NOVEMBER 2 - DECEMBER 4 | FALL 2026 GROUP EXERCISE

MONDAY

6:15-7:15 AM
BODYPUMP™
J.C. | LAKESIDE

8:00–9:00 AM
YOGALATES
BECCA F. | DIBOLL

12:00-12:45 PM
BODYPUMP EXPRESS
J.C. | LAKESIDE

12:00-1:00 PM
SLOW FLOW YOGA
KEVA VICTORIA M. | DIBOLL

4:00-4:45 PM
INTERMEDIATE MAT PILATES
OLIVIA O. | DIBOLL

4:30-5:30 PM
BARRE
JO ANNE K. | RIVERSIDE

5:00-5:45 PM
MAT PILATES EXPRESS
LOUIS K. | DIBOLL

5:00-6:00 PM NEW!
YOGA SCULPT
CAMPBELL D. | LAKESIDE

6:00-6:45 PM NEW!
CYCLE 45
JIMMY H. | CYCLE STUDIO

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

6:00-7:00 PM
PILATES SCULPT
LILY O. | RIVERSIDE

6:30-7:30 PM
BODYPUMP™
J.C. | LAKESIDE

TUESDAY

6:15-7:15 AM
CYCLE 60
MICHELE H. | CYCLE STUDIO

8:00-9:00 AM
INTERMEDIATE YOGA
ANNIE C. | DIBOLL

8:30-9:30 AM
BODYPUMP™
J.C. | LAKESIDE

12:00-1:00 PM
BARRE-PILATES FUSION
BECCA F. | DIBOLL

12:00-1:00 PM
BODYPUMP™
MARIA V. | RIVERSIDE

4:00-4:45 PM
BEGINNER MAT PILATES
OLIVIA O. | RIVERSIDE

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

5:00-5:30 PM
CORE 30
BECS D. | RIVERSIDE

5:00-5:30 PM
CYCLE 30
LAIA L. | CYCLE STUDIO

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

5:00-6:00 PM
LATIN FUSION DANCE
KARLA MARIE C. | LAKESIDE

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

WEDNESDAY

6:15-7:15 AM
BODYPUMP™
J.C. | LAKESIDE

8:00-9:15 AM
ASHTANGA YOGA
ANNIE C. | DIBOLL

12:00-1:00 PM
MAT PILATES
BECCA F. | DIBOLL

5:00-6:00 PM
BARRE
JO ANNE K. | RIVERSIDE

5:00-5:45 PM
MAT PILATES EXPRESS
LOUIS K. | DIBOLL

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

6:15-7:15 PM
YOGA SCULPT
SYLVIA L. | RIVERSIDE

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

7:15–8:15 PM NEW!
CAPOEIRA
JULIE B. | DIBOLL

INTERESTED IN TEACHING GROUP EXERCISE?

EMAIL FITNESS@TULANE.EDU FOR MORE INFO!

THURSDAY

8:00–9:00 AM
YOGA SCULPT
SYLVIA L. | DIBOLL

8:30-9:30 AM
BODYPUMP™
MARIA V. | LAKESIDE

12:00–1:00 PM
POWER YOGA
ALYSSA S. | DIBOLL

4:00–4:45 PM
INTERMEDIATE MAT PILATES
OLIVIA O. | DIBOLL

5:00–6:00 PM
VINYASA YOGA
LILY H. | DIBOLL

6:00-6:45 PM NEW!
CYCLE 45
JIMMY H. | CYCLE STUDIO

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

FOLLOW US ON INSTAGRAM!

@TULANECAMPUSREC FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.

FRIDAY

6:15-7:15 AM
BODYPUMP™
J.C. | LAKESIDE

6:15-7:00 AM
CORE 45
MELISSA L. | DIBOLL

8:00–9:00 AM
MAT PILATES
OLYA T. | DIBOLL

10:00-11:00 AM
SLOW FLOW YOGA
KEVA VICTORIA M. | DIBOLL

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

5:00–5:45 PM
PILATES/HIIT FUSION
LILY O. | RIVERSIDE

SATURDAY

9:00-10:00 AM
RPM™
TIM D. | CYCLE STUDIO

12:00-1:00 PM
MAT PILATES
OLYA T. | DIBOLL

SUNDAY

10:00-10:45 AM
MAT PILATES EXPRESS
OLYA T. | DIBOLL

11:00-12:00 PM
BODYPUMP™
J.C. | LAKESIDE

12:00–1:00 PM
PILATES SCULPT
LILY O. | DIBOLL

4:00-5:00 PM NEW!
YOGA SCULPT
CAMPBELL D. | LAKESIDE

4:30–5:30 PM
SAMBACIZE
CAROLYN B. | RIVERSIDE

5:00–6:00 PM
VINYASA YOGA
SOPHIA A. | DIBOLL

6:00–7:00 PM
ZUMBA
MARK M. | LAKESIDE

6:30-7:30 PM NEW!
POWER YOGA
LEAH T. | DIBOLL



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 INCLUDED W/ MEMBERSHIP!

CREATE A FREE ACCOUNT TO SIGN UP FOR CLASSES THROUGH *IMLEAGUES.COM/TULANE*

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

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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. Baginner 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 fitnesss 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