

GROUP FITNESS | *On-Site* Schedule (effective 5/1/19)

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	11:30a-12p FR Cycle / Julie 12-12:45p FR Core Blast Anna 12-12:45p GF Yoga Body Renew Sharon T 1-1:30p GF Barre Express Julie 4:30-5:30p GF Yoga Body Renew LaRae	6:30-7:15a FR Cycle / Tracy 10:30-10:45a FR Stretch & Muscle Release / Julie 12-12:45p FR Cardio Circuit Allison 12-12:45p GF Zumba Sandra 1-1:45p GF Yoga Flow & Stretch Sharon T 5-5:30p FR Strength Basics (lower body) Leanne 5:30-6:30p GF Zumba Sandra 5:30-6:15p FR Cardio Kickboxing Leanne 5:30-6:30p CL Tai Chi for Relaxation Susan	6:30-7:15a GF Yoga Sharon 11:30a-12p FR Guided Meditation Sharon T 12-12:45p FR TRX Circuit Anna 1-1:45p GF Yoga Sharon 2:30-2:45p FR Stretch & Muscle Release / Julie 5:30-6:30p GF Yogalates LaRae	6:30-7:15a FR Cycle Tracy 10:30-10:45a FR Stretch & Muscle Release / Julie 11:30a-12p FR Cycle Tracy 12-12:45p FR Strength Circuit Tracy 12:15-1p GF Barre / Leanne 1-1:45p GF Zumba Toning Sandra 5-5:30p FR Strength Basics (upper body) Danielle 5:30-6:30p GF Zumba / Silvia 5:30-5:45p FR Core Blast / Danielle 5:45-6:15p FR Cycle / Danielle	6:30a-7a FR Strength Basics Julie 7a-7:15a FR Stretch & Muscle Release / Julie 12:15-1p FR Cross Train Max Allison 1-1:45p GF Yogalates Julie	8:30-9:15a FR Cycle Danielle 9-10a GF Zumba Silvia 9:15-9:45a WR Weight Room Circuit Danielle <i>Begins 3/9</i>
	GT BRAY		5:30 - 6:30p Aqua Fit Silvia	5:30 - 6:30p Aqua Zumba Sandra		GT Bray 5502 33rd Ave. Dr. W. Bradenton

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

WR = WEIGHT ROOM
Main level of Fitness Center

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.

GROUP FITNESS | *Worksite* Schedule (effective 5/1/19)



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MIND + BODY CLASSES						Manatee County Sheriff's Office
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	
PUBLIC WORKS	12:15 -1p Pilates LaRae	12:15 -1p Bootcamp Tracy	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
UTILITIES	5 -5:45p Weight Room Circuit Arnoldo		12 -12:45p Strengthen & Lengthen Karen	12 -12:45p Strength Basics Allison/Julie		Utilities 4524 66th Street West Bradenton

