

JANUARY 12 - JANUARY 25 | SPRING 2026 GROUP EXERCISE

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
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	7:30-8:15 AM STRENGTH 45 DEANIE M. LAKESIDE	6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
7:00-7:45 AM YOGALATES TONKA Z. DIBOLL	7:30-8:15 AM STRENGTH 45 DEANIE M. LAKESIDE	7:15-8:00 AM CYCLE 45 ADELAIDE K. CYCLE STUDIO	8:00-9:00 AM YOGA SCULPT AVA N. RIVERSIDE	7:00-7:30 AM CYCLE 30 TONKA Z. CYCLE STUDIO
8:00-8:45 AM BODYPUMP EXPRESS MARIA V. LAKESIDE	8:00-9:00 AM VINYASA YOGA LILY H. DIBOLL	7:30-8:15 AM STRENGTH 45 KAM S. LAKESIDE	12:00-1:00 PM YOGA ALYSSA S. DIBOLL	7:30-8:15 AM STRENGTH 45 KAM S. LAKESIDE
9:00-9:45 AM CYCLE 45 ERIN T. CYCLE STUDIO	8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE	8:00-9:00 AM YOGALATES BECCA F. DIBOLL	12:15-1:15 PM UPPER BODY STRENGTH TONKA Z. RIVERSIDE	8:00-9:00 AM YOGA TONKA Z. DIBOLL
12:00-12:45 PM BODYPUMP™ Express J.C. LAKESIDE	12:00-12:45 PM PILATES/BARRE FUSION BECCA F. DIBOLL	8:30-9:30 AM HIIT & GRIT™ KAM S. LAKESIDE	1:15-2:15 PM ZUMBA SHAYRA B. LAKESIDE	8:30-9:30 AM HIIT & GRIT™ KAM S. LAKESIDE
12:00-1:00 PM YOGA ADELAIDE K. DIBOLL	12:15-1:15 PM LOWER BODY STRENGTH TONKA Z. RIVERSIDE	9:00-9:45 AM CYCLE 45 ERIN T. CYCLE STUDIO	4:00-4:45 PM CYCLE 45 TONKA Z. CYCLE STUDIO	10-11 AM FULL BODY STRENGTH DEANIE M. LAKESIDE
4:00-4:45 PM CYCLE 45 JEFF S. CYCLE STUDIO	4:00-4:45 PM POWER YOGA ALYSSA S. DIBOLL	12:00-12:45 PM BODYPUMP™ EXPRESS MARIA V. LAKESIDE	4:00-4:45 PM POWER YOGA EXPRESS SOPHIA A. DIBOLL	10-11 AM SLOW FLOW YOGA KEVA VICTORIA M. DIBOLL
4:00-5:00 PM BARRE ABIGAIL S. RIVERSIDE	4:00-4:45 PM CYCLE 45 TONKA Z. CYCLE STUDIO	12:00-1:00 PM BARRE ADELAIDE K. RIVERSIDE	4:30-5:15 PM BODYPUMP™ EXPRESS BECCA D. LAKESIDE	12:00-12:45 PM J.C. LAKESIDE BODYCOMBAT™ Express
4:00-4:45 PM BEGINNERS BELLY DANCE KARLA MARIE C. DIBOLL	4:00-5:00 PM YOGA SCULPT AVA N. RIVERSIDE	12:00-1:00 PM PILATES SCULPT CHARLOTTE S. DIBOLL	4:30-5:15 PM PILATES/HIIT 45 FUSIÓN NADIA S. RIVERSIDE	12:00-1:00 PM MAT PILATES ADELAIDE K. DIBOLL
4:30-5:00 PM CORE 30 CHARLOTTE S. LAKESIDE	4:30-5:00 PM CORE 30 CHARLOTTE S. LAKESIDE	4:00-4:45 PM TABATA DELLA T. LAKESIDE	5:00-5:45 PM CYCLE 45 VICTORIA Z. CYCLE STUDIO	4:00-4:45 PM BARRE 45 JO ANNE K. RIVERSIDE
5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL	5:00-5:45 PM CYCLE 45 MATTHEW S. CYCLE STUDIO	4:00-5:00 PM ADULT BALLET BASICS ABIGAIL S. DIBOLL	5:00-6:00 PM VINYASA YOGA LILY H. DIBOLL	4:50-5:00 PM MORGAN B. DIBOLL STRONG YOGA+STRONG VIBES
5:15-5:45 PM BARRE 30 JO ANNE K. RIVERSIDE	5:00-6:00 PM ADULT BALLET BASICS ALYSSA S. DIBOLL	4:30-5:15 PM CYCLE 45 ALLIE S. CYCLE STUDIO	6:00-6:45 PM PILATES SCULPT CANDIS J. RIVERSIDE	5:00-6:00 PM PILATES SCULPT LILY O. RIVERSIDE
5:30-6:15 PM CYCLE 45 ROTATING CYCLE STUDIO	5:15-6:00 PM ABS, BUNS & THIGHS BECCA F. RIVERSIDE	5:00-6:00 PM LATIN FUSION DANCE KARLA MARIE RIVERSIDE	6:15-7:30 PM CYCLE 45 ELLIE P. CYCLE STUDIO	5:15-6:00 PM ADELAIDE K. DIBOLL SUNSET SOUNDBATH
5:30-6:15 PM HIIT 45 DELLA T. LAKESIDE	6:00-6:45 PM CYCLE 45 KATHLEEN G. CYCLE STUDIO	5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL	6:15-7:15 PM RESTORATIVE YOGA ANNIE C. DIBOLL	6:00-6:45 PM ABS, BUNS, THIGHS TONKA Z. RIVERSIDE
6:00-7:00 PM YOGA LOUIS K. DIBOLL	6:30-7:30 PM VINYASA FLOW REAGAN C. DIBOLL	5:30-6:15 PM CYCLE 45 IZZY G. CYCLE STUDIO	6:30-7:30 PM ZUMBA MARK M. LAKESIDE	9:00-10:00 AM RPM™ TIM D. CYCLE STUDIO
6:00-7:00 PM PILATES SCULPT LILY O. RIVERSIDE	6:45-7:45 PM BODYPUMP™ MELISSA L. LAKESIDE	5:30-6:30 PM BODYPUMP™ BECCA D. LAKESIDE	7:00-8:00 PM KETTLE BELLS 101 BRUCE C. RIVERSIDE	9:45 AM GENTLE YOGA MORGAN B. DIBOLL
6:30-7:15 PM CYCLE 45 ALEXA M. CYCLE STUDIO	7:00-7:45 PM CYCLE 45 VICTORIA Z. CYCLE STUDIO	6:00-7:00 PM YOGA LOUIS K. DIBOLL		10-10:45 AM STRENGTH 45 KAM S. LAKESIDE
6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE	7:45-8:45 PM VXN MERCEDES T. RIVERSIDE	6:15-7:15 PM BARRE ABIGAIL S. RIVERSIDE		10-11:15 AM ASHTANGA YOGA ANNIE C. DIBOLL
7:15-8:00 PM PILATES SCULPT EXPRESS ALLEGRA G. RIVERSIDE		6:30-7:30 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO		11:00-11:45 AM HIIT & GRIT™ KAM S. LAKESIDE
	ALL CLASSES ARE DROP-IN W/ MEMBERSHIP! CREATE A FREE ACCOUNT TO RESERVE A CYCLE BIKE & SIGN UP FOR CLASSES THROUGH IMLEAGUES.COM/TULANE	6:45-7:30 PM HIIT 45 MELISSA L. LAKESIDE		12:00-12:45 PM HIIT 45 DELLA T. LAKESIDE
FOLLOW US ON INSTAGRAM! @TULANE CAMPUSREC				12-1:00 PM PILATES SCULPT LILY O. DIBOLL
				4:50 PM KETTLEBELLS 101 BRUCE C. LAKESIDE
				12-1:00 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO
				5-6 PM MELISSA L. RIVERSIDE ATHLETIC CONDITIONING
				5-6 PM VINYASA YOGA SOPHIA A. DIBOLL
				6:00-7:00 PM ZUMBA MARK M. LAKESIDE
				11:00-12:00 PM BODYPUMP™ J.C. LAKESIDE
				3:00-4:00 PM SAMBAZINE CAROLYN B. RIVERSIDE
				11-11:45 AM MAT PILATES EXPRESS OLYA T. DIBOLL
				12-1:00 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO
				5-6 PM VINYASA YOGA SOPHIA A. DIBOLL
				12-1 PM ADULT BALLET BASICS OLYA T. DIBOLL
				6:00-7:00 PM ZUMBA MARK M. LAKESIDE

