



**MANNY CANTOR CENTER**  
Educational Alliance

197 East Broadway  
New York, NY 10002  
646-395-4285

## GROUP EXERCISE CLASSES

## HOURS

MON-FRI: 6AM-10PM

SAT-SUN: 7AM-9PM

**Nov 28th CLOSED**

**\*Limited hours\***

**Nov 29 12-8pm**

**No Classes**

@mannycantorfitness  
MannyCantor.org/fitness

# MANNY CANTOR CENTER

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am – 10am <b>Vinyasa Yoga</b> Stephen M	8am – 9am Gentle <b>Flow Yoga</b> Ashley F	7am – 8am <b>Sunrise Yoga</b> Jetona M 6 <sup>th</sup> Floor	8am – 9am <b>Gentle Flow Yoga</b> Stephen M	6:45 am – 7:45 am <b>\$ Sculpt, Shape &amp; Tone</b> Ricardo T	9 am – 9:45 am <b>Pedal Power **</b> Brad M	
9am – 10am <b>\$ Ready to Rumble</b> Brad M	9am – 10am <b>Global Fitness Dance</b> Swara	9am – 10am <b>Boxing and Burning</b> Brad M	9am - 10am <b>Pilates Mat</b> Janine W	7am – 8am <b>Sunrise Yoga</b> 6 <sup>th</sup> Floor Ashley F	9:45am - 10:30am <b>Functional Guts and Butts</b> Brad M	9am – 10am <b>Sweaty Sundays</b> Julie B
10am – 11am <b>FUNctional Strength</b> Caitie C	10am – 11am <b>Pilates Mat</b> Michelle S	10am – 11am <b>Pure Strength</b> Joe N	10am - 11am <b>Barre Conditioning</b> Janine W	9am - 10 am <b>Global Fitness Dance</b> Swara	10:30 am - 11:15 am <b>Masala Bhangra</b> Cloe A	10:30 – 11:30am <b>\$ Sculpt, Shape &amp; Tone</b> Ricardo T
1pm – 2pm <b>Silver Sneakers Classic</b> Roseann B	11am – 12pm <b>Constant Movement</b> Sean R	2pm – 3pm <b>Silver Sneakers Classic</b> Roseann B	12pm – 1pm <b>Silver Sneakers Cardio Fit</b> Floreille D	10am – 11am <b>Body Burn</b> Toni V	11:15 - 12pm <b>Tabata</b> Toni V	11:30am – 12:30pm <b>Slow Flow Yoga: Intermediate level</b> 6 <sup>th</sup> floor Siewli S
	1pm – 2pm <b>Silver Sneakers Cardio Fit</b> Floreille D	6pm – 7pm <b>Masala Bhangra™ Workout</b> Cloe A	6pm – 7pm <b>Pure Strength</b> Michelle S	1pm – 2pm <b>Tai Chi</b> Jan L		12:30pm - 1:30pm <b>Slow Flow Yoga: Beginner level</b> 6 <sup>th</sup> floor Siewli S
6:30pm – 7:30pm <b>Barre Conditioning</b> Laurel H	6pm – 7pm <b>ZUMBA™</b> Demetra	7pm - 8:00pm <b>Vinyasa Yoga</b> 6 <sup>th</sup> floor Jolene F	7pm – 8pm <b>Tabata</b> Michelle S			
7:30pm - 8pm <b>Absolute Abs</b> Brad M	7pm - 8pm <b>Vinyasa Yoga</b> Caitie C.	7pm-8pm <b>Functional Performance</b> with a Purpose Ricardo T	8pm - 9pm <b>Align &amp; Flow Yoga</b> Leorna L			
		8:00pm - 8:30 pm <b>Absolute Abs</b> Brad M				

\$ = Fee-based class. Email  
mccfitnessfrontdesk@mannycantor.org  
or call 646.395.4285 to register



**MANNY CANTOR CENTER**  
Educational Alliance

197 East Broadway  
New York, NY 10002  
646-395-4285

## GROUP EXERCISE CLASSES

## HOURS

MON-FRI: 6AM-10PM

SAT-SUN: 7AM-9PM

@mannycantorfitness  
MannyCantor.org/fitness

# CLASS DESCRIPTIONS

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

- **ALIGN & FLOW YOGA** - Precision in alignment with dynamic mindful movement and Asana. Target body parts individually or as a whole. Explore balance of mobility, stability and strength while coupled with breath awareness.

