



GT Bray Group Fitness Schedule

October 1, 2024 - September 30, 2025

Effective: 03/27/25

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	MPR/Outside	Bootcamp- Leanne	Cycle - Andy	Bootcamp - Natalie		Bootcamp - Natalie		
6:30am	MPR		Circuit Training - Becca		Circuit Training - Becca			
8:00am	MPR	Tai Chi - Brian	Total Body - Natalie	Vin/YIN Yoga - Nytza	Tai Chi - Brian	Wake Up Yoga - Terri	Cycle- Terry/Jeff	Cycle- Terri/Jeff
	Gym	Strengthen & Lengthen - Kathy	Cardio Flex - Wanda	Pilates - Kimberley	Cardio Kickboxing - Linda	Strengthen & Lengthen - Natalie		
	Outside	Pure Strength- Nancy		Pure Strength - Nancy		Athletic Yoga - Jeff	Total Body - Leanne	
9:00am	MPR	Cycle - Andy	Body Worx - Wanda	Total Core & More - Natalie	Step Aerobics	Pilates - Nancy	Wake Up Yoga - Terri	Step & Sculpt - Wanda
	Gym	Power Dance - Dan	Dance Fit - Laura T	Zumba - Marianne	Dance Fit - Laura T	Zumba - Marianne		
	Pool							
	Outside						Athletic Yoga- Jeff	Yoga - Jeff/Terri
10:00am	MPR	Foam Rolling- (Rollassage) Peg	TRX/Kettlebells - Leanne	Barre Fusion - Natalie	Chair-obics - Leanne	Body Worx- Wanda	Dance Fit - Juan/Laura	
	Gym							
	Outside/Pool	Aqua Fit - Andy	Aqua Fit - Pam		Aqua Fit - Pam	Aqua Fit - Andy	Floating Yoga Jeff/Terri	
11:00am	MPR	Chair Yoga / Natalie	Functional Balance - Kathy	Gentle Yoga- Delphine		Sit & Get Fit - Kathy	Foam Rolling- (Rollassage) Peg	
	Outside							
	Outside Pool						Aqua Fit - Michelle	
12:00pm	MPR		Sit & Get Fit - Kathy	Chair Yoga - Delphine		Chair Yoga- Kathy		
1:00pm	MPR	Beginner Line Dance - Jean						
2:00pm	MPR	High Beginner Line Dance - Jean						
2:30pm	MPR			Latin Dance - Kathryn				
3:30pm	MPR			Ballroom Dance - Kathryn				
4:30pm	MPR	Total Core & More - Natalie	Chair Yoga - Delphine					
5:00pm	Outside Pool		Aqua Fit - Kim D.					
5:30pm	MPR	Total Body - Natalie	Relaxation Yoga- Delphine	Cycle - Pam	Zumba - Tammy			
	Outside		Circuit Training - Becca	Circuit Training - Becca	Circuit Training - Leanne			
6:30pm	MPR	Vinyasa Yoga - Nytza	Power Dance - Laura T.	Power Yoga- Nytza	Restorative/YIN Yoga - Nytza			

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.mymanatee.org/parks or call (941) 742-5923 and select option 1, or scan QR Code