CLASS TIMES AND DATES ARE
SUBJECT TO CHANGE AFTER THE
FIRST 2 WEEKS OF CLASSES. CHECK OUR
WEBSITE FOR UPDATES!

SUNDAY

6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE	3:00-4:00 PM SAMBAZINE CAROLYN B. RIVERSIDE
7:00-7:30 AM CYCLE 30 TONKA Z. CYCLE STUDIO	5-6 PM MELISSA L. RIVERSIDE ATHLETIC CONDITIONING
7:30-8:15 AM STRENGTH 45 KAM S. LAKESIDE	5-6 PM VINYASA YOGA SOPHIA A. DIBOLL
8:00-9:00 AM YOGA SCULPT AVA N. RIVERSIDE	6:00-7:00 PM ZUMBA MARK M. LAKESIDE
12:00-1:00 PM YOGA ALYSSA S. DIBOLL	11:00-11:45 AM HIIT & GRIT™ KAM S. LAKESIDE
	12-1:00 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO
	5-6 PM VINYASA YOGA SOPHIA A. DIBOLL
	6:00-7:00 PM ZUMBA MARK M. LAKESIDE

SUNDAY



CYCLE STUDIO



JANUARY 12 - JANUARY 25 | SPRING 2026 GROUP EXERCISE

MONDAY

9:00-9:45 AM | CYCLE 45 | ERIN T.

