allison	<b>12pm-1pm</b> <b>Slow Flow Yoga</b> Leorna (Basketball Court)
<b>11:30am-12:15pm</b> <b>Silver Sneakers</b> Elizabeth	<b>2pm-3pm</b> <b>ZUMBA® Gold</b> Demetra (6th Floor)	<b>2pm-3pm</b> <b>Senior Pilates</b> Leorna (6th Floor)		<b>2pm-3pm</b> <b>Tai Chi</b> Jan (6th Floor)		<b>1pm-2pm</b> <b>ZUMBA®</b> Sophia (Basketball Court)
<b>6pm-7pm</b> <b>Vinyasa Yoga</b> Jolene (6th Floor)	<b>6pm-7pm</b> <b>ZUMBA®</b> Demetra (6th Floor)	<b>6pm-7pm</b> <b>Core and More</b> Brad (6th Floor)		<b>6:30pm-7:30pm</b> <b>Punk Rope</b> (Basketball Court)		
<b>6pm-7pm</b> <b>Functional Move, Tone &amp; Burn</b> Ricardo (5th Floor)						



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# CLASS DESCRIPTIONS

**BOXING** - Learn the 6 basic boxing punches, offensive and defensive strategies, and boxing footwork to tie everything together.

**CHAIR YOGA**- Chair yoga is a class that modifies yoga poses so that they can be done while seated in a chair. Great for all fitness levels.

**CORE & MORE**- Work on your trunk during this high-intensity ab workout that will leave you strong to the core and craving for more!

**Functional Tone, Move and Burn**- Functionally use your body weight, free weights, fitness bands, kettlebells, and more -- for overall tone and strength gain to help you perform better. Burn and sweat those extra calories with spinning, jump rope, and bodyweight movements. Increase flexibility with stretching to feel and move better!

**HATHA YOGA**- Gentle yoga class designed to condition your body, improve your health, and calm your mind to help prevent injuries. A welcoming atmosphere for beginners and more studied practitioners alike.

**INTUITIVE ALIGNMENT**- An alignment-based yoga class with an emphasis on precision that supports joint mobility, bone density, balance, and flexibility.

**LOW IMPACT CARDIO & CONDITIONING**- Cardio-based class with low-impact movements set to rhythmic music.

**MASALA BHANGRA® WORKOUT**- A dance-based fitness program for people of all ages and fitness levels. You will be introduced to high-energy Bhangra and Bollywood-style dance movements in an easy to follow fitness format.

**PILATES**- Focus on strength, flexibility, balance, and movements that stabilize the pelvis and strengthen the body's core.

**PUNK ROPE** - A mashup of jump rope and body weight training. All levels welcome. Jump ropes provided.

**RESILIENT STRENGTH**- In this class you will combine 20 minutes of cardio and 20 minutes of body weight and free weights training. You will improve balance, strength and joint stability.

**SENIOR PILATES**- Combines Pilates and functional movement with therapeutic exercise and balance techniques for optimal bone, joint, and heart health. Aids in the prevention of injury and increases quality of life. Come boost your energy and confidence with movement.

**SILVER SNEAKERS**- Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

# January 2023

**SLOW FLOW YOGA**- Move and breathe mindfully while learning to get into and out of poses safely. Great for all students who would like to refine their alignments.

**SUNRISE YOGA**- Start your morning right with a refreshing and calming vinyasa yoga class. Breathe mindfully while flowing in and out of poses safely.

**TAI CHI**- Tai Chi Chuan (translated as "Supreme Ultimate Fist") is a meditative martial art proven to enhance balance, circulation, awareness and overall strengthen the body, mind, & spirit.

**VINYASA YOGA**- Mind and body come together as you move smoothly through yoga poses, while maintaining awareness of breath. Achieve better posture, flexibility, balance and strength to improve your focus.

**ZUMBA®**- Zumba® combines high energy, captivating music with Latin-inspired moves that will leave you asking for more! Zumba® is a "feel good" workout for all levels.

**ZUMBA Gold®**- Designed for older active adults, Zumba Gold® is a low-intensity dance program that uses easy to follow choreography. You'll work on coordination, balance and flexibility.