



# G.T. Bray Group Fitness Schedule

Oct 1, 2026 - May 31, 2027

Updated: 09/28/26

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

**Mark Your Calendars!**

**WELLNESS WEDNESDAYS**

**10/14/26**

**Navigating Medicare:**  
*Essential Step for Open Enrollment*  
G.T. Bray 11am - Movie Room

**10/28/26**

**Navigating Medicare:**  
*Essential Step for Open Enrollment*  
John Marble 12pm - MPR

**PINK OUT WEEK**

**October 18th - 24th**

Breast Cancer Awareness Week  
Check out all the fun activities  
and resources we will have available  
the entire week!

**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) 742-5923 and select option 1, or scan QR Code

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

FY26 Schedule Oct 1, 2025 - Sept 30, 2026



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G.T. BRAY GROUP FITNESS CLASS DESCRIPTIONS

| Updated: 09/28/26                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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. nected 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!                                                                                                                                                                                                                                                                                                                                                                                                                  |