



John Marble Group Fitness Schedule

October 1st, 2025 - September 30, 2026

Schedule effective: 10/01/2025

Updated: 10/01/25

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

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 OUR
NEW CLASSES AT MARBLE!**

Line Dancing
Tuesdays & Fridays 11am

Ballroom (social)
Wednesdays 11am

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?

G.T. Bray Recreation Center

WELLNESS WEDNESDAY

Therapeutic Yoga & Sound Healing
10/22/25

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

Sports & Leisure

2025

PINK OUT

Oct 19th thru Oct 26th
Wear Pink!

Updated: 10/01/25

JHM GROUP FITNESS CLASS DESCRIPTIONS

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 fitness 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	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.
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.
Zumba	This Latin-inspired, easy-to-follow, dance fitness party exhilarates the senses and works all major muscle groups. Register early!
Yoga	This class combines postures, breathing and meditation to promote physical strength, flexibility and mental wellbeing.