



# John Marble Group Fitness Schedule

Summer Schedule Updated June 2nd, 2025

Updated: 06/2/25

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00am	MPR	<b>Zumba</b> Krista D.	<b>Pilates</b> Kimberley V.	<b>Strengthen &amp; Lengthen</b> Kimberley V.	<b>Chair Yoga</b> Tony G.	<b>Fitness Yoga</b> Tony G.		
09:00am	MPR						<b>Zumba</b> Csilla B.	
10:00am	MPR						<b>Total Body</b> Amy W.	
5:00pm	MPR		<b>Total Body</b> Amy W.					
6:00pm	MPR	<b>Pure Strength</b> Katherine C.		<b>Dance Fit</b> Debra C./Dan P.	<b>Yoga</b> 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.mymanatee.org/parks](http://www.mymanatee.org/parks) or call (941) 745-6030 and select option 1, or scan QR Code

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



SCAN ME

Updated: 03/19/25

JHM GROUP FITNESS CLASS DESCRIPTIONS

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.
Pilates	Strengthen and lengthen the essential muscles of your core and more with focused exercises and and restorative stretches.
Pure Strength	Weights, Resistance Bands and Body Weight. Weight training only in this high sets and reps class.
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.
Yoga	This class combines physical poses, controlled breathing, and meditation to help improve flexibility and strength and create a balance between body and mind.
Zumba	This Latin-inspired, easy-to-follow, dance fitness party exhilarates the senses and works all major muscle groups. Register early!