GROUP FITNESS | Off-Site Schedule | May 1 - July 31, 2019



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	
LIVE TRAINING	<p>5:30a Bootcamp</p> <p>8:30a Bootcamp</p> <p>9:45a Bootcamp</p> <p>4:30p Bootcamp</p> <p>5:45p Bootcamp</p>	<p>5:30a Bootcamp</p> <p>8:30a Bootcamp</p> <p>9:45a Bootcamp</p> <p>4:30p Bootcamp</p> <p>5:45p Bootcamp</p>	<p>5:30a Bootcamp</p> <p>8:30a Bootcamp</p> <p>9:45a Bootcamp</p> <p>4:30p Bootcamp</p> <p>5:45p Bootcamp</p>	<p>5:30a Bootcamp</p> <p>8:30a Bootcamp</p> <p>9:45a Bootcamp</p> <p>4:30p Bootcamp</p> <p>5:45p Bootcamp</p>	<p>5:30a Bootcamp</p> <p>8:30a Bootcamp</p> <p>9:45a Bootcamp</p> <p>4:30p Bootcamp</p> <p>5:45p Bootcamp</p>		<p>SATURDAY</p> <p>9a Bootcamp</p>	<p>Live Training 1731 12th St E, Palmetto, FL 34221 www.livetrainingfl.com (941) 729-5217 Three classes per week maximum.</p>
KICKIN' IT KARATE & FITNESS	<p>5:30-6:15p Kickin' it Karate w/Josh</p> <p>6:30-7p Box-Fit Bag Class*</p>	<p>5:30-6:15p Kickin' it Karate w/Josh</p> <p>6:30-7p Box-Fit Bag Class*</p> <p>7-7:30p Box-Fit Bag Class*</p>	<p>5:30-6:15p Kickin' it Karate w/Josh</p> <p>6:30-7p Box-Fit Bag Class*</p>	<p>5:30-6:15p Kickin' it Karate w/Josh</p> <p>6:30-7p Box-Fit Bag Class*</p> <p>7-7:30p Box-Fit Bag Class*</p>		<p>SATURDAY</p> <p>8:30-9:15a Bootcamp w/Josh</p>	<p>Kickin' It Karate & Fitness 6815 State Road 70, Bradenton www.kickinitkarate.com (941) 755-6000 Max 4 classes per week. *Requires boxing/bag gloves</p>	
A LITTLE TWISTED YOGA STUDIO	<p>9a Twisted Flow</p> <p>4:30p Twisted to the Core</p> <p>5:45p Twisted Flow</p> <p>7p Gently Twisted</p>	<p>8:30a All Sorts of Twisted</p> <p>10a All Sorts of Twisted</p> <p>12p Pilates</p> <p>5p Sit and Twist</p> <p>6p Funky Flow</p> <p>7:15p Untwisted Yoga</p>	<p>10a All Sorts of Twisted</p> <p>4:30p All Sorts of Twisted</p> <p>5:45p Twisted Beginners</p> <p>7p Untwisted Meditation</p>	<p>8:30a Slowly Twisted</p> <p>10a All Sorts of Twisted</p> <p>5:45p Twisted to the Core</p> <p>7p All Sorts of Twisted</p>		<p>10a Gently Twisted</p> <p>6p Pop Up Classes (Check schedule online)</p>	<p>SATURDAY</p> <p>9a Twisted to the Core</p> <p>10:30a Twisted Beginners</p>	<p>North River Body Therapies has a NEW YOGA STUDIO! A Little Twisted Yoga Studio 927 10th Street East, Palmetto https://alittletwistedyoga.com/ (941) 722-9642</p>

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 Circuit

Functional training to elevate heart rate and burn calories. Equipment used can vary from body weight, to dumbbells to TRX and/or Bosu Balls

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.

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.

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.

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).

Strength Circuit

Functional strength training to build muscle while improving balance, coordination and stamina. Equipment will vary to include TRX, dumbbells, BOSU Balls, Medicine Balls.

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.

Stretch and Muscle Release

Simple and effective stretches, targeting the muscles that tighten up during the course of your work day, namely the Hips, Shoulders, and Back. No need to change, come as you are! 15 minutes, designed to fit in as a quick break. Yoga Straps, Chairs or Yoga Mats, and mild resistance tubes may be used.

TRX Circuit

Increase endurance and metabolic output with this cardio/strength class utilizing TRX Straps and various other equipment.

Weight Room Circuit

Instructor led exercise class using dumbbells, weight machines and body weight to develop lean muscle mass and increase strength.

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.

MIND+BODY

All Sorts of Twisted

Moderately paced yoga class with modifications and options for all levels.

Funky Flow

Gentle standing and floor poses, but with a light-hearted vibrational twist.

Gently Twisted

A slow paced class to allow extra explanation and assistance for poses. This class is perfect for those who may find some yoga poses uncomfortable for the knees, wrists, back, etc.

Guided Meditation

Explore meditation through various guided meditations, breathing, and visualization practices. New, novice and experienced welcome.

Sit and Twist

Chair Yoga - The use of a chair and modified poses make great for reducing joint and muscle strain!

Slowly Twisted

One yoga pose leads into the next in a flowing sequence.

Tai Chi for Relaxation

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

Twisted Beginners

New to Yoga or coming back to yoga after a while? Twisted Beginnings is a good place to start. More details about the poses, more time to adjust and more opportunity to ask questions.

Twisted Flow

Twisted with Vinyasa techniques, students will link conscious breath with a challenging and mindful flow/ Awaken your strength, energy and flexibility all in a fun atmosphere. (Intermediate & Advanced)

Twisted to the Core

A little yoga, a little Pilates, a lot of core work! Great to work on your posture, address the cause of back pain and more.

Untwisted Thoughts

Meditation Class - very little if any yoga poses, the focus is on calming the mind and relaxing your body.

Untwisted Yoga

A gentle meditative yoga class using props to get your body in supported poses.

Yoga/Yoga Body Renew/ Yoga Flow & Stretch

Designed to improve breath, strength, balance, flexibility and posture giving you a renewed start to your day. Beginner & intermediate.

Yogalates

Combines core strengthening 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.

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!