























FALL FINALS | GROUP EXERCISE SCHEDULE

DECEMBER 9-15, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 6:15-7:15 AM CYCLE 60 MICHELE CYCLE STUDIO	 6:15 - 7:15 AM YOGA TONKA DIBOLL	 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 9:00-10:00 AM YOGA GAVIN DIBOLL
 12:00-12:45 PM VINYASA FLOW AMELIA DIBOLL	 12:00-12:45 PM PILATES/BARRE FUSION BECCA DIBOLL	 3:30-4:15 PM CYCLE 45 KATHLEEN CYCLE STUDIO	 6:00-6:45 PM CYCLE 45 ELLIE CYCLE STUDIO	 6:00-7:30 PM ZUMBA MARK LAKESIDE
 5:00- 5:45 PM PILATES LOUIS DIBOLL	 4:00-5:00 PM YOGA TONKA DIBOLL	 5:00-5:45 PM PILATES LOUIS DIBOLL	 6:30-8:00 PM ZUMBA MARK LAKESIDE	
 6:00- 7:00 PM YOGA LOUIS DIBOLL	 6:30-7:30 PM BODYPUMP LAURA RIVERSIDE	 5:30-6:15 PM BODYPUMP EXPRESS LAURA LAKESIDE		
 7:30- 8:30 PM YOGA AASTHA DIBOLL	 6:00-6:45 PM CYCLE 45 ELLIE CYCLE STUDIO	 6:00-6:45 PM YOGA LOUIS DIBOLL		
	 6:45-7:45 PM VINYASA FLOW REAGAN DIBOLL	 7:15-8:15 PM VINYASA FLOW REAGAN DIBOLL		

BUILDING HOURS

Monday-Thursday	6:00am- 11:00pm
Friday	6:00am- 9:00pm
Saturday	8:00am-9:00pm
Sunday	8:00am-8:00pm

**WINTER RECESS
HOURS START
SUNDAY, DEC. 15**



GROUP EX TIP: STAY HYDRATED!

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

CLASS DESCRIPTIONS

BODYPUMP™ : The original barbell class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements. Express formats are 45 minutes.

GRIT™: LES MILLS GRIT™ the best high-intensity interval training (HIIT) workout, scientifically designed to get results fast through athletic training. LES MILLS GRIT comes in three varieties; GRIT Cardio, GRIT Strength and GRIT Athletic.

► **GRIT Express**: a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

► **GRIT Strength**: A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting-edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

► **GRIT Athletic**: A 30-minute high-intensity interval training (HIIT) sports conditioning workout, designed to make you perform like an athlete. This workout often uses a step, bodyweight exercises and multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

YOGA: These classes focus on creating a mind and body connection through intentional movement and breathwork. Practicing yoga can promote relaxation, increase flexibility and balance, and improve core strength and stability. Classes below are listed in order of light intensity to higher intensity.

► **Restorative Yoga**: A slow and gentle flow followed by supported shapes held for long periods of time to engage relaxation processes in your body and mind.

► **Ashtanga**: A dynamic and athletic form of hatha yoga that synchronizes breath and movement.

► **Sunrise**: Vinyasa flow sequences with your morning in mind.

► **Feel Good Flow**: Flex and stretch your body in this 45-minute Vinyasa yoga class. This class will relax and strengthen your mind and body, and you will leave grounded and energized!

► **Vinyasa Flow**: Connect your mind and body by linking breath to pose as you transition through sequences.

► **Power Hour (Power Flow)**: A vigorous asana practice that focuses on strength and flexibility.

► **Stability and Yoga**: A yoga practice that focuses on breathing, stretching, flexibility, and stability with our stability balls.

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.

PILATES SCULPT: Improve core strength and stamina on the mat. This low impact workout is a calming yet challenging session that will leave you feeling refreshed and strong.

BARRE: Fire up your muscles 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 AND PILATES FUSION: This class blends ballet and balance elements of barre and core strengthening aspects of Pilates to create a well-rounded movement session.

TRAP BARRE: An energetic barre class with foundations of ballet set to fun hip hop music.

Cycle classes have a maximum of 14 riders. **Register in advance on [IMLeagues.com/tulane](https://imleagues.com/tulane).**

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.

RPM™: With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. You can draw on the group's energy and find your rhythm in the music. 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!

SAMBASIZE : Learn the national dance of Brazil (Samba), where they have the largest Carnival in the world! Samba is an infectious, high-energy dance with lots of foot, leg, and hip work done to the pulsating sounds of the drum. The movements address all levels of fitness: cardio, muscle conditioning, balance, flexibility and coordination all while having fun!

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.

