

# GROUP EXERCISE CLASSES | FALL 2019 | AUG 26–DEC 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6:15–7:15 AM BOOTCAMP ALLISON   LAKESIDE	 6:15–7:15 AM BODY PUMP MELISSA   LAKESIDE	 6:15–7:15 AM BOOTCAMP ALLISON   LAKESIDE	 6:15–7:15 AM BODY PUMP MARGARET   LAKESIDE	 6:15–7:15 AM KETTLEBELLS MELISSA   LAKESIDE
 9:00–10:00 AM SILVERSNEAKERS YOGA DEBRA   LAKESIDE	 6:15–7:15 AM CYCLE 60 MICHELE   CYCLE STUDIO	 6:15–7:15 AM CYCLE 60 JOANNE   CYCLE STUDIO	 6:15–7:15 AM CYCLE 60 CHLOE   CYCLE STUDIO	 12:00–12:45 PM CYCLE 45 MIA   CYCLE STUDIO
 12:00–12:45 PM KETTLEBELLS EXPRESS ELI   LAKESIDE	 6:45–7:45 AM MARINE CORE VERNA   SHALLOW WATER	 9:00–10:00 AM ACTIVE OLDER ADULT CARDIO DANCE DEBRA   LAKESIDE	 6:45–7:45 AM AQUA AEROBICS VERNA   SHALLOW WATER	 12:00–12:45 PM HATHA YOGA EMLEY K.   DIBOLL B
 12:00–12:45 PM BARRE EXPRESS JO ANNE   RIVERSIDE	 9:00–10:00 AM SILVERSNEAKERS CLASSIC DEBRA   LAKESIDE	 10:30–11:30 AM ACTIVE OLDER ADULT PIYO DEBRA   DIBOLL B	 9:00–10:00 AM SILVERSNEAKERS CLASSIC MONICA   LAKESIDE	<b>SATURDAY</b>
 4:30–5:25 PM ABT (ABS, BUNS, THIGHS) JOE   LAKESIDE	 12:00–12:45 PM HATHA YOGA ALYSSA   DIBOLL B	 12:00–12:45 PM ABT EXPRESS JOE   LAKESIDE	 12:00–12:45 PM HATHA YOGA ALYSSA   DIBOLL B	
 5:30–6:00 PM ABS JOE   LAKESIDE	 12:00–12:45 PM CYCLE 45 JOANNE   CYCLE STUDIO	 12:00–12:45 PM BARRE EXPRESS EMMA   RIVERSIDE	 12:00–12:45 PM KETTLEBELLS EXPRESS EMLEY   RIVERSIDE	 9:00–10:00 AM BODY PUMP   LAKESIDE <i>ROTATING INSTRUCTOR</i>
 5:30–6:15 PM CYCLE 45 LAURENCE   CYCLE STUDIO	 5:30–6:15 PM CARDIO CORE SHAKIRA   LAKESIDE	 5:00–6:00 PM POWER CIRCUIT JOE   LAKESIDE	 4:30–5:25 PM ABT (ABS, BUNS, THIGHS) JOE   LAKESIDE	 10:15–11:15 AM ZUMBA VICKIE   RIVERSIDE
 5:30–6:15 PM BOOTCAMP EXPRESS MEGAN/LILY   RIVERSIDE	 5:30–6:15 PM CYCLE 45 JULIA   CYCLE STUDIO	 5:30–6:15 PM BOOTCAMP EXPRESS LIZ   RIVERSIDE	 5:30–6:00 PM ABS JOE   LAKESIDE	 10:15–11:30 AM AWAKEN + FLOW YOGA CHLOE   DIBOLL A
 5:30–6:30 PM AQUA POWER HOUR LISETTE   SHALLOW WATER	 5:30–6:30 PM BARRE CRISSEY   RIVERSIDE	 5:30–6:30 PM CYCLE 60 MICHELE   CYCLE STUDIO	 5:30–6:15 PM CYCLE 45 LACEY   CYCLE STUDIO	 4:00–5:00 PM BODY PUMP ALICIA   LAKESIDE
 5:30–6:30 PM RESTORE + FLOW YOGA LOUIS   DIBOLL A	 5:30–6:30 PM ZEN + FLOW YOGA OLIVIA   DIBOLL A	 5:30–6:30 PM MAT PILATES LOUIS   DIBOLL A	 5:30–6:30 PM BARRE MICHELE   RIVERSIDE	<b>SUNDAY</b>
 6:15–7:15 PM ZUMBA LUZ   LAKESIDE	 6:30–7:30 PM BODY PUMP MARGARET   LAKESIDE	 6:15–7:15 PM ZUMBA SHAYRA   LAKESIDE	 5:30–6:30 PM HATHA YOGA CHANDRA   DIBOLL B	
 6:30–7:15 PM BARRE EXPRESS LINDSEY   RIVERSIDE	 6:45–7:45 PM STRONG BY ZUMBA MARK/SHAYRA   RIVERSIDE	 6:30–7:15 PM BARRE EXPRESS LINDSEY   RIVERSIDE	 6:30–8:00 PM ZUMBA MARK   LAKESIDE	 9:30–10:30 AM CARDIO CORE FRANCESCA   RIVERSIDE
 6:30–7:30 PM MAT PILATES EMILY C.   DIBOLL B	 7:45–8:45 PM VIXEN WORKOUT MERCEDES   LAKESIDE	 6:30–7:30 PM HAPPY HOUR POWER YOGA DERBY   DIBOLL B	 6:45–7:30 PM BODY PUMP EXPRESS VIVIAN   RIVERSIDE	 11:00–12:30 PM VIBE + FLOW DERBY   DIBOLL B
 7:00–8:00 PM IGNITE + FLOW YOGA REAGAN   DIBOLL A		 7:00–8:00 PM HATHA YOGA AUTUMN   DIBOLL A		 5:00–5:55 PM VIXEN WORKOUT   LAKESIDE <i>ROTATING INSTRUCTOR</i>
 7:30–8:30 PM VIXEN WORKOUT LEXI   LAKESIDE		 7:30–8:30 PM VIXEN WORKOUT ADDIE   LAKESIDE		 6:00–7:30 PM ZUMBA MARK   LAKESIDE

