



**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

# MANNY CANTOR CENTER

January 2020

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

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



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# 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.

# January 2020

- **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

**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!

**POWER HOUR: Lifting for Women:** Gain strength, shed body fat, increase confidence, relieve stress while learning how to use progressive resistance training for strength.