

SEPT 25-DEC 8 | GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 6:15-7:00 AM CYCLE 45 LILLY CYCLE STUDIO	 6:15-7:00 AM CYCLE 45 LEIGH CYCLE STUDIO	 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 6:15-7:15 AM CYCLE 60 MICHELE CYCLE STUDIO
 8:30-9:15 AM CYCLE 45 LEIGH CYCLE STUDIO	 7:00-7:50 AM RUN WAVE PARKS BROWN FIELD*	 6:15-7:00 AM BODYPUMP KAITLIN LAKESIDE	 7:00-7:50 AM RUN WAVE PARKS BROWN FIELD*	 6:15-7:15 AM BODYPUMP MELISSA LAKESIDE
 9:00-9:45 AM PILATES SCULPT CLAIRE DIBOLL	 8:00-8:45 AM PILATES SCULPT ALLEGRA DIBOLL	 9:00-9:45 AM BARRE/PILATES FUSION CLAIRE DIBOLL	 9:00-9:45 AM CYCLE 45 IZZY CYCLE STUDIO	 7:45- 8:30 AM CARDIO BARRE MICHELE POOL
 12:00-12:45 PM HIIT 45 YACHET RIVERSIDE	 12:15-1:00 PM BODYPUMP EXPRESS KAITLIN LAKESIDE	 12:00-12:45 PM HIIT 45 MICHELE RIVERSIDE	 12:00-12:45 PM BODYPUMP EXPRESS CANDIS LAKESIDE	 12:00-12:45 PM PILATES LIZA DIBOLL
 4:00-4:45 PM PILATES SCULPT LIZA DIBOLL	 4:30-5:15 PM CYCLE 45 ZOE CYCLE STUDIO	 4:30- 5:30 PM BODYCOMBAT MUNA LAKESIDE	 4:00-4:45 PM PILATES LIZA DIBOLL	 4:00-4:45 PM RAVE RIDE KAETHE CYCLE STUDIO
 4:00-4:45 PM CYCLE 45 JEFF/ KILEY CYCLE STUDIO	 5:00-5:45 PM FEEL GOOD FLOW BECCA B. DIBOLL	 4:30-5:15 PM CYCLE 45 VICTORIA CYCLE STUDIO	 4:30-5:15 PM LOWER BODY JAM JADYN RIVERSIDE	 5:30-6:15 PM CYCLE 45 GABBY CYCLE STUDIO
 5:00-5:45 PM MAT PILATES LOUIS DIBOLL	 5:00-5:45 PM UPPER BODY JAM JADYN LAKESIDE	 5:00-6:00 PM MAT PILATES LOUIS DIBOLL	 5:00-5:45 PM CYCLE 45 RHEA CYCLE STUDIO	<div>SATURDAY</div> <div> 9:00-10:00 AM RPM TIM CYCLE STUDIO</div> <div> 9:30-10:30 AM BODYPUMP MELISSA LAKESIDE</div> <div> 10:30-11:15 AM BARRE JO ANNE DIBOLL</div> <div> 10:30-11:30 AM ZUMBA VICKIE RIVERSIDE</div> <div> 4:00-5:00 PM BODYPUMP ALICIA LAKESIDE</div>
 5:00-5:45 PM CYCLE 45 GABBY CYCLE STUDIO	 5:15-6:15 PM ZUMBA SHAYRA RIVERSIDE	 5:30-6:15 PM RPM ELLIE CYCLE STUDIO	 5:00-5:45 PM FEEL GOOD FLOW BECCA B. DIBOLL	
 5:30-6:15 PM BODYCOMBAT MUNA LAKESIDE	 5:30-6:15 PM CYCLE 45 IZZY CYCLE STUDIO	 5:45-6:15 PM CORE 30 JADYN RIVERSIDE	 5:30-6:00 PM CORE 30 ALLEGRA RIVERSIDE	
 5:45- 6:15 PM CORE 30 KAITLIN RIVERSIDE	 6:30-7:15 PM CYCLE 45 VICTORIA CYCLE STUDIO	 6:30-7:15 PM STEP & STRENGTH MELISSA LAKESIDE	 5:45-6:15 PM WATER WARRIOR ELIZABETH POOL	
 6:00-6:45 PM CYCLE 45 KAETHE CYCLE STUDIO	 6:30- 7:30 PM VXN MERCEDES LAKESIDE	 6:30-7:15 PM CYCLE 45 KILEY CYCLE STUDIO	 6:00-6:45 PM CYCLE 45 ZOE CYCLE STUDIO	
 6:00- 7:00 PM YOGA LOUIS DIBOLL	 6:45-7:45 PM RESTORATIVE YOGA REAGAN DIBOLL	 6:30-7:30 PM PILATES + YOGA FUSION CHANDRA DIBOLL	 6:30-7:30 PM POWER HOUR ELLA DIBOLL	
 6:30-7:30 PM BODYPUMP MELISSA LAKESIDE		 7:30-8:30 PM VXN MERCEDES LAKESIDE	 6:30-8:00 PM ZUMBA MARK LAKESIDE	
 6:30-7:30 PM ZUMBA VICKIE RIVERSIDE				<div>SUNDAY</div> <div> 12:00-12:45 PM CYCLE 45 ZOE CYCLE STUDIO</div> <div> 3:00-3:45 PM CYCLE 45</div>

GROUP EX TIP: STAY HYDRATED!

DRINK PLenty OF WATER BEFORE AND AFTER YOUR CLASS





GROUP EX TIP: STAY HYDRATED!

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



BUILDING HOURS

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



CLASS TIMES AND DATES ARE SUBJECT TO CHANGE.
SCAN TO SIGN UP FOR EMAIL NOTIFICATIONS

FOLLOW US ON INSTAGRAM!

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FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.

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.

CORE 30: Focus on strengthening abdominal, chest, and back muscles to support a healthy posture, increase stability and promote balance. Take this 30-minute class on its own or pair it with another class.

UPPER BODY JAM: In this 'jam' session you'll break down exercises that target muscles of the upper body to build strength and confidence. Spend time working shoulders, back, chest, and arms with slow-controlled movements to help you connect to your body and 'jam' out!

LOWER BODY JAM: In this 'jam' session you'll break down exercises that target muscles of the lower body to build steadiness and strength. Practice the movement patterns of leg and hip exercises then go at your own pace to help you connect to your strength and 'jam' out to the tune of you.

HIIT 45: 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.

BODYCOMBAT: A high-energy martial arts-inspired workout that is totally non-contact. Beat stress as you punch and kick your way to fitness.

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.

STEP & STRENGTH: Want to feel like you've climbed a mountain, danced your heart out, and gotten a workout in? Step & Strength uses height-adjustable aerobic steps combined with upbeat music and high-energy moves for a fantastic cardio workout followed by a total body strength set. All levels welcome!

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.

► **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 Vinyasa):** A vigorous asana practice that focuses on strength and flexibility.

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.

Cycle classes have a maximum of 16 riders. **Register in advance on 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.

RAVE RIDE: Pedal into the weekend with pop hits keeping the beat. Enjoy choreography that will invigorate and challenge.

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!

CARDIO BARRE: A graceful, ballet-inspired pool class that combines aerobics and slow controlled movements in an interval style manner. Leaps and hops boost cardio and are paired with pliés and stretches to lengthen your muscles for a well-rounded, total body session.

WATER WARRIOR: Use the water as resistance as well as support in this low-impact, cardio-kickboxing style class to practice balance, coordination, and endurance.

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.

SCAN FOR
THE DIGITAL
VERSION
OF THE
SCHEDULE

