## Group Exercise Schedule

### Monday
- **6:15-7:15 AM**
  - Cycle 60
  - Michele H. | Riverside
- **6:15 AM-7:15 AM**
  - Cardio Core
  - Elizabeth | Lakeside
- **12:00-12:45 PM**
  - Cycle 60
  - Lilly J. | Riverside
- **12:00-12:45 PM**
  - Circuit Training
  - Jenna | Lakeside
- **5:00-5:50 PM**
  - Mat Pilates
  - Rachel | Diboll
- **5:30-6:15 PM**
  - Cycle 45
  - ZOE | Riverside
- **6:00-7:00 PM**
  - Restore-Flow Yoga
  - Louis | Diboll
- **6:30-7:30 PM**
  - BodyPump™
  - Melissa | Lakeside
- **7:45-8:45 PM**
  - Cardio Dance Party
  - Sarah | Lakeside

### Tuesday
- **6:15-7:15 AM**
  - BodyPump™
  - Kaitlin | Lakeside
- **6:15 AM-7:15 AM**
  - Sunrise Flow
  - Becca | Diboll
- **12:00-12:45 PM**
  - Ignite + Flow
  - Chloe | Diboll
- **4:30-5:15 PM**
  - Cycle 45
  - Zoë | Riverside
- **5:00-5:50 PM**
  - Mat Pilates
  - Louis | Diboll
- **5:30-6:30 PM**
  - Cycle 60
  - Gabby | Riverside
- **6:45-7:45 PM**
  - BodyPump™
  - Melissa | Lakeside
- **7:45-8:45 PM**
  - Vxn
  - Mercedes | Lakeside

### Wednesday
- **6:15-7:15 AM**
  - BodyPump™
  - Althea | Lakeside
- **6:15 AM-7:15 AM**
  - BodyPump™
  - Althea | Lakeside
- **12:00-12:45 PM**
  - Ignite + Flow
  - Becca | Diboll
- **4:15-5:15 PM**
  - Cycle Core
  - Jenna | Lakeside
- **5:00-5:45 PM**
  - Barre
  - Lilly L. | Diboll
- **5:15-6:15 PM**
  - Power Circuit 45
  - Claire | Diboll
- **5:30-6:30 PM**
  - Cycle: Intervals and Arms
  - Jeff | Riverside
- **6:45-7:45 PM**
  - Cycle 60
  - Sarah | Riverside
- **7:45-8:45 PM**
  - Vxn
  - Mercedes | Lakeside

### Thursday
- **6:15-7:15 AM**
  - BodyPump™
  - Kaitlin | Lakeside
- **6:15 AM-7:15 AM**
  - Ignite + Flow
  - Chloe | Diboll
- **12:00-12:45 PM**
  - Power Circuit 45
  - Claire | Diboll
- **4:30-5:00 PM**
  - Cycle 45
  - Zoë | Riverside
- **5:00-5:45 PM**
  - Barre
  - Rachel | Diboll
- **5:15-6:15 PM**
  - Restorative Yoga
  - Mary | Lakeside
- **5:45-6:30 PM**
  - Cycle 45
  - Jo Anne | Riverside
- **6:00-6:45 PM**
  - Align + Flow
  - Reagan | Diboll
- **6:30-8:00 PM**
  - Zumba®
  - Mark | Lakeside
- **7:00-8:00 PM**
  - Vxn
  - Cadence/Iris | Riverside

### Friday
- **6:15-7:15 AM**
  - BodyPump™
  - Chloë | Lakeside
- **12:00-12:45 PM**
  - Cycle 45
  - Jordan | Riverside
- **4:45-5:45 PM**
  - BodyPump™
  - Althea | Lakeside
- **5:00-6:00 PM**
  - Barre
  - Russell | Lakeside
- **5:15-6:15 PM**
  - Zumba®
  - Leila | Riverside
- **5:45-6:30 PM**
  - Cycle 45
  - Jeff | Riverside
- **6:00-7:00 PM**
  - Restore-Flow Yoga
  - Micaela | Lakeside
- **6:30-7:30 PM**
  - Vxn
  - Cadence/Iris | Riverside

### Saturday
- **9:00-10:00 AM**
  - Cardio Core
  - MELISSA/ANNIE | LAKESIDE
- **9:30-10:30 AM**
  - Cycle 60 RPM
  - Tim | Riverside
- **10:30-11:45 AM**
  - Run Wave Parks | Brown Field
- **12:00-12:45 PM**
  - Cycle 45
  - MUSICIAN | LAKESIDE
- **4:00-5:00 PM**
  - BodyPump™
  - Alicia | Lakeside

### Sunday
- **12:00-12:45 PM**
  - Cycle 45
  - Riverside
- **4:45-5:45 PM**
  - BodyPump™
  - Althea | Lakeside
- **5:00-6:00 PM**
  - Barre and Pilates Fusion
  - Claire | Diboll
- **6:00-7:30 PM**
  - Zumba®
  - Leila | Riverside

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**No Group Ex Classes:**
- Feb 24- March 1
- March 26-April 3

**Modified Schedule:**
- May 7-12

**Staying Up-To-Date On Classes:**
- Sign up for the email list and download the Tu Rec App

**Group Ex Tip:** Stay hydrated! Drink plenty of water before and after exercise. Be sure to bring your water bottle to class.

**Follow Us On Instagram:**
@tulaneCampusRec
For Member Spotlights, Special Events, and more.

**Scan for Email List**
SPRING 2022 CLASS DESCRIPTIONS

**CYCLE 30, 45 & 60:** Elevate your heart rate and explore an expanded terrain using resistance, cadence, and power as your guide in 30, 45 or 60 minute rides. While our bikes have cages for your athletic shoes, our pedals are also compatible with SPD and Look Delta cleats. Cycle classes have a maximum of 16 riders. Arrive early to secure your spot.

**CYCLE CORE:** A fusion class where indoor cycling meets off-the-bike core conditioning.

**BARRE:** Go beyond working the muscles you use every day and fire up muscles easily overpassed in this ballet-inspired class! Barre blends elements of Pilates, dance, yoga, and functional training and combines large, energizing movements with small, precise pulses to create a low-impact, high-intensity workout.

**BARRE + PILATES 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.

**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.

- Ignite + Flow
- Restore + Flow
- Sunrise Flow
- Vinyasa Flow
- Awaken + Flow
- Align + Flow
- Restorative Yoga

**PILATES + YOGA FUSION:** Train your core and improve your flexibility all at once with yoga sequencing balanced out with Pilates exercises.

**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.

**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.

**POWER CIRCUIT 45 & CIRCUIT TRAINING:** Expect the unexpected in this fun and fast-moving 45-minute class that incorporates full-body strength and cardio exercises.

**RUN WAVE:** A class for everyone who runs, wants to, or is skeptical that running is fun. We do warm ups, workouts, and cooldowns that can help add miles, build speed, improve running comfort and confidence. Get ready for a 5K or your next Ultra. For all abilities, mostly outside! Come join the club!

**VXN (VIXEN WORKOUT):** A cardio dance class inspired by the stage. With the lights off and colorful lighting on, the class 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.

**CARDIO DANCE PARTY:** Cardio Dance Party is an aerobics class designed to make you sweat while dancing to hits on the radio. This class explores many styles of dance, rhythms, and music, making sure people get a well-rounded and fun experience. Class is meant for all fitness levels!