<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:15-7:15 AM BOOTCAMP ALLISON</td>
<td>6:15-7:15 AM BODY PUMP MELISSA</td>
<td>6:15-7:15 AM BOOTCAMP ALLISON</td>
<td>6:15-7:15 AM BODY PUMP MARGARET</td>
<td>6:15-7:15 AM CARDIO CORE FRANCESC A</td>
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<tr>
<td>6:15-7:15 AM CYCLE SURGE JO ANNE</td>
<td>6:15-7:15 AM CYCLE 60 MICHELE</td>
<td>6:15-7:15 AM CYCLE SURGE LACEY</td>
<td>6:15-7:15 AM CYCLE 60 CHLOE</td>
<td>12:00-12:45 PM HATHA YOGA CHANDRA</td>
</tr>
<tr>
<td>9:00-10:00 AM SILVERSNEAKERS YOGA DEBRA</td>
<td>6:45-7:45 AM MARINE CORE Verna</td>
<td>9:00-10:00 AM ACTIVE OLDER ADULT CARDIO DANCE DEBRA</td>
<td>6:45-7:45 AM AQUA AEROBICS Verna</td>
<td>9:00-10:00 AM CYCLE 60 PM TIM/SARA</td>
</tr>
<tr>
<td>12:00-12:45 PM KETTLEBELLS EXPRESS RYAN</td>
<td>9:00-10:00 AM SILVERSNEAKERS CLASSIC DEBRA</td>
<td>10:30-11:30 AM ACTIVE OLDER ADULT PIYO DEBRA</td>
<td>12:00-12:45 PM S LORIES</td>
<td>9:00-10:00 AM BODY PUMP MELISSA</td>
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<tr>
<td>12:00-12:45 PM BARRE EXPRESS OLIVIA</td>
<td>12:00-12:45 PM ABT (ABS, BUNS, THIGHS) JOE</td>
<td>12:00-12:45 PM HATHA YOGA ALYSSA</td>
<td>12:00-12:45 PM ABT (ABS, BUNS, THIGHS) JOE</td>
<td>10:15-11:15 AM ZUMBA VICKIE</td>
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<tr>
<td>4:30-5:25 PM ABT (ABS, BUNS, THIGHS) JOE</td>
<td>12:00-12:45 PM CYCLE 45 EMLEY</td>
<td>12:00-12:45 PM BARRE EXPRESS AARON</td>
<td>12:00-12:45 PM KETTLEBELLS EXPRESS EMLEY</td>
<td>10:15-11:30 AM AWAKEN + FLOW YOGA CHLOE</td>
</tr>
<tr>
<td>5:30-6:00 PM ABS JOE</td>
<td>5:30-6:15 PM CARDIO CORE LAURENCE</td>
<td>12:00-12:45 PM KETTLEBELLS EXPRESS EMLEY</td>
<td>5:30-6:00 PM AB</td>
<td>4:30-5:25 PM ABT (ABS, BUNS, THIGHS) JOE</td>
</tr>
<tr>
<td>5:30-6:15 PM CYCLE 45 LAURENCE</td>
<td>5:30-6:15 PM CYCLE 45 EMLEY</td>
<td>12:00-12:45 PM ABT EXPRESS JOE</td>
<td>5:30-6:00 PM ABS JOE</td>
<td>5:30-6:00 PM ABT (ABS, BUNS, THIGHS) JOE</td>
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<tr>
<td>5:30-6:15 PM BOOTTAMP EXPRESS MEGAN/LILY S.</td>
<td>5:30-6:15 PM CYCLE SURGE CHLOE</td>
<td>5:30-6:15 PM BARRE EXPRESS EMMA</td>
<td>5:30-6:15 PM CYCLE SURGE LIZ</td>
<td>5:30-6:15 PM BARRE LILLY</td>
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<tr>
<td>5:30-6:15 PM AQUA POWER HOUR LISSETTE</td>
<td>5:30-6:15 PM RESTORATIVE YOGA LOUIS</td>
<td>6:30-7:15 PM CYCLE 45 JENNA</td>
<td>5:30-6:00 PM BARRE LOUIS</td>
<td>5:30-6:30 PM BARRE LILLY L.</td>
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<tr>
<td>6:15-7:15 PM ZUMBA LUZ</td>
<td>5:30-6:30 PM MAT PILATES LOUIS</td>
<td>6:30-7:15PM BODY PUMP MARGARET</td>
<td>6:15-7:15PM ZUMBA SHAYRA</td>
<td>5:30-6:30 PM ZUMBA MARK</td>
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<tr>
<td>6:30-7:15 PM BARRE EXPRESS SARAH</td>
<td>6:30-7:30 PM ZUMBA HAPPY HOUR YOGA DERBY</td>
<td>6:30-7:15PM BARRE EXPRESS LILLY</td>
<td>6:30-8:00 PM ZUMBA</td>
<td>11:00-12:00 PM CYCLE SURGE MIA</td>
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<tr>
<td>6:30-7:30 PM MAT PILATES EMILY C.</td>
<td>6:45-7:45PM STRONG BY ZUMBA MARK/SHAYRA</td>
<td>6:30-7:30PM BODY PUMP MARGARET</td>
<td>6:30-7:30PM ZUMBA MARK</td>
<td>11:00-12:30 PM VIBE + FLOW YOGA AUTUMN</td>
</tr>
<tr>
<td>7:00-8:00 PM IGNITE + FLOW YOGA REAGAN</td>
<td>7:00-8:00PM VIBE + FLOW YOGA OLIVIA</td>
<td>7:00-8:00PM VIBE + FLOW YOGA OLIVIA</td>
<td>6:45-7:30PM BODY PUMP EXPRESS MELISSA</td>
<td>5:00-5:55 PM VIXEN WORKOUT LEILA</td>
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<tr>
<td>7:30-8:30 PM VIXEN WORKOUT LEX</td>
<td>7:30-8:30PM VIXEN WORKOUT MERCEDES</td>
<td>7:30-8:30PM VIXEN WORKOUT MERCEDES</td>
<td>7:30-8:30PM VIXEN WORKOUT MERCEDES</td>
<td>6:00-7:30 PM ZUMBA MARK</td>
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</tbody>
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**STRENGTH**

**CORE**

**CYCLING**

**HIGH INTENSITY**

**AQUA**

**ZUMBA/DANCE**
**SPRING 2020 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.

**CYCLE 60 & 45**: 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!

**CYCLE SURGE**: This 45- or 60-minute workout is great for all levels of indoor cyclists and is fueled by technology that measures metrics of your daily and historical performance and emails you the result after every ride to help you meet your fitness goals! Depending on the instructor, class structure will focus on endurance, power, or fundamentals.

**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: Relaxation & Stretching**
- **Ignite + Flow Yoga: Power & Strength**
- **Vibe + Flow Yoga: Energizing & Music Driven**
- **Awaken + Flow Yoga: Energizing Flow**

**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.

**HATA®**: This style of yoga also incorporates elements of Pilates and focuses on strength, focus, and flow.

**HATA® 360**: This class combines Pilates and yoga elements, focusing on strength, alignment, and flow.

**MARINE CORE**: This all-levels class utilizes 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.

**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. All levels welcome.

**RESTORATIVE YOGA**: This yoga practice is focused on slow-paced relaxation & stretching and is designed to rejuvenate and calm your body and mind. All experience levels welcome.

**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.

**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.

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**NO GROUP EXERCISE CLASSES JAN. 20. REILY CLOSED FEB. 24-25 & APRIL 12. MODIFIED SCHEDULE FEB. 20-25, APRIL 4-13, & MAY 4-10**

**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!