








































# SUMMER 2022 | GROUP EXERCISE | MAY 16-MAY 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6:15-7:15 AM BOOTCAMP MICHELLE LEE   BROWN FIELD	 7:00-7:45 AM STRENGTH & TONE SAM   LAKESIDE	 6:15-7:15 AM BOOTCAMP MICHELLE LEE   LAKESIDE	 6:15-7:15 AM SUNRISE YOGA BECCA   DIBOLL	 6:15-7:00 AM CYCLE 45 MICHELE H.   RIVERSIDE
 6:15-7:00 AM CYCLE 45 JO ANNE   RIVERSIDE	 12:00-12:45 PM MID-DAY FLOW BECCA   DIBOLL	 6:15-7:00 AM CYCLE 45 JO ANNE   RIVERSIDE	 7:00AM RUN WAVE COMING JUNE 9TH	 7:00-8:00 AM VINYASA FLOW MARY   DIBOLL
 5:00-5:50 PM PILATES RACHEL   DIBOLL	 5:15-6:15 PM ZUMBA SHAYRA   LAKESIDE	 5:15-6:15 PM BODYPUMP ELIZABETH   LAKESIDE	 12:00-12:45 PM POWER CIRCUIT ELIZABETH   LAKESIDE	<b>SATURDAY</b>
 5:15-6:15 PM BODYPUMP LUZ   LAKESIDE	 5:15-6:30 PM VINYASA FLOW MARY   DIBOLL	 5:15-6:00 PM YOGA LOUIS   DIBOLL	 5:30-6:30 PM CYCLE CORE JENNA   RIVERSIDE	 9:00-10:00 AM POWER CIRCUIT MELISSA   LAKESIDE
 5:30-6:30 PM CYCLE 60 JEFF   RIVERSIDE	 6:00-6:45 PM CYCLE 45 JO ANNE   RIVERSIDE	 6:15-7:00 PM MAT PILATES LOUIS   DIBOLL	 6:00 PM BARRE COMING JUNE	 9:00-10:00 AM CYCLE 60 TIM/JENNA
 6:15-7:00 PM YOGA LOUIS   DIBOLL	 6:30-7:30 PM BODYPUMP MELISSA   LAKESIDE	 6:45-7:45 PM VXN MERCEDES   LAKESIDE	 6:30-8:00 PM ZUMBA MARK   LAKESIDE	 10:45-11:45 AM ZUMBA VICKIE   LAKESIDE
 6:30-7:15 PM ZUMBA VICKIE   LAKESIDE	 7:45-8:45 PM VXN CADENCE   LAKESIDE	<b>STRENGTH</b>	<b>DANCE</b>	<b>SUNDAY</b>
 7:30-8:30 PM VXN MERCEDES   LAKESIDE		 MIND/BODY	 INDOOR CYCLING	 10:00-11:00 AM CYCLE, TONE + BALANCE JOANNE/JENNA
		 BARRE	 HIGH INTENSITY	 6:00-7:30 PM ZUMBA MARK   LAKESIDE




**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**

Sat, May 21	Closed
Sat- Sun, May 28-29	Regular Hours- No Group Exercise Classes
Mon, May 30	8:00am- 8:00pm- No Group Exercise Classes

# 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.

**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!



**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

