

# GROUP FITNESS | On-Site Schedule (effective 5/15/17)



**No registration or copay!** 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
<b>YOUR CHOICE FITNESS CENTER/DOWNTOWN</b>	<p><b>12-12:45p TR</b> Core Blast Anna</p> <p> <b>12-12:45p GF</b> Yoga Body Renew Sharon T</p> <p><b>1-1:45p GF</b> Cardio Sculpt Sharon R</p> <p> <b>5:30-6:30p CL</b> Beginner Tai Chi Susan</p> <p><b>5:30-6:30p TR</b> Athletic Strength &amp; Conditioning / Eric</p> <p> <b>5:30-6:30p GF</b> Yoga Fitness LaRae</p> <p><b>5:30-6:30p RW</b> Bootcamp w/ Graham</p>	<p><b>6:30-7:15a FR</b> Cycle Tracy</p> <p><b>12-12:45p TR</b> Rapid Toning Anna</p> <p> <b>12-12:45p GF</b> Yoga for the Core Sharon T</p> <p><b>1-1:45p GF</b> Zumba Sandra</p> <p><b>5:30-6:30p GF</b> Zumba Sandra</p> <p><b>6:30-7:30p RW</b> Bootcamp w/ Anna</p>	<p> <b>11:30a-12p AD</b> Guided Meditation Sharon T</p> <p><b>12-12:45p TR</b> TRX Body Blast Anna <i>Limit 12</i></p> <p><b>12-12:45p FR</b> Cycle Allison</p> <p><b>1-1:45p GF</b> Body Rolling Jenna</p> <p> <b>5:30-6:30p GF</b> Yogalates LaRae</p> <p><b>5:30-6:30p RW</b> Bootcamp w/ Graham</p>	<p><b>12-12:45p TR</b> Rapid Toning Anna</p> <p> <b>12-12:45p GF</b> Yoga Flow &amp; Stretch Sharon R</p> <p><b>1-1:45p GF</b> Zumba Toning Sandra</p> <p> <b>5:30-6:30p CL</b> Tai Chi for Relaxation Susan <i>Enter by loading bay and ring bell</i></p> <p><b>5:30-6:30p GF</b> Zumba Silvia</p> <p><b>5:30-6:30p FR</b> Cycle/Core Allison</p>	<p><b>12-12:45p GF</b> TRX Strength Allison <i>Limit 12</i></p> <p> <b>1-1:45p GF</b> Pilates Jenna</p>	<p><b>9-10a GF</b> Zumba Silvia</p>
<b>PUBLIC WORKS</b>	<p> <b>12:15 -1p</b> Yoga Fitness LaRae</p>	<p><b>6:30a - 6:55a</b> Morning Movement Eric</p> <p><b>12:15 -1p</b> LeBarre / Eric <i>Limit 11</i></p>	<p><b>12:15 -1p</b> Pilates LaRae</p>	<p><b>6:30a - 6:55a</b> Morning Muscle Wakeup w/ Graham</p> <p><b>12-12:45P</b> Zumba / Sandra</p>	<p><b>12:15 -1p</b> Power Pilates LaRae</p>	
<b>UTILITIES</b>	<p><b>12:15 -1p</b> Cardio Sculpt Kathryn</p>	<p> <b>12:15 -1p</b> Power Yoga Natalie M</p>	<p><b>12:15 -1p</b> Strengthen &amp; Lengthen Natalie M</p>	<p><b>12:15 -1p</b> Bootcamp Allison</p>		
<b>GT BRAY</b>		<p><b>5:30 - 6:30p</b> Aqua Fit Silvia</p>		<p><b>5:30 - 6:30p</b> Aqua Zumba Sandra</p>		

**Cycling at YourChoice Fitness Center**

- 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.

