### Monday
- **6:15-7:15 AM**
  - Bootcamp
  - Allison | Lakeside
- **9:00-10:00 AM**
  - Silversneakers Yoga
  - Debra | Lakeside
- **12:00-12:45 PM**
  - Kettlebells Express
  - Eli | Lakeside
- **4:30-5:25 PM**
  - Abt (Abs, Buns, Thighs)
  - Joe | Lakeside
- **5:30-6:15 PM**
  - Cycle 45
  - Laurence | Cycle Studio
- **5:30-6:30 PM**
  - Aquapower Hour
  - Lisette | Shallow Water
- **6:15-7:15 PM**
  - Zumba
  - Luz | Lakeside
- **6:30-7:30 PM**
  - Barre Express
  - Lindsey | Riverside
- **7:45-8:45 PM**
  - Vixen Workout
  - Mercedes | Lakeside
- **7:30-8:30 PM**
  - Vixen Workout
  - Lexi | Lakeside

### Tuesday
- **6:15-7:15 AM**
  - Body Pump
  - Melissa | Lakeside
- **6:15-7:15 AM**
  - Cycle 45
  - Michele | Cycle Studio
- **6:45-7:45 AM**
  - Marine Core
  - Verna | Shallow Water
- **9:00-10:00 AM**
  - Silversneakers Classic
  - Debra | Lakeside
- **12:00-12:45 PM**
  - Speed and Strength
  - Roof | Lakeside
- **5:30-6:00 PM**
  - Power Circuit
  - Joe | Lakeside
- **5:30-6:30 PM**
  - Barre
  - Michele | Riverside
- **5:30-6:30 PM**
  - Ignite + Flow Yoga
  - Reagan | Diboll B
- **7:00-8:00 PM**
  - Hatha Yoga
  - Autumn | Diboll A
- **7:30-8:30 PM**
  - Vixen Workout
  - Addie | Lakeside

### Wednesday
- **6:15-7:15 AM**
  - Bootcamp
  - Allison | Lakeside
- **9:00-10:00 AM**
  - Active Older Adult Cardio Dance
  - Debra | Lakeside
- **10:00-11:00 AM**
  - Active Older Adult Piyo
  - Debra | Lakeside
- **12:00-12:45 PM**
  - Abt Express
  - Joe | Lakeside
- **5:30-6:15 PM**
  - Bootcamp Express
  - Megan/Lily | Riverside
- **5:30-6:30 PM**
  - Restore + Flow Yoga
  - Louis | Diboll A
- **6:30-7:30 PM**
  - Vixen Workout
  - Mercedes | Lakeside
- **7:30-8:30 PM**
  - Vixen Workout
  - Lexi | Lakeside

### Thursday
- **6:15-7:15 AM**
  - Body Pump
  - Margaret | Lakeside
- **6:15-7:15 AM**
  - Cycle 60
  - Chloe | Cycle Studio
- **9:00-10:00 AM**
  - Silversneakers Classic
  - Monica | Lakeside
- **12:00-12:45 PM**
  - Kettlebells Express
  - Emley | Riverside
- **4:30-5:25 PM**
  - Abt (Abs, Buns, Thighs)
  - Joe | Lakeside
- **5:30-6:00 PM**
  - Power Circuit
  - Joe | Lakeside
- **5:30-6:30 PM**
  - Barre
  - Michele | Riverside
- **5:30-6:30 PM**
  - Ignite + Flow Yoga
  - Reagan | Diboll B
- **6:30-8:00 PM**
  - Zumba
  - Mark | Lakeside
- **7:00-8:00 PM**
  - Vixen Workout
  - Autumn | Diboll A
- **7:30-8:30 PM**
  - Vixen Workout
  - Addie | Lakeside

### Friday
- **6:15-7:15 AM**
  - Kettlebells Express
  - Melissa | Lakeside
- **12:00-12:45 PM**
  - Cycle 45
  - Mia | Cycle Studio
- **9:00-10:00 AM**
  - Active Older Adult Cardio Dance
  - Debra | Lakeside
- **12:00-12:45 PM**
  - Active Older Adult Piyo
  - Debra | Lakeside
- **9:00-10:00 AM**
  - Silversneakers Classic
  - Monica | Lakeside
- **10:15-11:15 AM**
  - Zumba
  - Vickie | Riverside
- **10:15-11:30 AM**
  - Awaken + Flow Yoga
  - Chloe | Diboll A
- **5:30-6:00 PM**
  - Body Pump
  - Joe | Lakeside
- **5:30-6:15 PM**
  - Cycle 45
  - Lacey | Cycle Studio
- **5:30-6:30 PM**
  - Barre
  - Michele | Riverside
- **5:30-6:30 PM**
  - Ignite + Flow Yoga
  - Reagan | Diboll B
- **6:30-8:00 PM**
  - Zumba
  - Mark | Lakeside
- **7:00-8:00 PM**
  - Vixen Workout
  - Autumn | Diboll A
- **7:30-8:30 PM**
  - Vixen Workout
  - Addie | Lakeside

### Saturday
- **9:00-10:00 AM**
  - Cycle 60 RPM
  - Tim/Michele | Cycle Studio
- **9:00-10:00 AM**
  - Body Pump
  - Joe | Lakeside
- **10:15-11:15 AM**
  - Zumba
  - Vickie | Riverside
- **11:15-12:15 AM**
  - Active Older Adult Barre Express
  - Emma | Lakeside
- **12:00-12:45 PM**
  - Active Older Adult Piyo
  - Wyatt | Lakeside
- **4:30-5:25 PM**
  - Vixen Workout
  - Addie | Lakeside
- **5:30-6:15 PM**
  - Cycle 45
  - Lacey | Cycle Studio
- **6:00-7:00 PM**
  - Zumba
  - Mark | Lakeside
- **6:30-8:00 PM**
  - Zumba
  - Mark | Lakeside
- **5:00-5:55 PM**
  - Vixen Workout
  - Addie | Lakeside
- **6:00-7:00 PM**
  - Zumba
  - Mark | Lakeside

### Sunday
- **8:15-9:15 AM**
  - Cycle 60
  - Lacey/Michele | Cycle Studio
- **9:30-10:30 AM**
  - Cardio Core
  - Francesca | Riverside
- **11:00-12:00 PM**
  - Vibe + Flow Yoga
  - Derick | Riverside
- **5:30-6:30 PM**
  - Ignite + Flow Yoga
  - Reagan | Diboll B
- **6:00-7:00 PM**
  - Zumba
  - Mark | Lakeside
- **7:00-8:00 PM**
  - Vixen Workout
  - Autumn | Diboll A
- **7:30-8:30 PM**
  - Vixen Workout
  - Addie | Lakeside
- **8:30-9:30 AM**
  - Cycle 60
  - Lacey/Michele | Cycle Studio
- **10:15-11:15 AM**
  - Zumba
  - Vickie | Riverside
- **11:15-12:15 AM**
  - Active Older Adult Barre Express
  - Emma | Lakeside
- **12:00-12:45 PM**
  - Active Older Adult Piyo
  - Wyatt | Lakeside
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.


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HAPPY HOUR POWER YOGA: A vinyasa style class for yogis who want a less-traditional yoga 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.

REILY IS CLOSED NOV. 2, 28, & 29. NO GROUP EXERCISE CLASSES SEPT. 2.

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.

SILVERSNEAKERS® 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.

SILVERSNEAKERS® 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.

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.

TULANE CAMPUS REC MOBILE APP!

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