



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

## January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:30am-8:30am</b> <b>Vinyasa Yoga</b> Stephen (6th floor)			<b>7:30am-8:30am</b> <b>Sunrise Yoga</b> Stephen (6th Floor)			
<b>9:15am-10:00am</b> <b>Full Body Circuit</b> Tajah (5th floor)		<b>9:15am-10:00am</b> <b>Full Body Circuit</b> Ricardo (5th floor)		<b>9:15am-10:15am</b> <b>Boxing</b> Tajah (5th Floor)	<b>10:15am-11:00am</b> <b>Masala Bhangra</b> Cloe (6th Floor)	
		<b>9:30am-10:30am</b> <b>Pilates</b> Sophia (6th floor)				<b>12:00pm-1:00pm</b> <b>Slow Flow Yoga</b> Leorna (Basketball Court)
	<b>2:00pm-3:00pm</b> <b>ZUMBA® Gold</b> Demetra (6th Floor)	<b>2:00pm-3:00pm</b> <b>Senior Pilates</b> Leorna (6th Floor)		<b>2:00pm-3:00pm</b> <b>Tai Chi</b> Jan (6th Floor)	<b>Open Basketball</b> Saturdays: 1:00pm-3:00pm	
<b>6:00pm-7:00pm</b> <b>Vinyasa Yoga</b> Jolene (6th Floor)		<b>6:00pm-6:45pm</b> <b>Ride, Kick, Barre</b> Brad (5th Floor)				
<b>6:00pm-7:00pm</b> <b>Functional 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.

### **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!

**FULL BODY CIRCUIT-** Challenge yourself with this full body workout. You will focus on strength, endurance, mobility, and stability using free weights, band, body weight, and more.

**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.

# January 2024

**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 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.