


JANUARY 13TH - APRIL 30TH | GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	6:15-7:15 AM CYCLE 60 MICHELE CYCLE STUDIO	6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE	6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE	7:00-7:30 AM CORE 30 ALLEGRA RIVERSIDE	7:00-8:00 AM YOGA TONKA DIBOLL	8:00-8:45 AM CYCLE 45 KATHLEEN CYCLE STUDIO	7:00-8:00 AM ASHTANGA ANNIE DIBOLL
7:30-8:30 AM ASHTANGA YOGA ANNIE DIBOLL	7:30-8:00 AM BEGINNER FLOW YOGA BECCA F. DIBOLL	7:30-8:30 AM GRIT™ KAM LAKESIDE	8:30-9:30 AM BODYPUMP™ MARIA LAKESIDE	7:30-8:30 AM GRIT™ KAM LAKESIDE
7:30-8:30 AM STRENGTH & DEVELOPMENT KAM LAKESIDE	8:00-8:45 AM CYCLE 45 KATHLEEN CYCLE STUDIO	8:00-8:45 AM CYCLE 45 KILEY CYCLE STUDIO	9:00-10:00 AM MAT PILATES CHARLOTTE DIBOLL	8:15-9:15 AM STABILITY YOGA CHANDRA DIBOLL
8:00-8:45 AM CYCLE 45 KILEY CYCLE STUDIO	8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE	9:00-9:45 AM CYCLE 45 ERIN CYCLE STUDIO	12:00-12:45 PM STRENGTH 45 OLIVIA RIVERSIDE	12:00-12:45 PM VINYASA FLOW AMELIA DIBOLL
9:00-9:45 AM CYCLE 45 ERIN CYCLE STUDIO	9:00-10:00 AM MAT PILATES CHARLOTTE DIBOLL	4:00-4:45 PM CYCLE 45 LUCY CYCLE STUDIO	4:00-4:45 PM CYCLE 45 GRACE CYCLE STUDIO	4:00-5:00 PM POWER YOGA MORGAN DIBOLL
12:00-12:45 PM BODYPUMP™ Express J.C. LAKESIDE	9:00-9:45 AM CYCLE 45 ERIN CYCLE STUDIO	4:00-4:45 PM PILATES/HIIT FUSION NADIA DIBOLL	4:00-5:00 PM PILATES SCULPT ALLEGRA DIBOLL	4:30-5:15 PM RHYTHM & RIDE ALEXA CYCLE STUDIO
4:00-4:45 PM CYCLE 45 LUCY CYCLE STUDIO	12:00-12:45 PM BODYCOMBAT™ Express J.C. RIVERSIDE	5:00-5:45 PM PILATES LOUIS DIBOLL	5:00-5:45 PM CYCLE 45 KAETHE CYCLE STUDIO	5:15-6:15 PM PILATES LILY DIBOLL
4:00-4:45 PM PILATES LILY DIBOLL	12:00-12:45 PM PILATES/BARRE FUSION BECCA F. DIBOLL	5:30-6:15 PM CYCLE 45 KAETHE CYCLE STUDIO	5:15-6:15 PM BARRE JO ANNE DIBOLL	5:30-6:30 PM STRENGTH & DEVELOPMENT KAM LAKESIDE
5:00-5:45 PM CYCLE 45 IZZY CYCLE STUDIO	4:00-4:45 PM CYCLE 45 JEFF CYCLE STUDIO	5:30-6:15 PM BODYPUMP™ EXPRESS LAURA LAKESIDE	5:30-6:15 PM PILATES/HIIT FUSION NADIA RIVERSIDE	SATURDAY
5:00-5:45 PM PILATES LOUIS DIBOLL	4:15-5:00 PM YOGA TONKA DIBOLL	6:00-7:00 PM YOGA LOUIS DIBOLL	6:00-6:45 PM RPM™ ELLIE CYCLE STUDIO	9:00-10:00 AM GENTLE FLOW MORGAN DIBOLL
5:30-6:15 PM PILATES/HIIT FUSION NADIA LAKESIDE	5:00-5:45 PM CYCLE 45 ANNABEL CYCLE STUDIO	6:30-7:15 PM RHYTHM AND RIDE ANNABEL CYCLE STUDIO	6:30-7:30 PM POWER YOGA ELLA DIBOLL	9:00-10:00 AM CYCLE 60 TIM CYCLE STUDIO
6:00-6:45 PM CYCLE 45 VICTORIA CYCLE STUDIO	5:00-6:00 PM ZUMBA SHAYRA RIVERSIDE	6:30-7:30 PM ZUMBA VICKIE RIVERSIDE	6:30-8:00 PM ZUMBA MARK LAKESIDE	10:00-11:00 AM GRIT™ KAM LAKESIDE
6:00-7:00 PM YOGA LOUIS DIBOLL	5:15-6:15 PM BARRE JO ANNE DIBOLL	7:30-8:15 PM CYCLE 45 VICTORIA CYCLE STUDIO	6:30-8:00 PM ZUMBA MARK LAKESIDE	10:30-11:30 AM ZUMBA VICKIE RIVERSIDE
6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE	6:45-7:45 PM VINYASA FLOW REAGAN DIBOLL	7:15-8:15 PM VINYASA FLOW REAGAN DIBOLL	6:30-8:00 PM ZUMBA MARK LAKESIDE	12:00-1:00 PM PILATES LILY DIBOLL
7:00-7:45 PM CYCLE 45 ALEXA CYCLE STUDIO	6:45-7:45 PM BODYPUMP™ LAURA LAKESIDE	7:30-8:30 PM VXN MERCEDES LAKESIDE	6:30-8:00 PM ZUMBA MARK LAKESIDE	SUNDAY
7:15-8:15 PM BARRE ABIGAIL DIBOLL	7:30-8:30 PM VXN MERCEDES RIVERSIDE			9:00-10:00 AM POWER FLOW GAVIN DIBOLL

- STRENGTH
- MIND/BODY
- BARRE
- DANCE
- INDOOR CYCLING
- HIGH INTENSITY

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



FOLLOW US ON INSTAGRAM!
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FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.

BUILDING HOURS

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

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.

CORE 30: A focused workout designed to target and tone your entire core. This class combines dynamic exercises for your abs, obliques, and lower back with functional movements to improve stability, posture, and overall strength.

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.

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 AND HIIT FUSION: This dynamic class combines the core-strengthening and flexibility benefits of Pilates with the fat-burning power of high-intensity interval training (HIIT). 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.

▶ **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 Yoga:** A dynamic and athletic form of hatha yoga that synchronizes breath and movement.

▶ **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.

▶ **Beginner Yoga Flow:** Learn the fundamentals of yoga practice that focuses on form, pranayama (breathing techniques) and correct body alignment from a series of classical yoga postures, also known as Asanas.

▶ **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

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 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 45 or 60 minute rides.

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 fitness!

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

