

GROUP FITNESS | *On-Site* Schedule (effective 8/1/18)



No registration and no cost! Open to employees and adult (19+) health plan members. Fitness Center [Liability Form](#) must be on file.

MIND + BODY CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
YOURCHOICE FITNESS CENTER/DOWNTOWN	<p>12-12:45p FR Core Blast Danielle</p> <p> 12-12:45p GF Yoga Body Renew Sharon T</p> <p> 4:30-5:30p GF Yoga Fitness LaRae</p> <p>5:30-6:30p FR Cycle Danielle</p>	<p>6:30-7:15a FR Cycle Tracy</p> <p>12-12:45p FR Rapid Toning Allison</p> <p>12-12:45p GF Zumba Sandra</p> <p> 1-1:45p GF Yoga Flow & Stretch Sharon T</p> <p>5-5:30p FR Strength Basics (lower body) Leanne</p> <p>5:30-6:30p GF Zumba Sandra</p> <p>5:30-6:15p FR Cardio Kickboxing Leanne</p> <p> 5:30-6:30p CL Tai Chi for Relaxation Susan</p>	<p> 11:30a-12p FR Guided Meditation Sharon T</p> <p>12-12:30p FR Cycle Express Allison</p> <p>12:30-1p FR Power Stretch Tracy</p> <p> 5:30-6:30p GF Yogalates LaRae</p>	<p>6:30-7:15a FR Cycle Tracy</p> <p>11:30a -12:15p FR Rapid Toning Leanne</p> <p>12:15-1p GF Yoga Strengthen/ Lengthen w/ Natalie (last class 8/2)</p> <p>12:15-1p FR Barre Leanne (Starts 8/16)</p> <p>1-1:45p GF Zumba Toning Sandra</p> <p>5-5:30p FR Strength Basics (upper body) Allison</p> <p>5:30-6:30p GF Zumba Silvia</p> <p>5:30-6:30p FR Cycle/Core Allison</p>	<p>11:30-12:15p GF Core Strength & Body Stretch Allison</p> <p>12:15-1p FR Cross Train Max Allison</p>	<p>8:30-9:30a FR Cycle Danielle/Allison</p> <p>9-10a GF Zumba Silvia</p>	
	GT BRAY		5:30 - 6:30p Aqua Fit Silvia		5:30 - 6:30p Aqua Zumba Sandra		
						<p>Cycling at YourChoice Fitness Center</p> <ul style="list-style-type: none"> • New participants must arrive 10 minutes early for class to get set up on the bike. • Bikes are available on a first come, first served basis (no reserving bikes or holding for friends) • Bring a sweat towel & water!! • Limit is 17 participants. 	
							<p>GT Bray 5502 33rd Ave. Dr. W. Bradenton</p>

YourChoice Fitness Center
1012B Manatee Ave,
Bradenton
(941)748-4501 x3979

FR = FOUNTAIN ROOM
West side, Lower Level

GF = GF STUDIO
West side, Upper Level

CL = CENTRAL LIBRARY
1301 Baracarrotta Ave

GROUP FITNESS | *Worksite* Schedule (effective 8/1/18)



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
CONVENTION CENTER			12:30 -1:15p Yoga			MIND + BODY CLASSES Convention Center Conference Room 1 Haban Blvd Palmetto
MCSO	3 -3:45p Weight Circuit D1 Gym	6 -6:45a Prewrite Fitness D3 Gym	3 -3:45p Weight Circuit D1 Gym	6 -6:45a Prewrite Fitness D3 Gym	3 -3:45p Yoga D1	Manatee County Sheriff's Office
PUBLIC WORKS	12:15 -1p Pilates LaRae	12:15 -1p Bootcamp Danielle	12:15 -1p Yoga LaRae	12-12:45P Zumba Sandra	12:15 -1p Power Pilates LaRae	Public Works 2908 12th St Ct E @ Central Stores Bldg