-  **STRENGTH**
-  **CORE**
-  **CYCLING**
-  **ZUMBA/DANCE**
-  **MIND/BODY**
-  **HIGH INTENSITY**
-  **AQUA**

# FALL 2019 GROUP EXERCISE CLASS DESCRIPTIONS

All classes vary by instructor.

Try different formats and instructors to find the best fit(s) for you.

\*Indicates a class that the class can be found in a full 60- and "Express" 45-minute format



**ABS:** This class will work every angle of your core to define and sculpt the abdominals, obliques, and lower back. All experience levels welcome!



**ABT (Abs, Buns, and Thighs) \*:** This class targets the abs, buns, & thighs to strengthen and improve core stability.



**ACTIVE OLDER ADULTS CARDIO DANCE:** Continuous movement for 30–40 minutes that includes low impact dance patterns with modifications, options to suit all fitness levels, and plus additional stretching at the end of class.



**AQUA AEROBICS:** Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a blend of cardio and resistance training incorporating buoyant water weights and noodles.



**AQUA POWER HOUR:** A mix of cardio and strength using various aqua exercise equipment. Class takes place in the shallow end where participants can stand up with your head above water, so no swimming skills are required.



**BARRE\*:** Ballet-inspired including elements of Pilates, dance, yoga and functional training into the group workout. This combination of large, energizing movements and small, precise pulses goes beyond working the muscles you use every day to fire up the muscles easily overpassed.



**BODYPUMP™ \*:** The original barbell class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements.



**BOOTCAMP \*:** This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional resistance training and bodyweight exercises in a high intensity interval training (HIIT) format.



**CARDIO CORE \*:** This quick and convenient class gets the heart going with high intensity bursts followed by a period of active recovery. Finish off the workout by honing in on the core, targeting the abdominal muscles to help with balance and stabilization.



**CYCLING:** Raise your heart rate and pedal through all aspects of the road—flats, hills, sprints and other challenging drills! Numbers listed on the class schedule indicate length of the class time. All levels welcome.



**CYCLE RPM:** With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!



**FLOW YOGA CLASSES:** These classes are vinyasa-style yoga classes, focused on creating a mind and body connection through intentional movement and breathwork. All classes are suitable for all levels.

- ▶ Restore + Flow Yoga: Slow-paced relaxation & stretching
- ▶ Ignite + Flow Yoga: Power & Strength
- ▶ Vibe + Flow Yoga: Energizing & Music Driven
- ▶ Align + Flow Yoga: Body Alignment
- ▶ Awaken + Flow Yoga: Energizing Flow
- ▶ Zen + Flow Yoga: Meditative & Mindful



**HAPPY HOUR POWER YOGA:** A vinyasa style class for yogis who want a less-traditional yega experience. Class incorporates popular music, fun, strengthening poses, and empowering language. All experience levels welcome.



**HATHA YOGA \*:** This yoga practice is designed to align and calm your body, mind, and spirit. With a slow, but flowing pace, poses will build heat and allow participants to sink deeper into the stretch. All experience levels welcome.



**KETTLEBELLS \*:** A circuit style strength class that incorporates kettlebell focused cardio, core, and resistance exercises. Exercises are adaptable for all participants. All experience levels welcome!



**MARINE CORE:** This class uses gravity and water resistance to tone muscles as well as to raise your heart rate and strengthen your core.



**MAT PILATES:** This all-levels class may utilize equipment like rings, blocks, and rollers in addition to your own body. Mat work exercises are the fundamental exercises of Pilates and will improve core strength, flexibility, balance, and posture.



**POWER CIRCUIT \*:** A fun and fast-moving class that incorporates full-body strength and cardio exercises into a circuit of 6-15 stations and abilities.



**SILVERNEAKERS® CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.



**SILVERNEAKERS® YOGA:** This class moves through a complete series of seated and standing yoga poses. Chair support is offered so participants can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.



**STRONG BY ZUMBA™:** In every class, music and moves sync in a way that push participants past their perceived limits. Using body weight, participants will complete high intensity interval training exercises to improve muscular endurance, tone and definition.



**VIXEN WORKOUT:** A cardio dance class created for female empowerment. With the lights off and colorful stage lighting on, women will complete intense muscle toning movements hidden by clever choreography set to hip-hop and other popular songs.



**ZUMBA® :** Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**NO GROUP EXERCISE CLASSES SEPT. 2. REILY IS CLOSED NOV. 2, 28, & 29. MODIFIED SCHEDULE OCT. 10–13 & DEC. 9–JAN. 12.**

## Indoor Cycling / Yoga & Pilates



### General Information:



Members must purchase either an Indoor Cycling Pass or a Yoga & Pilates Pass from Member Services to participate in any of our classes. Cycling and Yoga & Pilates passes are included in student memberships. Please arrive 10 minutes early for set up. Mats and props are provided for Yoga & Pilates. **At no point are any passes ever prorated.**

Get the latest updates on class schedules with the Tulane Campus Rec Mobile App!



Download it today from Google Play or the App Store!