



# John Marble Group Fitness Schedule

October 1st, 2025 - September 30, 2026

Schedule effective: 11/01/2025

Updated: 11/01/25

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	MPR	<b>Zumba</b> Krista	<b>Pilates</b> Kimberly V.	<b>Pure Strength</b> Nancy		<b>Fitness Yoga</b> Tony G.	<b>Zumba</b> Csilla	
10:00am	MPR	<b>Chair Yoga</b> Tony G.	<b>Strengthen &amp; Lengthen</b> Kimberly V.	<b>Pilates</b> Nancy	<b>Chair Yoga</b> Barbara H.			
11:00am	MPR		<b>Line Dancing</b> Phyllis	<b>Social Ballroom</b> Kathryn		<b>Line Dancing</b> Jean		
6:00pm	MPR		<b>Power Dance</b> Debra	<b>Total Body</b> Amy	<b>Yoga</b> Tony G.			

### Class sizes are limited! No Late Entry.

Any participant who has not shown up or is late at the start of class, will forfeit their spot to a waitlist participant. Please dress appropriately for all classes.

**To REGISTER:** log into your account at [www.parks/mymanatee.org](http://www.parks/mymanatee.org) or call (941) 745-6030 and select option 1, or scan QR Code  
**PLEASE NOTE:** Some Changes may occur during Summer, Spring Break & Holidays

SCAN TO REGISTER FOR A CLASS



**CHECK IT OUT!**  
NEW CLASSES & TIMES  
AT MARBLE!

**Line Dancing**  
Tuesdays & Fridays 11am

**Ballroom (Social)**  
Wednesdays 11am

**Zumba**  
Saturdays 9am

### CHECK OUT WHAT'S HAPPENING AT OUR OTHER FACILITY!

Did you know that your membership allows you to take classes at both John H. Marble and G.T. Bray?

**WELLNESS WEDNESDAY**  
G.T. Bray Recreation Center

**10 Warning Signs; Recognizing Dementia** 11/19/25

**Protect Your Pickleball Game:**  
A PTs Guide to Shoulder and Elbow Health 12/10/25

**G.T. Bray Walking Club**  
FREE to Public / All are Welcome

**Tuesdays 7am**

Meet at the Front Entrance of G.T. Bray  
5502 33rd Ave Dr West, Bradenton, FL 34209

**Check out our New App**  
Manatee Explore & Play  
Scan Here

SCAN ME

**Updated: 10/01/25**

**JHM GROUP FITNESS CLASS DESCRIPTIONS**

<b>Ballroom (Social)</b>	Whether you're a novice or seasoned dancer, this class is for you. Come to learn new moves, or as a refresher for all SOCIAL dance styles.
<b>Cardio Kickboxng</b>	Ready to take your workout to the next level? This high-energy workout challenges your body and your mind. Build stamina, improve coordination and flexibility, and maximize your calorie burn as you build lean muscle with this fun and challenging workout.
<b>Cardio HIIT</b>	Take your workout to the next level! Improve cardio endurance and performance, alternating between high intensity movements to significantly increase the heart rate, followed by short periods of lower intensity movements. Burn fat and increase stamina and strength!
<b>Chair-obics</b>	This is a seated cardio workout combining strength, balance, coordination and flexibility .
<b>Chair Yoga</b>	If you do not want to get on the floor this is a great class to stretch, meditate and learn therapeutic moves, all seated in a chair
<b>Dance Fit</b>	Get your heart pumping in this dynamic, energy-filled dance class. Set to wide variety of music, old and new, this fun-filled sweat session is appropriate for all fitness levels.
<b>Fitness Yoga</b>	This dynamic practice blends traditional & unique yoga postures with strength-building movements to increase flexibility, improve balance and overall health. Designed for all fitness levels, most exercises are done from a standing position, with some on the mat.
<b>Line Dancing</b>	Join our beginner-friendly line dance class, where you'll learn the most popular line dances in a fun, supportive atmosphere. No partner needed!
<b>Pilates</b>	Strengthen and lengthen the essential muscles of your core and more with focused exercises and restorative stretches.
<b>Pure Strength</b>	Weights, Resistance Bands and Body Weight. Weight training only in this high sets and reps class. Outdoors.
<b>Strengthen &amp; Lengthen</b>	Come learn some new aerobic moves with easy to follow strengthening exercises to improve everyday functionality. Improve balance and posture. Class ends with a cool down and stretches that will increase your flexibility.
<b>Total Core &amp; More</b>	Strengthen and condition your core muscles...and more! This class will target your core and all the supporting muscle groups incorporating upper and lower body exercises. Weights, balls, bands and/or Mat work performed.
<b>Total Body Conditioning</b>	This multi-level full body workout targets all the major muscle groups. Pure Strength, incorporating cardio and resistance work to an energetic beat to work out the whole body. This workout is designed to contain challenging exercises that will increase strength, decrease body fat and improve overall conditioning.
<b>Zumba</b>	This Latin-inspired, easy-to-follow, dance fitness party exhilarates the senses and works all major muscle groups. Register early!
<b>Yoga</b>	This class combines postures, breathing and meditation to promote physical strength, flexibility and mental wellbeing.