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

**TR**= TRAINING ROOM  
In Fitness Center

**FR**= FOUNTAIN ROOM  
Next Door, Lower Level

**GF**= GF STUDIO  
Next Door, Upper Level

**CL**= CENTRAL LIBRARY  
1301 Baracarrotta Ave

**RW**= RIVERWALK  
Meet at grassy knoll east of  
Green Bridge near boat slips

**AD**= ADMIN BUILDING  
1112 Manatee Ave W  
4th Floor Osprey Room

**Public Works**

**Morning:** Outside behind  
Traffic Ops bldg @ 26th Ave PW  
complex

**Lunch Hour:** 2908 12th St Ct E  
@ Central Stores Bldg

**Utilities**  
4520 66th Street West  
Bradenton

**GT Bray**  
5502 33rd Ave. Dr. W.  
Bradenton

# GROUP FITNESS | 12 Week *Off-Site* Schedule | April 24 - July 15, 2017



**\$25 per location per 12 week session!** Register and pay online using a credit card or gift certificate at [manateeyourchoice.com/groupfitness](http://manateeyourchoice.com/groupfitness). Participants who have not paid within one week of registration will be dropped from the class. **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 9:45a TRX 4:30p Cycle 5:30p TRX 6:15p Cycle	5:15a Cycle 9a Cycle+Kettlebells+Abs 5:45p Cycle	8:30a Cycle+Sculpt 9:45a TRX 4:30p Cycle 5:30p TRX 6:15p Cycle	5:15a Cycle 9a Cycle+Kettlebells+Abs 5:45p Cycle	8:30a Cycle+Sculpt 4:30p Cycle	<b>SATURDAY</b> 8:15a Kettlebells+Abs+Core 9a Cycle <b>SUNDAY</b> 8:30a Cycle	<b>Go Legs Cycling Studio</b> 3549 53rd Ave West, Bradenton <a href="http://www.golegs.net">www.golegs.net</a>   (941) 896-7885 Unlimited classes. 2-3 classes per week for max benefit.	
LIVE TRAINING	6-7a Bootcamp 8:30 - 9:30a Bootcamp 9:45-10:30a Bootcamp 4:30 - 5:30p Bootcamp 5:45-6:45p Bootcamp	8:30 - 9:30a Bootcamp 9:45-10:30a Bootcamp 4:30 - 5:30p Bootcamp 5:45-6:45p Bootcamp	6-7a Bootcamp 8:30 - 9:30a Bootcamp 9:45-10:30a Bootcamp 4:30 - 5:30p Bootcamp 5:45-6:45p Bootcamp	8:30 - 9:30a Bootcamp 9:45-10:30a Bootcamp 4:30 - 5:30p Bootcamp 5:45-6:45p Bootcamp	6-7a Bootcamp 8:30 - 9:30a Bootcamp 9:45-10:30a Bootcamp 4:30 - 5:30p Bootcamp 5:45-6:45p Bootcamp		<b>SATURDAY</b> 9-10a Bootcamp	<b>Live Training</b> 1731 12th St E, Palmetto, FL 34221 <a href="http://www.livetrainingfl.com">www.livetrainingfl.com</a> (941) 729-5217 36 classes during the 12-week session. Three classes per week maximum.
KICKIN' IT KARATE & FITNESS	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Fitness Bootcamp	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Fitness Bootcamp	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Fitness Bootcamp	5:30-6:15p Kickin' it Karate w/Josh 6:30-7p Fitness Bootcamp		<b>SATURDAY</b> 8:30-9:15a Bootcamp w/Josh	<b>Kickin' It Karate &amp; Fitness</b> 6815 State Road 70, Bradenton <a href="http://www.graciebradenton.com">www.graciebradenton.com</a> (941) 755-6000 Please wear tennis shoes – Some classes will be outside. 48 classes during the 12-week session.	
NORTH RIVER BODY THERAPIES	6:30p Gentle Yoga	10a Restorative Yoga 6p Candlelight Yoga	10a All Level Yoga 5:30p MELT/Fascia Fusion 6:30p Beginner Yoga	10:15a Inter. Hatha Yoga 6:30p Stretch & Relax Yoga	10a All Level Yoga	<b>SATURDAY</b> 9a All Level Yoga	<b>North River Body Therapies</b> 1415 10th St E (HWY 301 N), Palmetto <a href="http://www.northrivermassage.com/yoga-classes/">www.northrivermassage.com/yoga-classes/</a> (941) 721-4559 36 classes during the 12-week session.	
POWERHOUSE ROW AND FITNESS	5a Power Row 8:30a Power Row 9:35a Power Row 10:35a RowYo 6:15p Power Row	5:45a TRX 7a Row Express 8:30a Power Row 9:35a Power Row 10:35a Power Row 6:15p Power Row	5a Power Row 8:30a Power Row 9:35a Power Row 12:15p Row Express 6:15p Power Row	5:45a TRX 7a Row Express 8:30a Power Row 9:35a Power Row 10:35a Row Express 6:15p Power Row	5a Power Row 8:30a Power Row 9:35a Power Row 10:25a Total Stretch		<b>SATURDAY</b> 8a Power Row	<b>Powerhouse Row &amp; Fitness</b> 11540 Palmbrush Trail, Lakewood Ranch <a href="http://www.powerhouserow.fitness">www.powerhouserow.fitness</a> (941) 666-8591 36 classes during the 12-week session.

## TOTAL BODY/CORE STRENGTH

### Athletic Strength & Conditioning

An integrated training format including cardiovascular improvements, agility, range of motion, and strength development using LeBarre Strength Training Bars, Resistance Tubes, Hand Weights, Body Weight, and various other fitness equipment.

### Body Rolling

This 45-minute body rolling class will teach you how to use a roller and other tools to erase aches and pains and train your body to function more optimally than ever. Experience how good your body can feel with hands-off bodywork. All levels!

### 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.

### 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.

### 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.

### 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.

### LeBarre

This class is limited to 11 participants and uses the LeBert Equalizer. It is a cardiovascular workout at a moderately high level and challenging in terms of strength training. Most of the resistance training is based on body weight. Beginner to intermediate. (First come first serve to each class).

### MELT/Fascia Fusion

A combination of foam rolling, yoga, and pilates for a system that targets your body's connective tissue to help reduce chronic pain in the body.

### Morning Movement/Muscle Wakeup

Take 25 minutes to strengthen your core muscles & stretch and relieve sore muscles for less ache during, and after, the workday!

### Pilates

A refreshing mid-day break certain to energize your afternoon - before you know it, your abs and hips are stronger and leaner! Beginner, intermediate & advanced.

### Power Pilates

Power Pilates is a workout blending muscle conditioning and stretching exercises designed to lengthen, strengthen and energize the entire body with movements derived from Pilates. By blending principles from Pilates, stretching, and fitness you will challenge muscular endurance, active flexibility and core strength.

### Power Row/Row Express

Power Row is a total body, low impact, high intensity multi functional training on and off the rowing machine. Geared for all fitness levels

### 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. You can strengthen and tone in record time!!

### 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.

### TRX®

TRX® Suspension Training® is a revolutionary total-body fitness device that uses gravity against your own body weight to simultaneously develop strength, balance, flexibility and core stability. Work with more or less body weight to intensify or modify any exercise, making this class perfect for all levels.

### 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 and all levels are welcome. Small hand weights will also be included.

### Tai Chi for Beginners/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. Beginner class on Mondays & intermediate class on Thursdays.

### 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

This class goes right into 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.

### Yoga for the Core

Core strength is critical for yoga, as well as maintaining spinal health. This yoga class will work the core and tone the abdominal muscles while improving your flexibility.

### Yogalates

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

## 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. All fitness levels welcome. 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. Don't miss out on this amazing workout! 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!