GROUP FITNESS | *Off-Site* Schedule | August 1 - October 31, 2018



Open to adult Manatee YourChoice Health Plan members only. \$75 per location per 3-month session! Register and pay online using a credit card or gift certificate at manateeyourchoice.com/groupfitness. **Regular attendance (4x per month) is required to retain spot in class.** For more information, and most up-to-date schedules, contact the location directly.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND	LOCATIONS
GO LEGS CYCLING	8:30a Cycle+Sculpt 4:30p Cycle45	5:30a Cycle45 9a Cycle+Core 5:15p Cycle50	8:30a Cycle+Sculpt 4:30p Cycle +Kettlebells	5:30a Cycle45 9a Cycle+Core 5:15p Cycle50	8:30a Cycle45	SATURDAY 8:15a Kettlebells+Core 9a Cycle SUNDAY 8:30a Cycle50	Go Legs Cycling Studio 3549 53rd Ave West, Bradenton www.golegs.net (941) 896-7885 Unlimited classes. 2-3 classes per week for max benefit.
LIVE TRAINING	5:30a Bootcamp 8:30a Bootcamp 9:45a Bootcamp 4:30p Bootcamp 5:45p Bootcamp	5:30a Bootcamp 8:30a Bootcamp 9:45a Bootcamp 4:30p Bootcamp 5:45p Bootcamp	5:30a Bootcamp 8:30a Bootcamp 9:45a Bootcamp 4:30p Bootcamp 5:45p Bootcamp	5:30a Bootcamp 8:30a Bootcamp 9:45a Bootcamp 4:30p Bootcamp 5:45p Bootcamp	5:30a Bootcamp 8:30a Bootcamp 9:45a Bootcamp 4:30p Bootcamp 5:45p Bootcamp	SATURDAY 9a Bootcamp	Live Training 1731 12th St E, Palmetto, FL 34221 www.livetrainingfl.com (941) 729-5217 Three classes per week maximum.
KICKIN' IT KARATE & FITNESS	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Box-Fit Bag Class*	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Box-Fit Bag Class* 7-7:30p Box-Fit Bag Class*	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Box-Fit Bag Class*	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Box-Fit Bag Class* 7-7:30p Box-Fit Bag Class*		SATURDAY 8:30-9:15a Bootcamp w/Josh	Kickin' It Karate & Fitness 6815 State Road 70, Bradenton www.kickinitkarate.com (941) 755-6000 Max 4 classes per week. *Requires boxing/bag gloves
NORTH RIVER BODY THERAPIES	5:30p Vinyasa Flow 6:30p Gentle Yoga	12p Yogalates 6p Yin & Restore	10a All Level Yoga 5:30p Intermediate Yoga 6:30p Beginner Yoga	9:45a All Level Yoga 6:30p Gentle Yoga	10a Gentle Yoga 8p Meditation	SATURDAY 9a: Yogalates 10:30a Beginner Yoga	North River Body Therapies 1415 10th St E (HWY 301 N), Palmetto www.northrivermassage.com/yoga-classes/ (941) 721-4559

GROUP FITNESS | Class Descriptions

TOTAL BODY/CORE STRENGTH

Barre
Improve strength, flexibility and balance in this low impact, ballet-inspired class that aims to improve your coordination and core strength to upbeat music. Former bunheads and beginners are welcome! Note: class limited to 12 participants. First come, first served.

Bootcamp
This fitness class combines aerobic exercise with strength, agility, endurance and flexibility to create a total-body workout. Every workout is different and designed to make you move and use your muscles in every way possible. All levels.

Box-Fit Bag Class
This 30-minute class combines cardio and strength training for a huge calorie burn. Requires a pair of boxing gloves or bag gloves; bring your own or purchase on-site.

Cardio Sculpt
Half the class incorporates cardio to blast calories and improve your cardiovascular fitness while the other half focuses on improving your muscular strength.

Cardio Kickboxing
Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and burn calories as you build lean muscle with this fun and challenging workout!

Core Blast
A full core workout focusing on the hip flexors, lower back, hips and abs – burn the most calories in a short period of time. Beginner, intermediate & advanced.

Core Strength & Body Stretch
Bodyweight core training class to tighten supporting spinal muscles (glutes, Abs, and upper back) while stretching hips, thoracic spine and chest. Possible equipment used: Foam Rollers, Straps, Mats and Yoga Blocks!

