

FREE Group Classes

Spring 2019
Jan. 14–May 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15–7:15 a.m. Bootcamp Allison Lakeside	6:15–7:15 a.m. Body Pump Melissa Lakeside	6:15–7:15 a.m. Bootcamp Allison Lakeside	6:15–7:15 a.m. Body Pump Margaret Lakeside	6:15–7:15 a.m. Kettlebells Shanda Lakeside
9:00–10:00 a.m. SilverSneakers® Yoga Debra M. Lakeside	6:45–7:45 a.m. Marine Core Verna Shallow Water	9:00–10:00 a.m. Active Older Adult Cardio Dance Debra M. Lakeside	6:45–7:45 a.m. Aqua Aerobics Verna Shallow Water	9:00–10:00 a.m. Active Older Adult Aqua Aerobics Debra H. Shallow Water
10:30–11:00 a.m. Active Older Adult Aqua Cardio Debra M. Shallow Water	9:00–10:00 a.m. SilverSneakers® Classic Debra H. Lakeside	10:30–11:30 a.m. Active Older Adult PiYo Debra M. Diboll B	9:00–10:00 a.m. SilverSneakers® Classic Monica Lakeside	12:00–12:45 p.m. Power Circuit Express Rachel Riverside
12:00–12:45 p.m. Barre Express Rebecca Riverside	5:30–6:15 p.m. Cardio Core Shakira Lakeside	12:00–12:45 p.m. ABT Express Joe Lakeside	12:00–12:45 p.m. Kettlebells Express Hannah Riverside	SATURDAY
12:00–12:45 p.m. Kettlebells Express Shanda Lakeside	5:30–6:30 p.m. Barre Jo Anne Riverside	12:00–12:45 p.m. Balletone Michele Riverside	4:30–5:25 p.m. ABT (Abs, Buns, Thighs) Joe Lakeside	
4:30–5:25 p.m. ABT (Abs, Buns, Thighs) Joe Lakeside	6:30–7:30 p.m. Body Pump Margaret Lakeside	4:30–5:00 p.m. Abs Julia Riverside	5:30–6:00 p.m. Abs Joe Lakeside	9:00–10:00 a.m. Body Pump Melissa / Margaret / Alisa Lakeside
5:30–6:00 p.m. Abs Joe Lakeside	6:45–7:45 p.m. Strong by Zumba Mark/Shayra Riverside	5:00–6:00 p.m. Power Circuit Joe Lakeside	5:30–6:30 p.m. Barre Rebecca Riverside	10:15–11:00 a.m. Roll & Restore Rachel / Shakira / Debra H. Lakeside
5:30–6:30 p.m. Power Circuit Julien Riverside	7:45–8:45 p.m. Vixen Workout Addie Lakeside	5:30–6:30 p.m. Bootcamp Liz Riverside	6:30–8:00 p.m. Zumba Mark Lakeside	10:15–11:15 a.m. Zumba Vickie Riverside
5:30–6:30 p.m. Aqua Power Hour Lisette Shallow Water		5:30–6:30 p.m. Aqua Power Hour Lisette Shallow Water	6:45–7:30 p.m. Body Pump Express Melissa Riverside	4:00–5:00 p.m. Body Pump Alicia Lakeside
6:15–7:15 p.m. Zumba Luz Lakeside		6:15–7:15 p.m. Zumba Shayra Lakeside		SUNDAY
6:45–7:30 p.m. Barre Express Lindsey Riverside		6:45–7:30 p.m. Barre Express Lindsey Riverside		
7:30–8:30 p.m. Vixen Workout Leila Lakeside		7:30–8:30 p.m. Vixen Workout Lily Lakeside		


NO GROUP CLASSES JAN. 21, MARCH 2–3 | REILY IS CLOSED MARCH 4–5 & APRIL 21.
Get the latest updates on class schedules with the [NEW Tulane Campus Rec Mobile App.](#)




Cycling, Yoga, & Pilates*

*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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30–6:30 p.m. Cycle 60 Laurence Cycling Studio	6:15–7:15 a.m. Cycle 60 Michele Cycling Studio	6:15–7:15 a.m. Cycle 60 Cecilia Cycling Studio	6:15–7:15 a.m. Cycle 60 Jo Anne Cycling Studio	12:00–12:45 p.m. Hatha Yoga Chandra Diboll B
5:30–6:30 p.m. Restore + Flow Yoga Louis Diboll A	12:00–12:45 p.m. Hatha Yoga Alyssa Diboll B	5:30–6:30 p.m. Cycle 60 Chloe Cycling Studio	12:00–12:45 p.m. Hatha Yoga Alyssa Diboll B	SATURDAY
6:30–7:30 p.m. Mat Pilates Emily C. Diboll B	5:30–6:30 p.m. Ignite + Flow Yoga Emily T. Diboll A	5:30–6:30 p.m. Mat Pilates Louis Diboll B	5:30–6:30 p.m. Align + Flow Yoga Chloe Diboll B	
7:00–8:00 p.m. Ignite + Flow Yoga Emily T. Diboll A	5:45–6:15 p.m. Cycle 30 Julia Cycling Studio	6:30–7:30 p.m. Zen + Flow Yoga Olivia Diboll A	5:45–6:15 p.m. Cycle 30 Cecilia Cycling Studio	10:15–11:30 a.m. Awaken + Flow Yoga Olivia Diboll A
		7:00–8:00 p.m. Vibe + Flow Yoga Derby Diboll B		SUNDAY
				11:00 a.m.–12:30 p.m. Vibe + Flow Yoga Derby Diboll B



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