

AUGUST 31ST - DECEMBER 4TH | FALL 2026 GROUP EXERCISE

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	8:00-9:00 AM YOGA SCULPT SYLVIA L. DIBOLL	6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
8:00-9:00 AM YOGALATES BECCA F. DIBOLL	8:00-9:00 AM INTERMEDIATE YOGA ANNIE C. DIBOLL	8:00-9:15 AM ASHTANGA YOGA ANNIE C. DIBOLL	8:30-9:30 AM BODYPUMP™ MARIA V. LAKESIDE	6:15-7:00 AM CORE 45 MELISSA L. DIBOLL
12:00-12:45 PM BODYPUMP EXPRESS J.C. LAKESIDE	8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE	12:00-1:00 PM MAT PILATES BECCA F. DIBOLL	12:00-1:00 PM POWER YOGA ALYSSA S. DIBOLL	8:00-9:00 AM MAT PILATES OLYA T. DIBOLL
12:00-1:00 PM SLOW FLOW YOGA KEVA VICTORIA M. DIBOLL	12:00-1:00 PM BARRE-PILATES FUSION BECCA F. DIBOLL	5:00-6:00 PM BARRE JO ANNE K. RIVERSIDE	4:00-4:45 PM INTERMEDIATE MAT PILATES OLIVIA O. DIBOLL	10:00-11:00 AM SLOW FLOW YOGA KEVA VICTORIA M. DIBOLL
4:00-4:45 PM INTERMEDIATE MAT PILATES OLIVIA O. DIBOLL	12:00-1:00 PM BODYPUMP™ MARIA V. RIVERSIDE	5:00-5:45 PM MAT PILATES EXPRESS LOUIS K. DIBOLL	5:00-6:00 PM VINYASA YOGA LILY H. DIBOLL	12:00-12:45 PM BODYPUMP™ EXP J.C. LAKESIDE
4:30-5:30 PM BARRE JO ANNE K. RIVERSIDE	4:00-4:45 PM BEGINNER MAT PILATES OLIVIA O. RIVERSIDE	6:00-7:00 PM YOGA LOUIS K. DIBOLL	6:30-7:30 PM ZUMBA MARK M. LAKESIDE	5:00-5:45 PM PILATES SCULPT EXP LILY O. RIVERSIDE
5:00-5:45 PM MAT PILATES EXPRESS LOUIS K. DIBOLL	4:00-4:45 PM POWER YOGA ALYSSA S. DIBOLL	6:15-7:15 PM YOGA SCULPT SYLVIA L. RIVERSIDE		
6:00-7:00 PM YOGA LOUIS K. DIBOLL	5:00-5:30 PM CORE 30 BECS D. RIVERSIDE	6:30-7:30 PM BODYPUMP™ MELISSA L. LAKESIDE		
6:00-7:00 PM PILATES SCULPT LILY O. RIVERSIDE	5:00-6:00 PM ADULT BALLET BASICS ALYSSA S. DIBOLL	7:15-8:15 PM CAPOEIRA JULIE B. DIBOLL		
6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE	5:00-6:00 PM LATIN FUSION DANCE KARLA MARIE C. LAKESIDE			
	5:00-5:30 PM CYCLE 30 LAIA L. CYCLE STUDIO			
	6:30-7:30 PM VINYASA YOGA REAGAN C. DIBOLL			
	6:30-7:30 PM BODYPUMP™ BECS D. LAKESIDE			
	7:45-8:45 PM VXN DANCE MERCEDES T. LAKESIDE			

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.

ALL CLASSES
ARE INCLUDED W/
MEMBERSHIP!

CREATE A FREE ACCOUNT
TO SIGN UP FOR CLASSES
THROUGH
[IMLEAGUES.COM/TULANE](https://imleagues.com/tulane)

CLASS TIMES AND DATES ARE
SUBJECT TO CHANGE.
CHECK OUR WEBSITE FOR UPDATES!

INTERESTED
IN TEACHING
GROUP EXERCISE?

EMAIL
FITNESS@TULANE.EDU
FOR MORE
INFO!

FALL REILY CENTER HOURS

Monday-Thursday	6:00am- 11:00pm
Friday	6:00am- 8:00pm
Saturday	8:00am-8:00pm
Sunday	10:00am-11:00pm

GROUP EX TIP: STAY HYDRATED!

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



TULANE UNIVERSITY
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[CAMPUSRECREATION.TULANE.EDU](https://campusrecreation.tulane.edu)

CLASS DESCRIPTIONS

STRENGTH AND DEVELOPMENT: These dynamic weight training classes are 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.

HIIT 45/ STRENGTH 45: A fast-paced, 45-minute strength and cardio 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.

CORE 30/45: Focus on strengthening abdominal, chest, and back muscles to support a healthy posture, increase stability and promote balance. Take this 45-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.

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.

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

CAPOEIRA: Capoeira is a unique martial art that incorporates martial arts with acrobatics in dance-like movements. You will gain strength and agility while learning a martial art with deep historical roots. Open to all levels.

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.

► **Gentle/Slow 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.

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

► **Power Hour (Strong Yoga/Power Flow):** 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. Express class is 45 minutes. Beginner and Intermediate levels available.

PILATES SCULPT/YOGA SCULPT/YOGALATES: Blend elements of Pilates, dance, yoga, and functional training and combine large, energizing movements with small, precise pulses to create a low-impact, high-intensity workout.

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 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!

DANCE: Dance fitness classes are open to all ages and levels of experience. Levels of intensity are based on the style of dance. Enjoy a high-energy, full-body cardio workout set to invigorating rhythms and sounds.

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.

LATIN FUSION DANCE: Dance fitness classes are open to all ages and levels of experience. Enjoy a high-energy, full body cardio workout set to invigorating Latin-inspired rhythms and sounds.

SAMBACIZE: 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 DANCE): 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.



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SCAN FOR
THE DIGITAL
VERSION
OF THE
SCHEDULE

