

SEPTEMBER 2 - DECEMBER 5 | FALL 2025 GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE	 6:15-7:15 AM CYCLE 60 MICHELE H. CYCLE STUDIO	 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE	 7:45-8:45 AM GRIT™ KAM S. LAKESIDE	 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE								
 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 7:30-8:15 AM STRENGTH 45 KAM S. LAKESIDE	 7:15-8:00 AM CYCLE 45 ADELAIDE K. CYCLE STUDIO	 9:00-10:00 AM BODYPUMP™ MARIA V. LAKESIDE	 10:00-11:00 AM MAT PILATES CHARLOTTE S. DIBOLL								
 10:00-11:00 AM VINYASA YOGA SOPHIA A. DIBOLL	 8:00-9:00 AM PILATES SCULPT ALLEGRA G. DIBOLL	 12:00-1:00 PM BODYPUMP™ MARIA V. LAKESIDE	 10:30-11:30 AM GENTLE YOGA ALYSSA S. DIBOLL	 12:00-12:45 PM BODYCOMBAT™ Express J.C. LAKESIDE								
 12:00-12:45 PM BODYPUMP™ Express J.C. LAKESIDE	 8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE	 12:00-1:00 PM MIDWEEK SOUND BATH ADELAIDE K. DIBOLL	 12:00-1:00 PM YOGA ALYSSA S. DIBOLL	 12:00-1:00 PM BARRE ABIGAIL S. DIBOLL								
 12:15-1:15 PM PILATES ADELAIDE K. DIBOLL	 12:00-12:45 PM PILATES/BARRE FUSION BECCA F. DIBOLL	 4:00-4:45 PM CYCLE 45 LUCY G. CYCLE STUDIO	 12:00-1:00 PM ZUMBA SHAYRA B. RIVERSIDE	 4-5:00 PM MORGAN B. DIBOLL STRONG YOGA+STRONG VIBES								
 3:00-3:45 PM FEEL GOOD FLOW YOGA BECCA B. DIBOLL	 4:00-4:45 PM POWER YOGA ALYSSA S. DIBOLL	 4:30-5:00 PM CORE 30 CHARLOTTE S. RIVERSIDE	 3:00-3:45 PM FEEL GOOD FLOW YOGA BECCA B. LAKESIDE	 7:00-8:00 PM YOGA TONKA Z. DIBOLL								
 4:00-4:45 PM CYCLE 45 JEFF S. CYCLE STUDIO	 4:00-5:00 PM HIIT ADELAIDE K. RIVERSIDE	 5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL	 4:00-4:45 PM CYCLE 45 ADELAIDE K. CYCLE STUDIO	SATURDAY								
 4:30-5:00 PM CORE 30 CHARLOTTE S. RIVERSIDE	 5:00-5:45 PM CYCLE 45 ALEXA M. CYCLE STUDIO	 5:30-6:15 PM CYCLE 45 IZZY G. CYCLE STUDIO	 4:00-5:00 PM PILATES SCULPT LILY O. RIVERSIDE	 9-9:45 AM STRENGTH 45 KAM S. LAKESIDE								
 5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL	 5:00-6:00 PM ADULT BALLET BASICS ALYSSA S. DIBOLL	 6:00-7:00 PM YOGA LOUIS K. DIBOLL	 5:00-6:00 PM POWER YOGA GAVIN L. DIBOLL	 9:00-10:00 AM RPM™ TIM D. CYCLE STUDIO								
 5:30-6:15 PM CYCLE 45 VICTORIA Z. CYCLE STUDIO	 5:15-6:00 PM ABS, BUNS & THIGHS BECCA F. RIVERSIDE	 6:30-7:30 PM ZUMBA VICKIE J. RIVERSIDE	 5:00-6:00 PM CYCLE 60 KATHLEEN G. CYCLE STUDIO	 9-10 AM GENTLE FLOW YOGA MORGAN B. DIBOLL								
 5:30-6:30 PM BARRE JO ANNE K. RIVERSIDE	 6:00-6:45 PM CYCLE 45 VICTORIA Z. CYCLE STUDIO	 6:30-7:30 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO	 5:30-6:30 PM PILATES SCULPT ALLEGRA G. RIVERSIDE	 10-11:00 AM HIIT & GRIT™ KAM S. LAKESIDE								
 6:00-7:00 PM YOGA LOUIS K. DIBOLL	 6:30-7:30 PM VINYASA FLOW REAGAN DIBOLL	 7:15-8:15 PM YOGA TONKA DIBOLL	 6:15-7:00 PM CYCLE 45 ELLIE P. CYCLE STUDIO	 10:00-11:00 AM ZUMBA VICKIE J. RIVERSIDE								
 6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE	 6:45-7:30 PM BODYPUMP™ Express MELISSA L. LAKESIDE	 7:45-8:45 PM VXN MERCEDES T. RIVERSIDE	 6:15-7:15 PM RESTORATIVE YOGA ANNIE C. DIBOLL	 12-1:00 PM BARRE ABIGAIL S. DIBOLL								
 6:30-7:30 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO	 7:00-7:30 PM POWER 30 KATHLEEN G. CYCLE STUDIO	CLASS TYPES:  STRENGTH  MIND/BODY  BARRE  DANCE  INDOOR CYCLING		 11:00-12:00 PM BODYPUMP™ J.C. LAKESIDE								
	 7:45-8:45 PM VXN MERCEDES T. LAKESIDE			 12:00-1:00 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO								
CLASS TIMES AND DATES ARE SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS 		FOLLOW US ON INSTAGRAM! @TULANECAMPUSREC FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.		 12:00-1:00 PM VINYASA YOGA SOPHIA A. DIBOLL								
				 3:00-4:00 PM SAMBASIZE CAROLYN B. RIVERSIDE								
ALL CLASSES ARE DROP-IN W/ MEMBERSHIP EXCEPT CYCLING! CREATE AN ACCOUNT TO RESERVE A CYCLE BIKE THROUGH IMLEAGUES.COM/TULANE		FALL REILLY CENTER HOURS <table><tr><td>Monday-Thursday</td><td>6:00am- 11:00pm</td></tr><tr><td>Friday</td><td>6:00am- 9:00pm</td></tr><tr><td>Saturday</td><td>8:00am-9:00pm</td></tr><tr><td>Sunday</td><td>8:00am-11:00pm</td></tr></table>		Monday-Thursday	6:00am- 11:00pm	Friday	6:00am- 9:00pm	Saturday	8:00am-9:00pm	Sunday	8:00am-11:00pm	 4:15-5:15 PM PILATES SCULPT SHANI A. RIVERSIDE
				Monday-Thursday	6:00am- 11:00pm							
Friday	6:00am- 9:00pm											
Saturday	8:00am-9:00pm											
Sunday	8:00am-11:00pm											
				 6:00-7:00 PM ZUMBA MARK M. LAKESIDE								
				 7:00-8:00 PM HAPPY RIDE TONKA Z. CYCLE STUDIO								