Cross Train Max
We'll keep you guessing and challenge you differently in every class! Designed to improve overall fitness - strength, cardio, flexibility, agility and endurance. We'll use Bodyweight, Dumbbells, Stability Balls, Steps, and various other equipment to add variety and intensity.

Kickin' It Karate
Learn basic karate kicks, punches, self-defense and more while developing and challenging your muscles, and getting your cardio workout. All levels.

Power Pilates
Blends muscle conditioning and stretching exercises to lengthen, strengthen and energize the entire body. By blending principles from Pilates, stretching, and fitness you will challenge muscular endurance, active flexibility and core strength.

Power Stretch
30 minutes of stretching techniques done in a quick sequence of poses to stretch the entire body.

Rapid Toning
One of the FASTEST WAYS TO GET IN SHAPE! 45-Minutes of challenging every major muscle in your body with light weights, body weight exercises, short bursts of cardio, and toning abdominal work!! The high repetitions will boost your endurance and speed up metabolism for rapid fat burning.

Strength Basics
Learn the fundamentals of strength training in this beginner-friendly class! Workouts will focus on the education/technique of 2 major movements each week and then will incorporate into an entire circuit workout focusing on either lower body (Tuesdays) or upper body (Thursdays).

Strengthen & Lengthen
Legs, core, arms, shoulders and neck. From the bottom to the top, open the flow of energy through movements which make your body feel great. Improve your physical and mental balance, increase strength and mobility.

Walking Group
Start your day off right with a relaxing walk around downtown.. All levels welcome. No change of clothes needed, just appropriate shoes to walk around in.

Zumba®
A Latin dance-based cardio workout certain to get your feet and hips moving and your heart beating strongly. The fastest hour of fitness you've ever experienced. Beginner, intermediate, & advanced.

Zumba® Toning
Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

MIND+BODY

Guided Meditation
This class will provide you with relaxation, breathing and meditation techniques. Explore meditation through various guided meditations and visualization practices. New, novice and experienced will find a place in this class.

Power Yoga
A fitness based approach to vinyasa-style yoga. This class focuses on strength and flexibility. All levels are welcome. Small hand weights will also be included.

Tai Chi for Relaxation
Gentle, low-impact movements, done in a flowing, yet focused way help to strengthen the body, increase flexibility and promote a feeling of calm. Beginners welcome!

Yoga Fitness/Yoga Body Renew
A Hatha yoga-based class designed to improve breath, strength, balance, flexibility and posture giving you a renewed start to your day. Beginner & intermediate.

Yoga Flow & Stretch
Slow paced movement that includes the main hatha yoga postures and feel good stretches for low back care and posture improvement. At the end of class, you have a few minutes to just relax, and decompress. Options for a relaxing class or a challenge.

Yogalates
A class combining the core strengthening aspects of Pilates and the stretching principles of hatha yoga to improve breath, posture, and flexibility.

CYCLING

Cycle
An invigorating cardio workout performed on a stationary bike based on sound cycling principles. Classes focus on RPM's, heart rate zones, sport-specific drills, climbs and sprints. This will be an unpredictable ride that is fun and challenging. Space Limited.

Cycle + Core
This class combines a cardiovascular cycling workout with a strength component. You will do 45 minutes of interval based cycling, followed by 10 minutes of core work, & finish up with a stretch. Space Limited.

Cycle + Kettlebells
This is a calorie torching class! 60 minutes of high energy cycling followed by 15-20 minutes of kettlebell strength work targeting upper and lower body. Killer Abs will be included.

Cycle + Sculpt
Ride profiles will vary but may include: hills, sprints, jumps, tabata. Hand weights or Resistance Tubes will be used for approximately 10 minutes of upper body sculpting. An awesome total body workout.

AQUATICS

Aqua Fit
Get wet with this pool interval class! No swimming experience is required to get a good workout in the water. You'll use the resistance of your body against the water in timed intervals to get a great workout with minimal impact on the joints. All levels welcome.

Aqua Zumba®
Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss!