



MANNY CANTOR CENTER
Educational Alliance

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

Live Group
Exercise
Classes on
ZOOM

@mannycantorfitness
MannyCantor.org/fitness

MANNY CANTOR CENTER

JUNE 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8am – 9am Gentle Flow Yoga Ashley F			\$ 7am-8am \$ Sculpt, Shape & Tone Ricardo T		
				7:45am – 8:45am Sunrise Yoga Niusha K	9:45am - 10:30am Functional Guts and Butts Brad M	
	6pm – 7pm ZUMBA™ Demetra		10am-11am Pilates Leorna		10:30 am - 11:15 am Masala Bhangra Cloe A	\$10:30-11:30am\$ Sculpt, Shape & Tone Ricardo T
				1pm – 2pm Tai Chi Jan L		11:30am – 12:30pm Slow Flow Yoga Leorna
7:30pm - 8pm Absolute Abs Brad M		6pm – 7pm Masala Bhangra™ Workout Cloe A	6pm-7pm Body Burn Toni V.			
		7pm - 8:00pm Vinyasa Yoga Jolene F				

All Group exercise classes will be taking place live on ZOOM. Check out mannycantor.org/fitness for links to classes.

\$ = 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

Live Group
Exercise
Classes on
ZOOM

@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!!!

- **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.

- **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.

-**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.

- **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.

- **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.

- **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.

- **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.

JUNE 2020

All Group exercise classes will be taking place live on ZOOM. Check out mannycantor.org/fitness for links to classes.

SMALL GROUP TRAINING

Virtual SGT Fee: \$20 per class.

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!