





























SUMMER 2022 | GROUP EXERCISE | JUNE 1- JULY 31




MONDAY	
	6:15-7:15 AM BOOTCAMP MICHELLE LEE LAKESIDE
	6:15-7:00 AM CYCLE 45 JO ANNE RIVERSIDE
	5:00-5:50 PM PILATES RACHEL DIBOLL
	5:15-6:15 PM BODYPUMP LUZ LAKESIDE
	5:30-6:15 PM CYCLE 45 JEFF RIVERSIDE
	6:00-7:00 PM YOGA LOUIS DIBOLL
	6:30-7:15 PM ZUMBA VICKIE LAKESIDE
	7:30-8:30 PM VXN MERCEDES LAKESIDE

TUESDAY	
	7:00-7:45 AM STRENGTH & TONE SAM LAKESIDE
	12:00-12:45 PM MID-DAY FLOW BECCA DIBOLL
	5:15-6:15 PM ZUMBA SHAYRA LAKESIDE
	5:15-6:30 PM VINYASA FLOW MARY DIBOLL
	6:00-6:45 PM CYCLE 45 SARAH F. RIVERSIDE
	6:30-7:30 PM BODYPUMP MELISSA LAKESIDE
	7:45-8:45 PM VXN CADENCE LAKESIDE

WEDNESDAY	
	6:15-7:15 AM BOOTCAMP MICHELLE LEE BROWN FIELD *
	6:15-7:00 AM CYCLE 45 JO ANNE RIVERSIDE
	5:15-6:15 PM BODYPUMP ELIZABETH LAKESIDE
	5:00-5:50 PM MAT PILATES LOUIS DIBOLL
	6:00-7:00 PM YOGA LOUIS DIBOLL
	6:45-7:45 PM VXN MERCEDES LAKESIDE

THURSDAY	
	6:15-7:15 AM SUNRISE YOGA BECCA DIBOLL
	7:00-7:50 AM RUN WAVE PARKS BROWN FIELD* BEGINS JUNE 9
	12:00-12:45 PM POWER CIRCUIT ELIZABETH LAKESIDE
	5:30-6:30 PM CYCLE CORE JENNA RIVERSIDE
	6:00- 7:00PM BARRE SARAH F. DIBOLL
	6:30-8:00 PM ZUMBA MARK LAKESIDE

FRIDAY	
	6:15-7:00 AM CYCLE 60 MICHELE H. RIVERSIDE
	7:00-8:00 AM VINYASA FLOW MARY DIBOLL


SATURDAY	
	9:00-10:00 AM POWER CIRCUIT MELISSA LAKESIDE
	9:00-10:00 AM CYCLE 60 TIM/ JENNA
	10:45-11:45 AM ZUMBA VICKIE LAKESIDE

SUNDAY	
	10:00-11:00 AM CYCLE, TONE + BALANCE JOANNE/ JENNA
	6:00-7:30 PM ZUMBA MARK LAKESIDE


 STRENGTH  DANCE
 MIND/BODY  INDOOR CYCLING
 BARRE  HIGH INTENSITY

STAY UP-TO-DATE ON CLASSES:
SIGN UP FOR THE EMAIL LIST AND DOWNLOAD THE TU REC APP




SCAN FOR EMAIL LIST

FOLLOW US ON INSTAGRAM!
@TULANECAMPUSREC
FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.

GROUP EX TIP: STAY HYDRATED! 

DRINK PLENTY OF WATER BEFORE AND AFTER EXERCISE. BE SURE TO BRING YOUR WATER BOTTLE TO CLASS.

SUMMER HOURS	
Monday-Thursday	6:00am- 9:00pm
Friday	6:00am- 8:00pm
Saturday- Sunday	8:00am-8:00pm

HOLIDAY HOURS	
Mon. June 20	8am-8pm-Only classes during building hours
Sat-Sun. July 2-3	Regular Hours- No Group Exercise Classes
Monday July 4	Closed No Group Exercise Classes
M-F August 1-5	Maintenance Closure

CLASS DESCRIPTIONS



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.



YOGA: These classes focus on creating a mind and body connection through intentional movement and breathwork.

- ▶ Sunrise Flow
- ▶ Mid-Day Flow
- ▶ Vinyasa Flow

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. * Rain Location for Brown Field is Lakeside Studio.

POWER CIRCUIT : A fun and fast-moving 45-minute class that incorporates full-body strength and cardio exercises into a circuit of 6-15 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! *Rain location is indoor track.



BODYPUMP™ : The original barbell class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements.

STRENGTH AND TONE: A challenging 50 minute workout to start your work day. In this class you'll use dumbbells, kettlebells, and bodyweight to build muscular strength and endurance for a total body workout.



CYCLE : 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 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.

CYCLE CORE A high intensity, 45-minute class with 30 minutes cycling and 15 minutes of core specific work. We'll begin with 30 minutes of cycling – riding to the rhythm of powerful music. Then we'll hit the floor for 15 minutes of abs and lower back exercises.

CYCLE, TONE AND BALANCE This fun and fast-moving class incorporates the big three elements of fitness to give you a full-body, balanced workout in just 60 minutes! We'll start with 15 minutes of cycling, followed by 15 minutes of strength and barre exercises, and finish with 15 minutes of stretching.



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.

SCAN FOR
THE DIGITAL
VERSION
OF THE
SCHEDULE

