## VIRTUAL GROUP EXERCISE | JUNE 15 - AUGUST 18

### MONDAY
- **12:00 - 12:45 PM**
  - ALL LEVELS YOGA
  - Alyssa | Instagram
- **5:30 - 6:15 PM**
  - Barre
  - Michele | Instagram

### TUESDAY
- **9:00 - 9:45 AM**
  - Mindful Morning Yoga
  - Chloe | Instagram
- **5:30 - 6:15 PM**
  - Power Circuit
  - Emley | Instagram

### WEDNESDAY
- **12:00 - 12:45 PM**
  - Barre/Yoga Fusion
  - Aaron | Instagram
- **5:30 - 6:15 PM**
  - Cardio Core
  - Shakira | Instagram

### THURSDAY
- **7:00 - 7:45 AM**
  - Cardio Core
  - Francesca | Instagram
- **12:00 - 12:45 PM**
  - All Levels Yoga
  - Alyssa | Instagram
- **5:30 - 6:15 PM**
  - Pilates Stretch
  - Alicia | Instagram

### FRIDAY
- **7:00 - 7:45 AM**
  - Bodyweight HIIT
  - Melissa | Instagram
- **1:00 - 1:45 PM**
  - All Levels Yoga
  - Chandra | Instagram

### SATURDAY
- **10:00 - 10:45 AM**
  - Mindful Morning Yoga
  - Elizabeth | Instagram

### SUNDAY
- **10:00 - 10:45 AM**
  - Power Circuit
  - Matt | Instagram

### IMPORTANT REMINDERS
- **Join classes in real time on the @tulaneCampusRec Instagram Live Story**
- **Find saved class videos on the @tulaneCampusRec Instagram TV Page**
- **All classes are in Central Standard Time (CST)**
- **No equipment needed!**

### Summer 2020 Group Exercise Class Descriptions

- **All Levels 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.

- **Barre:** This ballet-inspired workout includes elements of Pilates, dance, yoga, and functional training. Class combines large, energizing movements and small, precise pulses that are designed to strengthen and tone your entire body.

- **Barre/Yoga Fusion:** This class is a no-impact, high intensity, and full body workout. Principles of ballet and Pilates are used to sculpt every major muscle group quickly and efficiently. Foundations of yoga take the place of a ballet barre to further lengthen and strengthen the body.

- **Bodyweight HIIT:** 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 abdominal muscles to help with balance and stabilization.

- **Mindful Morning Yoga:** This all-levels class is focused on mindful relaxation & stretching and is designed to rejuvenate and calm your body and mind.

- **Pilates Stretch:** This class focuses on 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 exercises.