CYCLE STUDIO



SEPTEMBER 2 - DECEMBER 5 | FALL 2025 GROUP EXERCISE

MONDAY

4:00-4:45 PM | CYCLE 45 | JEFF S.

5:30-6:15 PM | CYCLE 45 | VICTORIA Z.

6:30-7:30 PM | RHYTHM & RIDE | LINDSAY B.

THURSDAY

4:00-4:45 PM | CYCLE 45 | ADELAIDE K.

5:00-6:00 PM | CYCLE 60 | KATHLEEN G.

6:15-7:00 PM | CYCLE 45 | ELLIE P.

TUESDAY

6:15-7:15 AM | CYCLE 60 | MICHELE B.

5:00-5:45 PM | CYCLE 45 | ALEXA M.

6:00-6:45 PM | CYCLE 45 | VICTORIA Z.

7:00-7:30 PM | POWER 30 | KATHLEEN G.

FRIDAY

12:00-12:45 PM | CYCLE 45 | ALEXA M.

SATURDAY

9:00-10:00 AM | RPM™ WITH TIM D.

WEDNESDAY

7:15-8:00 AM | CYCLE 45 | ADELAIDE K.

4:00-4:45 PM | CYCLE 45 | LUCY G.

5:30-6:15 PM | CYCLE 45 | IZZY G.

6:30-7:30 PM | 2000'S THROWBACKS: RHYTHM & RIDE | LINDSAY B.

SUNDAY

12:00-1:00 PM | RHYTHM & RIDE | LINDSAY B.

7:00-8:00 PM | CYCLE 60 | TONKA Z.

**ALL CLASSES ARE
DROP-IN W/ MEMBERSHIP
EXCEPT CYCLING!**

**CREATE AN ACCOUNT TO
RESERVE A CYCLE BIKE
THROUGH
[IMLEAGUES.COM/TULANE](https://imleagues.com/tulane)**



GROUP EX TIP: STAY HYDRATED!

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

CYCLING STUDIO TIPS:

- Bring a small towel and water bottle
- Store bags and personal items in daily-use lockers outside the studio.
- Wipe equipment after class.
- Bikes can accommodate hard-soled gym shoes and SPD cleats only.
- Drinks other than water are not allowed in the Cycling Studio.

