MONDAY, NOV 25
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

12:00–12:45 PM
BARRE EXPRESS
LILLY | RIVERSIDE

4:30–5:25 PM
ABT (ABS, BUNS, THIGHS)
JOE | LAKESIDE

5:30–6:00 PM
ABS
JOE | LAKESIDE

5:30–6:15 PM
CYCLE 45
LAURENCE | CYCLE STUDIO

5:30–6:15 PM
BOOTCAMP EXPRESS
MARGARET | RIVERSIDE

5:30–6:30 PM
AQUA POWER HOUR
LISETTE | SHALLOW WATER

5:30–6:30 PM
RESTORE + FLOW YOGA
LOUIS | DIBOLL A

6:15–7:15 PM
ZUMBA
LUZ | LAKESIDE

6:30–7:15 PM
BARRE EXPRESS
MICHÈLE | RIVERSIDE

6:30–7:30 PM
MAT PILATES
EMILY C. | DIBOLL B

7:00–8:00 PM
IGNITE + FLOW YOGA
CHANDRA | DIBOLL A

7:30–8:30 PM
VIXEN WORKOUT
LEXI | LAKESIDE

TUESDAY, NOV 26
6:15–7:15 AM
BODY PUMP
MELISSA | LAKESIDE

6:15–7:15 AM
CYCLE 60
MICHÈLE | CYCLE STUDIO

6:45–7:45 AM
MARINE CORE
VICKIE | SHALLOW WATER

9:00–10:00 AM
SILVERSNEAKERS CLASSIC
DEBRA | LAKESIDE

12:00–12:45 PM
HATHA YOGA
ALYSSA | DIBOLL B

12:00–12:45 PM
CYCLE 45
CHLOE | CYCLE STUDIO

6:30–7:30 PM
BODY PUMP
MARGARET | LAKESIDE

6:45–7:45 PM
STRONG BY ZUMBA
MARK/SHAYRA | RIVERSIDE

5:00–6:00 PM
BOOST
SHAYRA | RIVERSIDE

7:45–8:45 PM
VIXEN WORKOUT
MERCEDES | LAKESIDE

THURSDAY, NOV 28
6:15–7:15 AM
BOOTCAMP
ALLISON | LAKESIDE

6:15–7:15 AM
CYCLE 60
MICHÈLE | CYCLE STUDIO

6:45–7:45 AM
MARINE CORE
VICKIE | SHALLOW WATER

9:00–10:00 AM
SILVERSNEAKERS CLASSIC
DEBRA | LAKESIDE

12:00–12:45 PM
HATHA YOGA
ALYSSA | DIBOLL B

12:00–12:45 AM
CYCLE 45
CHLOE | CYCLE STUDIO

6:30–7:30 PM
BODY PUMP
MARGARET | LAKESIDE

6:45–7:45 PM
STRONG BY ZUMBA
MARK/SHAYRA | RIVERSIDE

WEDNESDAY, NOV 27
6:15–7:15 AM
BOOTCAMP
ALLISON | LAKESIDE

9:00–10:00 AM
ACTIVE OLDER ADULT CARDIO DANCE
DEBRA | LAKESIDE

10:30–11:30 AM
ACTIVE OLDER ADULT PIYO
DEBRA | DIBOLL B

5:30–6:30 PM
MAT PILATES
LOUIS | DIBOLL A

SATURDAY, NOV 30
9:00–10:00 AM
BODY PUMP
VIVIAN | LAKESIDE

10:15–11:15 AM
ZUMBA
VICKIE | RIVERSIDE

10:15–11:30 AM
AWAKEN + FLOW YOGA
CHLOE | DIBOLL A

SUNDAY, DEC 1
8:15–9:15 AM
CYCLE 60
LACEY/MICHELE | CYCLE STUDIO

9:30–10:30 AM
CARDIO CORE
FRANCESCA | RIVERSIDE

6:00–7:30 PM
ZUMBA
MARK | LAKESIDE

THANKSGIVING GROUP EXERCISE CLASSES | NOV 25–DEC 1
STRENGTH
CORE
CYCLING
ZUMBA/DANCE
MIND/BODY
HIGH INTENSITY
AQUA
THANKSGIVING!
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

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- Zen + Flow Yoga: Meditative & Mindful

**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.

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**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.

**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.

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**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. 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!