MONDAY
12:00 - 12:45 PM
ALL LEVELS YOGA
ALYSSA | INSTAGRAM

5:30 - 6:15 PM
BARRE
MICHELE | INSTAGRAM

SATURDAY
10:00-10:45 AM
MINDFUL MORNING YOGA
REAGAN | INSTAGRAM

SUNDAY
10:00 - 10:45 AM
MINDFUL MORNING YOGA
REAGAN | INSTAGRAM

10:00 - 10:45 AM
POWER CIRCUIT
MATT | INSTAGRAM

TUESDAY
9:00-9:45 AM
MINDFUL MORNING YOGA
OLIVIA | INSTAGRAM

5:30 - 6:15 PM
POWER CIRCUIT
EMLEY | INSTAGRAM

THURSDAY
7:00 - 7:45 AM
FULL BODY BLAST
ELIZABETH | INSTAGRAM

12:00 - 12:45 PM
ALL LEVELS YOGA
CHLOE | INSTAGRAM

FRIDAY
7:00-7:45 AM
BODYWEIGHT HIIT
MELISSA | INSTAGRAM

12:00-12:45 PM
BARRE
EMMA | INSTAGRAM

WEDNESDAY
12:00 - 12:45 PM
MINDFUL MORNING YOGA
OLIVIA | INSTAGRAM

5:30 - 6:15 PM
POWER CIRCUIT
EMLEY | INSTAGRAM

THURSDAY
12:00 - 12:45 PM
ALL LEVELS YOGA
CHLOE | INSTAGRAM

FRIDAY
7:00-7:45 AM
BODYWEIGHT HIIT
MELISSA | INSTAGRAM

12:00-12:45 PM
BARRE
EMMA | INSTAGRAM

IMPORTANT REMINDERS
■ FIND ALL CLASSES ON THE @TULANECAMPUSREC INSTAGRAM LIVE STORY
■ ALL CLASSES ARE IN CENTRAL STANDARD TIME (CST)
■ NO EQUIPMENT NEEDED!

SPRING 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.

FULL BODY BLAST: This fast-paced cardio class focuses on muscular strength & endurance for the whole body.

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.