**CLASS TIMES AND
DATES SUBJECT TO
CHANGE. SCAN TO
SIGN UP FOR EMAIL
ALERTS:**





LAKESIDE STUDIO



SEPTEMBER 2 - DECEMBER 5 | FALL 2025 GROUP EXERCISE

MONDAY

6:15-7:15 AM | BODYPUMP™ | J.C.

12:00-12:45 PM | BODYPUMP™ Express | J.C.

6:30-7:30 PM | BODYPUMP™ | J.C.

TUESDAY

7:30-8:15 AM | STRENGTH 45 | KAM S.

8:30-9:30 AM | BODYPUMP™ | J.C.

6:45-7:30 PM | BODYPUMP™ Express | MELISSA L.

WEDNESDAY

6:15-7:15 AM | BODYPUMP™ | J.C.

12:00-1:00 PM | BODYPUMP™ | MARIA V.

THURSDAY

7:45- 8:45 AM | GRIT™ | KAM S.

9:00-10:00 AM | BODYPUMP™ | MARIA V.

3:00-3:45 PM | FEEL GOOD FLOW YOGA | BECCA B.

6:30-7:30 PM | ZUMBA | MARK M.

FRIDAY

6:15-7:15 AM | BODYPUMP™ | J.C.

12:00-12:45 PM | BODYCOMBAT EXPRESS™ | J.C.

SATURDAY

9:00-9:45 AM | STRENGTH 45 | KAM S.

10:00-11:00 AM | HIIT & GRIT™ | KAM S.

SUNDAY

11:00-12:00 PM | BODYPUMP™ | J.C.

6:00-7:00 PM | ZUMBA | MARK M.



GROUP EX TIP: STAY HYDRATED!

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

**ALL CLASSES ARE
DROP-IN W/ MEMBERSHIP
EXCEPT CYCLING!**

**CREATE AN ACCOUNT TO
RESERVE A CYCLE BIKE
THROUGH
[IMLEAGUES.COM/TULANE](https://imleagues.com/tulane)**

LAKESIDE STUDIO TIPS:

- Store bags and personal items in daily-use lockers outside the studio.
- Mats and other equipment can be found in the studio and in the closet.
- Wipe and return all equipment after class.

CLASS TYPES:



HIGH INTENSITY



DANCE



MIND/BODY

**CLASS TIMES AND
DATES SUBJECT TO
CHANGE. SCAN TO
SIGN UP FOR EMAIL
ALERTS:**





MONDAY

4:30–5:00 PM | CORE 30 | CHARLOTTE S.

5:30–6:30 PM | BARRE | JO ANNE

TUESDAY

4:00–5:00 PM | HIIT | ADELAIDE K.

5:15–6:00 PM | ABS, BUNS & THIGHS | BECCA F.

7:45–8:45 PM | VXN | MERCEDES T.

WEDNESDAY

4:30–5:00 PM | CORE 30 | CHARLOTTE S.

6:30–7:30 PM | ZUMBA | VICKIE J.

7:45–8:45 PM | VXN | MERCEDES T.

THURSDAY

12:00–1:00 PM | ZUMBA | SHAYRA B.

4:00–5:00 PM | PILATES SCULPT | LILY O.

5:30–6:30 PM | PILATES SCULPT | ALLEGRA G.

6:45–7:30 PM | HIIT 45 | MELISSA L.

SATURDAY

10:00–11:00 AM | ZUMBA | VICKIE J.

SUNDAY

3:00–4:00 PM | SAMBASIZE | CAROLYN B.

4:15–5:15 PM | PILATES SCULPT | SHANI A.



GROUP EX TIP: STAY HYDRATED!

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

**ALL CLASSES ARE
DROP-IN W/ MEMBERSHIP
EXCEPT CYCLING!**

**CREATE AN ACCOUNT TO
RESERVE A CYCLE BIKE
THROUGH
[IMLEAGUES.COM/TULANE](https://imleagues.com/tulane)**

RIVERSIDE STUDIO TIPS:

- Store bags and personal items in daily-use lockers outside the studio.
- Mats and other equipment can be found in the studio and in the closet.
- Wipe and return all equipment after class.

CLASS TYPES:



HIGH INTENSITY



DANCE



MIND/BODY



BARRE

**CLASS TIMES AND
DATES SUBJECT TO
CHANGE. SCAN TO
SIGN UP FOR EMAIL
ALERTS:**





SEPTEMBER 2 - DECEMBER 5 | FALL 2025 GROUP EXERCISE

MONDAY

6:15-7:15 AM | SUNRISE YOGA | BECCA F.

10:00- 11:00 AM | VINYASA YOGA | SOPHIA A.

12:15-1:15 PM | PILATES | ADELAIDE K.

3:00-3:45 PM | FEEL GOOD FLOW YOGA | BECCA B.

