



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

## October 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> TBD (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>Functional Strength Training for Beginners</b> Ricardo (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-7:00pm</b> <b>Zumba®</b> Alexa (6th Floor)	<b>6:00pm-6:45pm</b> <b>Ride, Kick, Barre</b> Brad (5th Floor)	<b>Starting 10/10</b>			
<b>6:00pm-7:00pm</b> <b>Functional Tone &amp; Burn</b> Ricardo (5th Floor)						

# CLASS DESCRIPTIONS

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**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!

**Functional Strength Training for Beginners** - If you are a beginner, returning after time off or just need an active rest workout, this is the class for you!

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

**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, and 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®-** 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.