PLEASE NOTE: Some Changes may occur during Summer, Spring Break & Holidays



Updated: 03-27-25

GT BRAY GROUP FITNESS CLASS DESCRIPTIONS

Aqua Fit	A low impact but high intensity water aerobics class where no swimming skills are needed. Improve flexibility, range of motion, strength, muscle tone and endurance using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.
Athletic Yoga	Expect to move in this class, but with minimal flow, more basic poses and longer holds. This class will help to improve range of motion, balance, and understanding of physical limitations. Working all parts of your being, power, strength, and speed are all directly connected to the overall alignment of our body. Join and watch the transformation happen.
Aqua Zumba	Aqua Zumba brings both together in one awesome pool party! Structured like a standard Zumba class, Aqua Zumba entails dancing to motivational music with unique dance moves and combinations—except it's in water.
Barre Fusion	Fun, strength, flexibility and balance workout. Graceful but intense barre combines great music and strength exercises to give you a fully toned and balanced body.
Bootcamp	Increase your strength and cardiovascular endurance while pushing through bodyweight, plyometric, cardio, and strength exercises.
Bosu Core & Strength	This class transcends conventional boundaries, offering a blend of cardio, strength, and functional movements. Using the Bosu trainer, exercises focuses on muscular endurance and integrated strength, which uses movement patterns that work the upper body, lower body, and core muscles simultaneously. Depending on class size other equipment will be added into the workout.
Ballroom Dance	Whether you're a novice or seasoned dancer, this class is for you. Come to learn new moves, or as a refresher for all dance styles.
Body Worx	Move at your own pace, your range of motion with dumbbell weight choice to this interval strength and endurance class for all levels. Bring mat for core and stretch.
Cardio Flex	This low impact cardio class will get your blood flowing. Upbeat aerobics followed by total body strength training.
Cardio HIIT	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!
Cardio Kickboxing	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.
Chair-obics	This is a seated cardio workout combining strength, balance, coordination and flexibility .
Chair Yoga	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
Circuit Training	Hit each muscle group and raise your heart rate in this circuit training strength and cardio based class. Squat, Lunges, Push Ups, Cardio Intervals and Mat work performed.
Cycle	Nothing beats an indoor cycle class! This is a low impact, high intensity cardiovascular workout designed to torch calories and increase leg strength and endurance. Class space is very LIMITED.
Dance Fit	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.
Functional Balance	This class focuses on enhancing your balance and coordination through a variety of exercises designed to mimic everyday movements. You'll learn to improve your posture, reduce your risk of falls, and increase your overall functional fitness.
Foam Rolling (Rollasage)	Is self manual therapy using massage tools such as foam rollers and therapy balls to increase flexibility, reduce muscle tightness and improve muscle recovery.
Floating Yoga	Enjoy a mind, body and spirit connection through a series of yoga poses while floating on an aqua board. You will take your balance to a new level with this class. Previous experience in yoga and comfortable with water. Please be advised that SPF Shirts and tight exercise shorts are encouraged. Bring water.
Gentle Yoga	A time to reconnect your mind to your body through pranayama (the Yoga breathing), careful and authentic Yoga practice and complete relaxation.
Latin Dance	An intro to Latin dance. Learn Salsa, Bachata, Samba and Merengue. A perfect way to get your body moving and have some fun!
Line Dance- Beginner	Take it slow. Spend more time with each dance to ensure the steps are clear to everyone
Line Dance-High Beginner	Even though these are still beginner dances, there are more steps that might be just a little more challenging
Pilates	Strengthen and lengthen the essential muscles of your core and more with focused exercises and restorative stretches.
Pure Strength	Weights, Resistance Bands and Body Weight. Weight training only in this high sets and reps class. Outdoors.
Power Dance	Blast away calories and increase your heart rate in this dynamic cardio workout! Kick, dance and move your way through this fun filled class!
Restorative/YIN Yoga	Gentle paced and passive. Both yogic practices are blended to stretch your connective tissues, while also focusing on the release of mind-body tension through breath-work (pranayama), helping to switch off fight-or-flight mode, and bringing the nervous system into a state of healing. If you are recovering from an injury, or just looking to slow down and unwind, this is the perfect practice.
Relaxation/Wake-up Yoga	A time-out class to stretch, relax, and connect with your breath. A great class for everyone from kids to seniors, athletes to office workers, and those with sciatic troubles to tight hamstrings. Use of chairs for assistance is optional.
Sit & Get Fit	A chair activity that addresses physical maintenance and aerobic training. Fun seated exercise workout for those who need to sit, exercise and get fit. Feel the fitness and health benefits
Step Aerobics	Step is a Classic cardio workout that delivers results. Begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups. Step it up and down, over and around, to the sound of your favorite beats in this fast-paced session to boost your heart rate and breathing, and strengthen your muscles.
Step & Sculpt	The first half of the class is easy to follow step (platform optional) sure to rev up your heart rate. The last half is a series of exercises using dumbbells for strength conditioning benefits
Strengthen & Lengthen	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.
Tai Chi	Tai Chi is a gentle healing art. It is an excellent way to open up the joints and stretch the tendons, which allows for greater mobility, and greatly replenishes energy. Open to all, it is a safe and effective exercise.
Total Core & More	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.
Total Body Conditioning	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.
TRX/Kettlebell	This class uses a combination of TRX straps for suspension training and kettlebells for weighted strength training. This class will help improve strength, coordination, and power in the upper body, core, and lower body.
Vin / Yin Yoga	A marriage of the strong, yang Vinyasa Yoga with the receptive Yin Yoga, finding a balanced intensity for both beginners and advanced yogis. Active, yet grounding sun salutations and standing flows enliven the body, create fire, and chase away any fatigue. This is followed by longer held passive, seated and supine poses, promoting balance throughout the nervous system and allowing for a sense of peace and relaxation
Vinyasa Yoga	A journey into the connection between mind, body, and spirit. Learn a greater understanding of flexibility, breath, and movement through a flowing sequence of yoga poses, with options.
Zumba	This Latin-inspired, easy-to-follow, dance fitness party exhilarates the senses and works all major muscle groups. Register early!