5:00-5:45 PM | PILATES | LOUIS K.

6:00-7:00 PM | YOGA | LOUIS K.

TUESDAY

8:00-9:00 AM | PILATES SCULPT | ALLEGRA G.

12:00-12:45 PM | PILATES/BARRE FUSION | BECCA F.

4:00-4:45 PM | POWER YOGA | ALYSSA S.

5:00-6:00 PM | ADULT BALLET BASICS | ALYSSA S.

6:30-7:30 PM | VINYASA YOGA | REAGAN C.

WEDNESDAY

12:00-1:00 PM | MIDWEEK SOUNDBATH | ADELAIDE K.

5:00-5:45 PM | PILATES | LOUIS K.

6:00-7:00 PM | YOGA | LOUIS K.

7:15-8:15 PM | YOGA | TONKA Z.

THURSDAY

10:30-11:30 AM | GENTLE FLOW | ALYSSA S.

12:00-1:00 PM | YOGA | ALYSSA S.

5:00-6:00 PM | POWER YOGA | GAVIN L.

6:15-7:15 PM | RESTORATIVE YOGA | ANNIE C.

FRIDAY

10:00-11:00 AM | MAT PILATES | CHARLOTTE S.

12:00-1:00 PM | BARRE | ABIGAIL S.

4:00-5:00 PM | STRONG YOGA+STRONG VIBES | MORGAN

7:00-8:00 PM | YOGA 60 | TONKA Z.

SATURDAY

9:00-10:00 AM | GENTLE FLOW YOGA | MORGAN B.

12:00-1:00 PM | BARRE | ABIGAIL S.

SUNDAY

10:00-11:15 AM | ASHTANGA YOGA | ANNIE C.

12:00-1:00 PM | VINYASA YOGA | SOPHIA A.



GROUP EX TIP: STAY HYDRATED!

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

DIBOLL STUDIO TIPS:

- Store shoes, bags, and personal items in the shelves next to the studio entrances.
- Mats and equipment can be found in the closet.
- Wipe and return all equipment after class.
- Grippy socks are welcome and help prevent slipping during class.

CLASS TYPES:



MIND/BODY



BARRE



DANCE

CLASS TIMES AND DATES SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS:



CLASS DESCRIPTIONS

STRENGTH AND DEVELOPMENT: This dynamic weight training class is designed to help you build strength, enhance muscle development, and improve overall fitness. Through a combination of targeted exercises, proper technique, and progressive resistance, you'll work towards increasing your power and endurance. Each session provides personalized coaching and challenging workouts that emphasize correct form, muscle activation, and gradual progression.

Strength 45: A fast-paced, 45-minute strength training class designed to challenge your muscles and boost your metabolism. Using a combination of free weights, resistance bands, and bodyweight exercises, this class targets all major muscle groups to improve endurance, tone, and functional fitness. Suitable for all fitness levels, modifications and progressions ensure everyone gets a great workout.

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.

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

BODYCOMBAT™: A high-energy martial arts-inspired workout that is totally non-contact. Beat stress as you kick and punch your way to fitness. Express class is 45-minutes.

PILATES, SCULPT, HIIT/BARRE FUSION: This dynamic class combines the core-strengthening and flexibility benefits of Pilates with the fat-burning power of high-intensity interval training (HIIT or Barre). You'll alternate between low-impact Pilates exercises to sculpt and tone and bursts of high-energy cardio to elevate your heart rate.

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.

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

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

► **Gentle Flow:** A calming yoga class designed to soothe the body and mind. This class emphasizes slow, intentional movements and mindful breathing as you flow through gentle stretches and foundational poses.

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

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!

► **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.

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.

MIDWEEK SOUND BATH: Join Adelaide from House of Skye Yoga for a healing and relaxing sound bath session. Listen to the frequencies of crystal sound bowls as you take a midday break for yourself. Please enter the space as quietly as possible. Yoga blankets, blocks and mats will be provided in the Diboll Studio.

Cycle classes have a maximum of 15 riders. **Register in advance on IMLeagues.com/tulane.**

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.

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!

RHYTHM & RIDE: An immersive workout experience that feels like a dance party on a bike. Designed for all fitness levels, this class focuses on building endurance, strength, and rhythm through a mix of climbs, sprints, and choreography synced to the music. Whether you're a seasoned rider or just starting, you'll leave feeling energized, empowered, and ready to take on the day. Clip in, feel the rhythm, and ride your way to fitn

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.

ADULT BALLET BASICS : All experience levels welcome! Enjoy moving your body and learning a wide range of ballet techniques and exercises.



TULANE UNIVERSITY
Campus Recreation

SCAN FOR
THE DIGITAL
VERSION
OF THE
SCHEDULE

