



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

Fitness Schedule:

ALL LEVELS
SENIOR 65+

GYM HOURS

Mon: 6:30am-9:00pm
Tue: 6:30am-9:00pm
Wed: 6:30am-9:00pm
Thu: 6:30am-9:00pm
Fri: 6:30am-7:00pm
Sat: 9:00am-5:00pm
Sun: 9:00am-5:00pm

GROUP FITNESS SCHEDULE

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am-8:30am Vinyasa Yoga Stephen (6th floor)			7:30am-8:30am Sunrise Yoga Stephen (6th Floor)			
9:15am-10:00am Upper Body Circuit Brian (5th floor)	9:15am-9:35am Abs and Stretch Brian (5th floor)	9:15am-10:00am Lower Body Circuit Brian (5th floor)	9:15am-9:35am Abs and Stretch Brian (5th floor)	9:00am-10:00am Boxing Tajah (5th Floor)	10:15am-11:00am Masala Bhangra Cloe (6th Floor)	
		9:30am-10:30am Pilates Sophia (6th floor)				12:00pm-1:00pm Slow Flow Yoga Leorna (Basketball Court)
	2:00pm-3:00pm ZUMBA® Gold Demetra (6th Floor)	2:00pm-3:00pm Senior Pilates Leorna (6th Floor)		2:00pm-3:00pm Tai Chi Jan (6th Floor)		
6:00pm-7:00pm Vinyasa Yoga Jolene (6th Floor)	6:00pm-7:00pm ZUMBA® Demetra (6th Floor)	6:00pm-6:45pm Ride, Kick, Barre Brad (5th Floor)				
6:00pm-7:00pm Functional Tone & Burn Ricardo (5th Floor)						

Open Basketball Hours
Saturdays:
1:00pm-3:00pm



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CLASS DESCRIPTIONS

ABS & STRETCH- Strengthen your abs as you stretch and recover the body in this express 20-minute class.

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

FUNCTIONAL TONE, & 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!

LOWER BODY CIRCUIT- Focus on your lower body in this core and leg strengthening circuit class that will work on your abs, glutes, and thighs.

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.

RIDE, KICK, BARRE- Combine the endurance of spin, the intensity of kickboxing and the isometrics of barre in this 45-minute cross training-class.

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.

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.

November 2023

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.

UPPER BODY CIRCUIT- Time to focus on the upper body in this muscle toning and core strengthening circuit class that will focus on your arms, shoulders, back and abs.

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.