John Marble Group Fitness Schedule

October 1, 2026 - May 31, 2027 **Updated: 11/09/26**

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	MPR		**Pilates** Kimberly V.	**Pure Strength** Nancy		**Fitness Yoga** Tony G.	**Zumba** Csilla	
10:00am	MPR	**Chair Yoga** Tony G.	**Strengthen & Lengthen** Kimberly V.	**Pilates** Nancy	**Chair Yoga** Barbara H.			
	Pool				**Aqua Fit** Katie			
11:00am	MPR		**Line Dancing** Phyllis	Social **Ballroom** Kathryn				
12:00pm	MPR		**Advanced Line Dancing** Phyllis					
6:00pm	MPR		**Zumba + Lift** Csilla		**Yoga** 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.

SCAN ME

To REGISTER: log into your account at 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

Check out our New App
Manatee Explore & Play
Scan Here

CHECK OUT WHAT'S HAPPENING AT OUR OTHER FACILITIES & PARKS!

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

Mark Your Calendars!

WELLNESS WEDNESDAYS

11/17 Bray & 11/18 Marble
Navigating Medicare Open Enrollment:
One on one consultation
To register call: 1-800-963-5337

12/2/26
Clear the Air: *What Everyone Should Know About Lung Health*
G.T. Bray 11am Movie Room

Turkey Trail Mix & Nutritional Discussion
Learn how to properly fuel your body before your workout and after. Then we'll combine a scenic walk with bodyweight exercises, Class will end creating your own Trail Mix!
11/24/26

Holiday Ballroom Social
Dress to Impress! 12/16/26

G.T. Bray Walking Club
FREE to Public / All are Welcome
Tuesdays 7am

COMMUNITY FLAVORS
Send your favorite family recipe to Natalie to be included in our very first G.T. Bray Cookbook. Any recipe you want, healthy or not! Send via email, or hard copy, you choose. Be sure your name and contact info is included.... Send a picture of yourself or your family too.
natalie.block@mymanatee.org

JHM Group Fitness Class Descriptions

Updated:09/26/26

Advanced Line Dance	Skip the basic step breakdowns and challenge your heart, balance, and memory with complex footwork, intricate choreography, and multi-wall turns set to upbeat classics and modern hits. Come connect with fellow dance lovers, elevate your fitness, and share the joy of dance! Prior line dancing experience is strongly recommended.
Ballroom (Social)	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.
Cardio Kickboxng	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.
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!
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
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.
Fitness Yoga	This dynamic practice blends traditional & unique yoga postures with strength-building movements to increase flexibility, improve balance and overall health. Designed for all fitnes levels, most exercises are done from a standing position, with some on the mat.
Line Dancing	Join our beginner-friendly line dance class, where you'll learn the most popular line dances in a fun, supportive atmosphere. No partner needed!
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.
Strengthen & Lengthen	Functional Fitness for Every Body! Boost your daily energy and mobility with this all-in-one session. We combine easy-to-follow cardio and functional strength exercises to improve your balance and posture. We finish with deep stretches to increase flexibility and leave you feeling refreshed. Toning Balls, Bands and/or Mats are used.
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.
Yoga	This class combines postures, breathing and meditation to promote physical strength, flexibility and mental wellbeing.
Zumba + Lift	Enjoy this high-intensity fusion that combines the cardio dance party of Zumba® with focused strength training. Utilizing light dumbbells, this program alternates between dance routines and lifting segments to build muscle, boost endurance, and enhance bone density in a high-energy environment.
Zumba	This Latin-inspired, easy-to-follow, dance fitness party exhilarates the senses and works all major muscle groups. Register early!