

# GROUP EXERCISE CLASSES | SUMMER 2019 | MAY 13–AUG 25

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

 6:15–7:15 AM BOOTCAMP ALLISON H.   LAKESIDE
 9:00–10:00 AM SILVERNEAKERS YOGA DEBRA   LAKESIDE
 12:00–12:45 PM BARRE EXPRESS JOANNE   RIVERSIDE
 12:00–12:45 PM KETTLEBELLS SHANDA   LAKESIDE
 4:00–4:55 PM ABT (ABS, BUNS, THIGHS) JOE   LAKESIDE
 5:00–5:30 PM ABS JOE   LAKESIDE
 5:30–6:15 PM BOOTCAMP EXPRESS LIZ   RIVERSIDE
 5:30–6:30 PM AQUA POWER HOUR LISETTE   SHALLOW WATER
 5:30–6:30 PM CYCLE 60 LAURENCE   CYCLE STUDIO
 5:30–6:30 PM RESTORE + FLOW YOGA LOUIS   DIBOLL A
 6:30–7:30 PM ZUMBA LUZ   LAKESIDE
 6:30–7:30 PM MAT PILATES EMILY C.   DIBOLL B

 6:15–7:15 AM BODY PUMP MELISSA   LAKESIDE <i>Class begins July 2</i>
 6:15–7:15 AM CYCLE 60 MICHELE   CYCLE STUDIO
 6:45–7:45 AM MARINE CORE VERNA   SHALLOW WATER
 8:30–9:30 AM SILVERNEAKERS CLASSIC DEBRA   LAKESIDE
 12:00–12:45 PM HATHA YOGA ALYSSA   DIBOLL B
 5:30–6:15 PM CARDIO CORE SHAKIRA   LAKESIDE
 5:30–6:30 PM ALIGN + FLOW YOGA CHLOE   DIBOLL A
 6:30–7:30 PM BODY PUMP MARGARET   LAKESIDE
 6:30–7:30 PM STRONG BY ZUMBA MARK/SHAYRA   RIVERSIDE

 6:15–7:15 AM BOOTCAMP ALLISON H.   LAKESIDE
 9:00–10:00 AM ACTIVE OLDER ADULT CARDIO DANCE DEBRA   LAKESIDE
 12:00–12:45 PM BARRE EXPRESS SHANDA   RIVERSIDE
 5:30–6:15 PM BOOTCAMP EXPRESS LIZ   RIVERSIDE
 5:30–6:15 PM CYCLE 45 MICHELE   CYCLE STUDIO
 5:30–6:30 PM MAT PILATES LOUIS   DIBOLL B
 6:30–7:30 PM VIXEN LEILA/MERCEDES   LAKESIDE
 6:30–7:30 PM POWER + FLOW YOGA ALYSSA   DIBOLL A

 6:15–7:15 AM BODY PUMP MARGARET   LAKESIDE
 6:15–7:15 AM CYCLE 60 CHLOE/JOANNE   CYCLE STUDIO
 6:45–7:45 AM AQUA AEROBICS VERNA   SHALLOW WATER
 9:00–10:00 AM SILVERNEAKERS CLASSIC MONICA   LAKESIDE
 12:00–12:45 PM HATHA YOGA ALYSSA   DIBOLL B
 12:00–12:45 PM KETTLEBELLS HANNAH   RIVERSIDE
 4:00–4:55 PM ABT (ABS, BUNS, THIGHS) JOE   LAKESIDE
 5:00–5:30 PM ABS JOE   LAKESIDE
 5:30–6:15 PM BARRE EXPRESS MICHELE   RIVERSIDE
 6:30–7:30 PM BODY PUMP VIVIAN   RIVERSIDE
 6:30–8:00 PM ZUMBA MARK   LAKESIDE

 6:15–7:15 AM KETTLEBELLS SHANDA   LAKESIDE
 12:00–12:45 PM HATHA YOGA EMILY K.   DIBOLL B

 9:00–10:00 AM CYCLE 60 RPM TIM/SARA   CYCLE STUDIO
 9:00–10:00 AM BODY PUMP   LAKESIDE ROTATING INSTRUCTOR
 10:15–11:15 AM ZUMBA VICKIE   RIVERSIDE

 8:15–9:15 AM CYCLE 60 MICHELE/SARA   CYCLE STUDIO
 11:00–12:00 PM HATHA YOGA ALYSSA   DIBOLL B
 6:00–7:30 PM ZUMBA MARK   LAKESIDE

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



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

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**REILY IS CLOSED JULY 4 & AUGUST 5–9. NO GROUP EXERCISE CLASSES MAY 27.**



**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.**

# SUMMER 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:** A challenging 30-minute workout that will work every angle of your core. This class goes above and beyond sit-ups and crunches to define and sculpt the abdominals and obliques and lower back. All experience levels welcome!



**ABT (Abs, Buns, and Thighs)\*:** A 60-minute class that targets the abs, buns, & thighs to strengthen and improve core stability. The body's core includes everything from below the chest to above the knees.



**ACTIVE OLDER ADULTS CARDIO DANCE:** Continuous movement for 30–40 minutes plus additional stretching at the end of class with choreography developed specifically for active older adults. Low impact dance patterns with modifications & options to suit all fitness levels. Bring water and a towel and join the fun!



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



**AQUA POWER HOUR:** A mix of cardio and toning 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, incorporating a ballet barre and mixing 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. You'll burn calories, gain strength, and quickly produce lean body muscle.



**BOOTCAMP\*:** This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional fitness, 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:** These 30 – 60 minute classes feature great music, high energy and a fun experience. Raise your heartrate 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:** a 60-minute cycling workout where you control the intensity. 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



**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 cardio, core-based, and weighted resistance exercises with kettlebells, medicine balls, and plyo boxes, TRX straps, and more. Exercises are adaptable for all participants, making class open and challenging to all fitness levels.



**MARINE CORE:** This class uses gravity and water resistance to tone muscles as well as to raise your heart rate and strengthen your core. Be sure to bring a water bottle and towel!



**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.



**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. This class can be adapted by the participant to suit their fitness level and abilities.



**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.



**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.



Campus Recreation

TULANE UNIVERSITY