

CLUB HOURS

Mon-Thurs- 5am-9pm
 Friday- 5am- 8pm
 Saturday- 8am-5pm
 Sunday- 9am-3pm



SHAPES®








FITNESS THAT FITS

7134 Cortez Rd. W
 Bradenton, FL 34209
 941-739-9799

Shapestotalfitness.com

KIDS CLUB HOURS

Mon- Thurs- 8am- 12/ 4-8pm
 Friday- 8am-12/ 4-7pm
 Saturday- 8am- 12
**CHILDCARE AVAILABLE FOR
 2 HRS MAX**

Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	RIPPED Erika		RIPPED Erika				
8:00 AM	*8:30* SIX PACK Erika	FOAM ROLL Ronnie	*8:30* BUNS & GUNS Kenroy	FOAM ROLL Ronnie	 Kelly	*8:30* PUMP Leanne	
9:00 AM	CARDIO PUMP Erika	CARDIO DRILLS Leanne	SIX PACK Kenroy	RAMP IT UP Leanne	PUMP Leanne	*9:30*  Jessica	
		BUNS & GUNS Leanne					
10:00AM	 Jessica	BOOMERS Leanne	 Donna	BOOMERS Leanne	BARRE & BEYOND Leanne	*10:30* YOGA Taylor	 Tammy
11:00AM	YOGA Marivi	YOGA Angela	DEEP STRETCH Marivi				YOGA Amanda
12:30PM		QUI-GONG/ TAI CHI Sherry					
4:30PM	RIPPED Kenroy		RIPPED Kenroy		HIP HOP CARDIO Kenroy		
5:30PM	 Bridget	RAMP IT UP Leanne	 Tammy	YOGA Marivi			
6:00PM		PUMP Leanne					
6:30PM	BARRE Bridget						



GF Group Fitness Classes Available at Shapes

Check out your Class Descriptions



BANG Power Dance™: A High-Intensity, music-driven Hip Hop cardio/dance class with weighted gloves (optional) that injects interval training into the choreography, taking the dance fitness experience to a whole new level!

BARRE & BEYOND: Popular ballet inspired total body strength workout

BOOMERS: The class for the young at heart. Recommended for our ageing and our ageless

BUNS & GUNS: 30-minute specialty class formatted to strengthen glutes and tone the upper body.

BUTI YOGA: Dynamic Asana, deep abdominal toning, cardio-intensive Yoga. Come prepared to "Sweat with Intention!"

CARDIO DRILLS: Our hi/low cardio workout designed to keep your heart pumping with popular moves and timeless music. Recommended for all levels.

DEEP STRETCH: An exercise recovery program whose purpose is to decrease risk of injury while increasing the speed of expected results.

HIP HOP CARDIO: Cardio Intervals full of Hip-Hop-Style dance moves to music that will make you move & groove!

QI GONG/TAI CHI: Class begins with a Qi Gong warmup that involves deep breathing, body movement, and mind focus to promote energy flow in the body. Tai Chi involves slow, gentle movements, deep breathing, and meditation. This class focuses on balance and mind/body communication.

PILATES: A physical fitness system developed in the early 20th century focusing on core stabilization and strength.

PUMP: Our signature high energy barbell resistance training workout formatted to music. Recommended for all levels.

RAMP IT UP: A new twist on the ever-popular step program

REAL RYDER/REAL RYDER CYCLE PUMP: Cardio Cycling/Resistance training interval training class. Intervals of incorporating the upper body, lower body and core off the bike. Movements include squats, lunges, standing Pilates core work. Real Ryder spin bikes are used and weights are also used. Burn up to 400-500 calories.

RIPPED: Our signature boot camp style workout formatted to include all our club's toys and tools in one 50-minute workout. Modifications will be introduced for beginners.

SIX PACK: 30-minute core class. Recommended for all levels.

YOGA: Leave feeling centered and calm after participating on a traditional yoga format. Recommended for all levels.



: 50 minutes of dance fitness that will leave you feeling alive! It's a party on the dance floor!