G.T. Bray Group Fitness Schedule

Oct 1, 2026 - May 31, 2027 Updated: 11-9-26

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	MPR/ Outside	Boot Camp - Leanne		PIYO 1st & 3rd Week, Boot Camp- Natalie		Boot Camp - Laura		
7:00am								
8:00am	MPR	Tai Chi - Brian	Total Body - Natalie	Vin/Yin Yoga -Leona	Tai Chi - Brian	Yoga - Terri/Jeff	Cycle - Terri/Jeff	Cycle - Terri/Jeff
	Gym	Strengthen & Lengthen - Kathy	Dance Fun/ POI Joy with Natalia	Cardio Kick - Leanne	PIYO - Natalie	Strengthen & Lengthen - Natalie		
	Outside	Pure Strength - Leanne					Total Body - Leanne	Body Worx - Laura L.
9:00am	MPR	Animal Flow- Nytza	Body Worx - Wanda	Total Core & More - Natalie	Step Aerobics - Natalie	Pilates - Nancy	Wake Up Yoga - Terri	Step & Sculpt - Wanda
	Gym	Power Dance - Dan	Dance Fit - Laura	Zumba - Gina	Dance Fit - Laura	Zumba - Marianne		
	Outside						Athletic Yoga - Jeff	Yoga - Jeff/Terri
10:00am	MPR	Foam Rolling - Teri	Barre Fusion - Leanne	Dance Fun/ Shimmy Fit - Natalie	Cycle - Jennifer	Body Worx - Wanda	Dance Fit - Laura T	
	Outdoor							
	Pool	Aqua Fit - Michelle	Aqua Fit - Andy		Aqua Fit	Aqua Fit - Michelle	Aqua Fit - Michelle	
11:00am	MPR	Chair Yoga - Kathy	Functional Balance - Kathy	Gentle Yoga - Laura	Chair-obics	Sit & Get Fit - Kathy	Foam Rolling - Teri	
	Pool							
12:00pm	MPR	Sit & Get Fit - Natalie	Sit & Get Fit - Kathy	Chair Yoga - Laura		Chair Yoga - Kathy		
1:00pm	MPR	Beginner Line Dance - Jean	QiGong Meditation & Reike - Hua					
2:00pm	MPR	High Beginner Line Dance -Jean						
2:30pm	MPR			Latin Dance - Kathryn				
3:30pm	MPR			Ballroom (Social) Dance - Kathryn				
4:30pm	MPR	Total Core & More - Natalie	Chair Yoga - Leona					
5:00pm	Outside/ Pool							
5:30pm	MPR	Total Body - Amy / Natalie	PIYO - Nytza	Cycle - Pam	Zumba - Tammy			
	Outside		Circuit Training - Leanne	Circuit Training - Becca	Circuit Training - Becca			
6:30pm	MPR	Vinyasa Yoga - Nytza	Power Dance - Laura	Vinyasa Yoga - Nytza	Restorative/YIN Yoga - Nytza			

Mark Your Calendars!

WELLNESS WEDNESDAYS

11/17 & 11/18
Navigating Medicare Open Enrollment:
One on one consultations
11/17 Bray 11am - 3pm - Movie Room
11/18 JHM 12am - 4pm MPR

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

Turkey Trail Mix & Nutrition Discussion
11/24/26

Holiday Ballroom Social
12/16/26

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 or call (941) 742-5923 and select option 1, or scan QR Code
PLEASE NOTE: Some Changes may occur during Summer, Spring Break & Holidays

FY27 Schedule Oct 1, 2026 - Sept 30, 2027

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SCAN ME

Updated: 09/28/26

G.T. Bray Group Fitness Class Descriptions

Animal Flow	Unleash Your Inner Beast: Discover Animal Flow! Forget the machines, drop the weights, and reconnect with the ultimate piece of fitness equipment: your own body. This innovative, ground-based bodyweight movement system that blends quadrupedal training (moving on hands and feet), linking dynamic stretches, switches, and locomotion into continous fluid sequences. This class is designed to improve strength, power, flexibility, mobility and coordination. Bring a mat. Note: You will be down on a mat for the majority of this class.
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 moves 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. nnected to the overall alignment of our body. Join and watch the transformation happen. Bring a mat.
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.
Ballroom Dance (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.
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. Chairs will be used instead of a bar.
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.
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.
Cardio Flex	This low impact cardio class will get your blood flowing with upbeat aerobics for cardio conditioning.
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	Get your heart rate up and improve endurance with zero stress on your joints. This high energy, low impact aerobics class performed with the support of a chair combines fun cardio moves with mobility exercises. This class is ideal for anyone looking for a seated workout that still packs a punch. All fitness levels and bodies welcome.
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	Self manual therapy using massage tools such as foam rollers and therapy balls to increase flexibility, reduce muscle tightness and improve muscle recovery.
Gentle Yoga	A time to reconnect your mind to your body through pranayama (the Yoga breathing), careful and authentic Yoga practice and complete relaxation.
High Cadence Cycle	Take a ride as you are guided through a workout primarily centered on speed and cardiovascular effort. This class will focus on pedaling at a rapid rate (typically 95-110 RPM) with lower resistance, shifting the load from muscular strength to the cardiovascular system.
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! This class will 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.
Dance Fun / POI Joy	Join this mind-body, movement (dance) experience that helps your body shift out of stress and into healing through music, movement, self-expression, and elevated emotions. When the nervous system feels safe, the body naturally begins to heal.
PIYO	A low-impact format that fuses the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga; creating a dynamic, flowing workout that burns calories, builds long lean muscles and improves balance. The continuous flow from one move to the next, uses your own body weight for resistance and keeps the heart rate elevated without jumping or stressing the joints. Bring a mat.
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!
Power Yoga	A dynamic and invigorating form of yoga that combines elements of traditional yoga with athletic movements. Improving strength, flexibility and endurance. This class is best suited for students with some prior yoga exposure and familiarity with foundational poses
Pure Strength	Weights, Resistance Bands and Body Weight. Weight training only in this high sets and reps class. Outdoors.
Qi Gong Meditation & Reike	Ancient Chinese art and science of becoming aware of Life's energy. Learn how to control the flow of Life's energy through precise choreography of posture, movement, respiratory techniques and meditation to improve balance and cognitive function, lower blood pressure and reduce stress.
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.
Shimmy Fit - Belly Dance, Hula & Bollywood	A high-energy fitness class combining the core-sculpting power of belly dance, the lower-body burn of hula, and the cardio stamina of Bollywood. Fitness over style: NO dance experience required. Just sweat, strength, and major calorie burn. All fitness levels and bodies welcome. Come ready to move!
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	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, Light Weights & Bands are used. Bring a Mat.
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.
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!