

# AUGUST 19th -DECEMBER 6th | GROUP EXERCISE SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| 6:15-7:15 AM<br>SUNRISE YOGA<br>BECCA F.   DIBOLL | 7:00-8:00 AM<br>ASHTANGA<br>ANNIE   DIBOLL               | 6:15 - 7:15 AM<br>YOGA<br>TONKA   DIBOLL              | 6:15-7:15 AM<br>SUNRISE YOGA<br>BECCA F.   DIBOLL         | 7:00-8:00 AM<br>ASHTANGA<br>ANNIE   DIBOLL             |
| 7:30-8:15 AM<br>GRIT STRENGTH<br>KAM   LAKESIDE   | 9:00-10:00 AM<br>HIIT 45<br>ETIENNE   LAKESIDE           | 7:30-8:15 AM<br>GRIT EXPRESS<br>KAM   LAKESIDE        | 9:00-10:00 AM<br>HIIT 45<br>ETIENNE   LAKESIDE            | 12:00-12:45 PM<br>VINYASA FLOW<br>AMELIA   DIBOLL      |
| 9:00-10:00 AM<br>HIIT 45<br>ETIENNE   LAKESIDE    | 12:00-12:45 PM<br>PILATES/BARRE FUSION<br>BECCA   DIBOLL | 10:45-11:15 AM<br>BARRE<br>CANDIS   DIBOLL            | 11:00-11:45 AM<br>SCULPT<br>CANDIS   RIVERSIDE            | 4:00-5:00 PM<br>TRAP BARRE<br>MORGAN   DIBOLL          |
| 12:00-12:45 PM<br>VINYASA FLOW<br>AMELIA   DIBOLL | 4:00-5:00 PM<br>YOGA<br>TONKA   DIBOLL                   | 4:00-4:45 PM<br>PILATES/HIIT FUSION<br>NADIA   DIBOLL | 4:00-5:00 PM<br>STABILITY AND YOGA<br>CHANDRA   RIVERSIDE | SATURDAY   |
| 4:00- 4:45 PM<br>BARRE<br>JO ANNE   DIBOLL        | 5:00-6:00 PM<br>ZUMBA<br>SHAYRA   RIVERSIDE              | 5:00-5:45 PM<br>PILATES<br>LOUIS   DIBOLL             | 4:00- 4:45 PM<br>BARRE<br>JO ANNE   DIBOLL                | 9:00-10:00 AM<br>GENTLE FLOW<br>MORGAN   DIBOLL        |
| 5:00- 5:45 PM<br>PILATES<br>LOUIS   DIBOLL        | 5:15-6:15 PM<br>BARRE<br>ABIGAIL   DIBOLL                | 5:30-6:15 PM<br>BODYPUMP EXPRESS<br>LAURA   LAKESIDE  | 5:15-6:15 PM<br>BARRE<br>ABIGAIL   DIBOLL                 | 10:30-11:30 AM<br>ZUMBA<br>VICKIE   RIVERSIDE          |
| 6:00- 7:00 PM<br>YOGA<br>LOUIS   DIBOLL           | 6:30-7:30 PM<br>BODYPUMP<br>LAURA   RIVERSIDE            | 6:00-6:45 PM<br>YOGA<br>LOUIS   DIBOLL                | 6:30-7:30 PM<br>POWER YOGA<br>ELLA   DIBOLL               | 6:00-6:45 PM<br>GRIT CARDIO+ATHLETIC<br>KAM   LAKESIDE |
| 7:00-8:00 PM<br>VXN<br>MERCEDES   RIVERSIDE       | 6:45-7:45 PM<br>VINYASA FLOW<br>REAGAN   DIBOLL          | 6:30-7:30 PM<br>ZUMBA<br>VICKIE   RIVERSIDE           | 6:30-8:00 PM<br>ZUMBA<br>MARK   LAKESIDE                  | SUNDAY   |
| 7:30- 8:30 PM<br>YOGA<br>AASTHA   DIBOLL          |  | 7:15-8:15 PM<br>VINYASA FLOW<br>REAGAN   DIBOLL       |   | 9:00-10:00 AM<br>POWER FLOW<br>GAVIN   DIBOLL          |
|   |  | 7:30-8:30 PM<br>VXN<br>MERCEDES   LAKESIDE            |   | 12:00-1:00 PM<br>YOGA<br>ANNIE   DIBOLL                |

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



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

## INDOOR CYCLE SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| 8:00-9:00 AM<br>CYCLE 60<br>ERIN   CYCLE STUDIO     | 6:15-7:15 AM<br>CYCLE 60<br>MICHELE   CYCLE STUDIO  | 6:15-7:00 AM<br>CYCLE 45<br>LEIGH   CYCLE STUDIO    | 6:15-7:00 AM<br>CYCLE 45<br>JO ANNE   CYCLE STUDIO | 6:15-7:00 AM<br>CYCLE 45<br>LEIGH   CYCLE STUDIO              |
| 4:00-4:45 PM<br>CYCLE 45<br>LUCY   CYCLE STUDIO     | 8:00-8:45 AM<br>CYCLE 45<br>KILEY   CYCLE STUDIO    | 8:00-8:45 AM<br>CYCLE 45<br>ERIN   CYCLE STUDIO     | 8:00-8:45 AM<br>CYCLE 45<br>KILEY   CYCLE STUDIO   | 12:00-12:45 PM<br>CYCLE 45<br>RHEA   CYCLE STUDIO             |
| 5:00-5:45 PM<br>CYCLE 45<br>KAETHE   CYCLE STUDIO   | 9:00-9:45 AM<br>CYCLE 45<br>ERIN   CYCLE STUDIO     | 3:30-4:15 PM<br>CYCLE 45<br>KATHLEEN   CYCLE STUDIO | 9:00-9:45 AM<br>CYCLE 45<br>KAETHE   CYCLE STUDIO  | SATURDAY  |
| 6:00-6:45 PM<br>CYCLE 45<br>VICTORIA   CYCLE STUDIO | 12:00-12:45 PM<br>CYCLE 45<br>LUCY   CYCLE STUDIO   | 5:30-6:15 PM<br>CYCLE 45<br>KAETHE   CYCLE STUDIO   | 4:00-4:45 PM<br>CYCLE 45<br>GRACE   CYCLE STUDIO   | 9:00-10:00 AM<br>CYCLE 45/ RPM<br>VICTORIA/TIM   CYCLE STUDIO |
|   | 5:00-5:45 PM<br>CYCLE 45<br>KATHLEEN   CYCLE STUDIO | 6:30-7:15 PM<br>CYCLE 45<br>VICTORIA   CYCLE STUDIO | 6:00-6:45 PM<br>RPM<br>ELLIE   CYCLE STUDIO        | SUNDAY  |
|   | 6:00-6:45 PM<br>CYCLE 45<br>ELLIE   CYCLE STUDIO    |   |  | 3:30-4:15 PM<br>CYCLE 45<br>GRACE   CYCLE STUDIO              |

# 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://www.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.

SCAN FOR  
THE DIGITAL  
VERSION  
OF THE  
SCHEDULE.

