



GT Bray Group Fitness Schedule

October 1, 2023 - September 30, 2024

Updated 03/11/24

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am	MPR/Outside	Bootcamp - Juan	Cycle - Andy	Bootcamp - Natalie		Bootcamp - Jeff		
6:30am	MPR		Circuit Training - Becca		Circuit Training - Becca			
8:00am	MPR	Tai Chi - Brian	Total Body - Natalie	Wake Up Yoga - Lara	Tai Chi - Brian	Wake Up Yoga - Terri	Cycle- Terry/Jeff	Cycle- Terri/Jeff
	Gym		Strengthen & Lengthen - Lara	Total Core & More - Natalie	Strengthen & Lengthen - Lara	Cardio HIIT - Natalie		
	Outside	Pure Strength- Kimberly		Pure Strength- Kimberly	Total Body - Natalie	Athletic Yoga - Jeff	Bootcamp -Juan	
9:00am	MPR	Cycle - Terri & Jeff	Body Worx - Wanda	Step Aerobics - Natalie	Cardio Kickboxing- Natalie	PIYO - Lara	Wake Up Yoga- Terri	Step & Sculpt - Wanda
	Gym	Power Dance - Juan	Cardio Flex - Lara	Zumba - Marianne	Cardio Flex - Lara	Zumba - Marianne		
	Outside	Pilates- Kimberly		Pilates - Kimberly			Athletic Yoga- Jeff	
10:00am	MPR	Vinyasa Yoga - Lara	Dance Fit - Laura T	Barre Fusion- Natalie	Chair-obics - Lara	Body Worx- Wanda	Dance Fit -Juan	Yoga - Laura
	Gym							
	Outside							
11:00am	MPR	Chair Yoga - Lara	Foam Rolling- (Rollassage) Peg		Chair Yoga- Barbara	Sit & Get Fit - Lara	Foam Rolling- (Rollassage) Peg	
	Outside			Gentle Yoga- Delphine				
	Outside Pool							
12:00pm			Sit & Get Fit - Kathy	Chair Yoga - Delphine				
1:00pm	MPR	Beginner Line Dance - Jean						
2:00pm	MPR	High Beginner Line Dance - Jean						
2:30pm	MPR			Latin Dance - Kathryn				
3:30pm	MPR			Ballroom Dance - Kathryn				
4:30pm	MPR	Total Core & More Natalie	Chair Yoga - Delphine					
5:00pm	Outside Pool							
5:30pm	MPR	Total Body - Natalie	Relaxation Yoga- Delphine	Cycle - Pam	Zumba - Tammy			
	Outside		Circuit Training - Becca	Circuit Training - Becca	Bootcamp - Jeff			
6:30pm	MPR	Vinyasa Yoga - Nytza	Power Dance - Laura T.	Power Yoga- Nytza	Relaxation Yoga- Nytza			

All Aqua Classes at GT Bray are cancelled till further notice due to the construction in the pool area.

Check out our New Classes!
Cycle Sundays 8am
Yoga Sundays 10am
Cycle Tues 5:45am
Sit & Get Fit Tues 12pm
Chair Yoga 4:30pm Tuesdays
 12pm Wednesdays
Total Core & More Wed 8am
Cardio HIIT Fridays 8am
 High Intensity Interval Training

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 or call (941) 742-5923 and select option 1, or scan QR Code

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



GT Bray Group Fitness - Class Descriptions

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 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 connected to the overall alignment of our body. Join and watch the transformation happen.
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.
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.
Bootcamp	Increase your strength and cardiovascular endurance while pushing through bodyweight, plyometric, cardio, and strength exercises.
Ballroom Dance	Whether you're a novice or seasoned dancer, this class is for you. Come to learn new moves, or as a refresher for all dance styles.
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.
Cardio Flex	This low impact cardio class will get your blood flowing. Upbeat aerobics followed by total body strength training.
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!
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	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
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.
Foam Rolling (Rollasage)	Is 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.
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. 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.
PIYO	Combines muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. Utilize the ball for additional range of motion and strengthening.
Pure Strength	Weights, Resistance Bands and Body Weight. Weight training only in this high sets and reps class. Outdoors.
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!
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.
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	Let's go back in time to an aerobic workout, performed by stepping onto and off an elevated platform while doing upper body movements. Improve your cardiovascular system while also targeting your legs and core, building strength and flexibility.
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	Come learn some new aerobic moves with easy to follow strengthening and stretching exercises.
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.
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!