- **BARRE CONDITIONING** — A total body conditioning class that will sculpt a long, lean, ballet body and booty! Exercises to get your heart pumping as well as traditional ballet choreography.

- **BODY BURN** — High intensity cardiovascular class uses your own body weight to tone muscle and burn fat while getting that cardio sweat. Express abs at the end.

- **BOXING AND BURNING**- Take care of your cardio with boxing combinations and strength training in this fun, upbeat class that will give you a full body workout.

- **FUNctional STRENGTH** — Focus on putting Fun back into functional strength by working your muscles using various equipment. You'll learn proper form and execution of different exercises, emphasising functional training.

- **FUNCTIONAL BUTTS & GUTS** — A low impact class that will focus on strengthening the glutes, hips, abdominal, low back and oblique muscles, followed by a recuperating stretch.

- **FUNCTIONAL PERFORMANCE with a purpose** — Move better, Become Stronger, Increase Stamina, Burn more calories efficiently, Tone your entire body in the process. Feel Good. Functional movement combined with Scientifically proven strength and cardio techniques for a complete full body workout experience.

- **GENTLE FLOW YOGA** — A gentle class that combines yoga postures, breathing, and meditation. This class is geared toward students who wish to move at a gentler and slower pace. Ideal for beginners, seniors, and those that enjoys a meditative practice.

- **GLOBAL DANCE FITNESS** - An energetic, fun, cardio based dance workout that perfectly blends strength training with dance moves. Revitalize your desi soul with the best of Bollywood music, latest dance moves and learn a quick new choreography every class!!

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

- **PEDAL POWER (cycling)\*\*** - Take a cardiovascular journey focused on high and low intensity heart rate training. Listen to the music and challenge your body. Whether it's climbing a steep hill or sprinting past your opponent, you will learn to balance heart rate and breathing to achieve optimal cardiovascular health.

- **PILATES MAT** - Think "long lean body." This class focuses on strength and flexibility of the major muscle groups based on the traditional studies of Joseph Pilates. The exercises combine core activities and breathing.

- **PURE STRENGTH:** This class is designed to build strength and add definition. You will use free weights, body bars, resistance bands, stability balls and your own body weight interlaced with effective cardiovascular routines to change the shape of your body. Exercises will be modified to accommodate all fitness levels.

- **SILVER SNEAKERS – CLASSIC** - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Weights, bands with handles and a Silver Sneakers ball are offered for resistance. Chairs are available for seated or standing support.

- **SILVER SNEAKERS – CARDIO CIRCUIT** - Try a safe, heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength.

# November 2019

- **SLOW FLOW YOGA** - Move & 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 & calming vinyasa yoga class. FREE for members. \$15 drop in for non members.

- **SWEATY SUNDAYS** – Come dance it out & sweat it out. Get your heart rate up & leave the week behind. This Sunday morning dance party is a great way to end the week with your favorite tunes.

- **TABATA** - This format of timed sequenced exercises uses high intensity interval training, Tabata is designed to tone, strengthen & condition the entire body,

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

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

- **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.

### \$ Small Group Training \$

Member fee: \$215 for 8 week session | \$30/class Members | \$35 /trial class Non Members

**CONSTANT MOVEMENT:** Improve your cardio, strength and conditioning. Focusing on movements to help you move better everyday.

**READY TO RUMBLE:** Learn the 6 basic boxing punches as well as offensive and defensive strategies and footwork to tie everything together.

**SCULPT, SHAPE & TONE:** This dynamic & functional movement Small Group Class will Sculpt, Shape and Tone your whole body! This workout fuses together weight and bodyweight training with an endless box of fitness tools and techniques for a complete workout!