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

5:30-6:15 PM | CYCLE 45 | ROTATING INSTRUCTORS

6:30-7:15 PM | CYCLE 45 | ALEXA M.

THURSDAY

4:00-4:45 PM | CYCLE 45 | TONKA Z.

5:00-5:45 PM | CYCLE 45 | VICTORIA Z.

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

TUESDAY

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

4:00-4:45 PM | CYCLE 45 | TONKA Z.

5:00-5:45 PM | CYCLE 45 | MATTHEW S.

6:00-6:45 PM | CYCLE 45 | KATHLEEN G.

7:00-7:45 PM | CYCLE 45 | VICTORIA Z.

FRIDAY

7:00-7:30 AM | CYCLE 30 | TONKA Z.

WEDNESDAY

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

9:00-9:45 AM | CYCLE 45 | ERIN T.

4:30-5:15 PM | CYCLE 45 | ALLIE S.

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

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

SATURDAY

9:00-10:00 AM | RPM™ WITH TIM D.

SUNDAY

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

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

CREATE AN ACCOUNT TO
RESERVE A CYCLE BIKE
THROUGH
IMLEAGUES.COM/TULANE

CLASS TIMES AND DATES
ARE SUBJECT TO CHANGE
AFTER THE FIRST 2 WEEKS
OF CLASSES. CHECK OUR
WEBSITE FOR UPDATES!



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



JANUARY 12 - JANUARY 25 | SPRING 2026 GROUP EXERCISE

MONDAY

6:15-7:15 AM | BODYPUMP™ | J.C.

8:00-8:45 AM | BODYPUMP™ Express | MARIA V.

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

4:30-5:00 PM | CORE 30 | CHARLOTTE S.

5:30-6:15 PM | HIIT 45 | DELLA T.

6:30-7:30 PM | BODYPUMP™ | J.C.

TUESDAY

7:30-8:15 AM | STRENGTH 45 | DEANIE M.

8:30-9:30 AM | BODYPUMP™ | J.C.

4:30-5:00 PM | CORE 30 | CHARLOTTE S.

6:45-7:45 PM | BODYPUMP™ | MELISSA L.

WEDNESDAY

6:15-7:15 AM | BODYPUMP™ | J.C.

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

8:30-9:30 AM | HIIT & GRIT™ | KAM S.

12:00-12:45 PM | BODYPUMP™ EXPRESS | MARIA V.

4:00-4:45 PM | TABATA | DELLA T.

5:30-6:30 PM | BODYPUMP™ | BECCA D.

6:45-7:45 PM | HIIT 45 | MELISSA L.

THURSDAY

7:30-8:15 AM | STRENGTH 45 | DEANIE M.

1:15-2:15 PM | ZUMBA | SHAYRA B.

4:30-5:15 PM | BODYPUMP™ EXPRESS | BECCA D.

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

FRIDAY

6:15-7:15 AM | BODYPUMP™ | J.C.

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

8:30-9:30 AM | HIIT & GRIT™ | KAM S.

10-11 AM | FULL BODY STRENGTH | DEANIE M.

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

SATURDAY

10:00-10:45 AM | STRENGTH 45 | KAM S.

11:00-11:45 AM | HIIT & GRIT™ | KAM S.

12:00-12:45 PM | HIIT 45 | DELLA T.

4:00-5:00 PM | KETTLEBELLS 101 | BRUCE C.

SUNDAY

11:00-12:00 PM | BODYPUMP™ | J.C.

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

CREATE A FREE ACCOUNT TO SIGN UP FOR
CLASSES THROUGH
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
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ALERTS:



RIVERSIDE STUDIO

JANUARY 12 - JANUARY 25 | SPRING 2026 GROUP EXERCISE

MONDAY

4:00–5:00 PM | BARRE | ABIGAIL S.
5:15–5:45 PM | BARRE 30 | JO ANNE K.
6:00–7:00 PM | PILATES SCULPT | LILY O.
7:15–8:00 PM | PILATES SCULPT EXPRESS | ALLEGRA G.

TUESDAY

12:15–1:15 PM | LOWER BODY STRENGTH | TONKA Z.
4:00–5:00 PM | YOGA SCULPT | AVA N.
5:15–6:00 PM | ABS, BUNS & THIGHS | BECCA F.
7:45–8:45 PM | VNX | MERCEDES T.

WEDNESDAY

12:00–1:00 PM | BARRE | ADELAIDE K.
4:00–4:45 PM | PILATES SCULPT EXPRESS | ALLEGRA G.
5:00–6:00 PM | LATIN FUSION DANCE | KARLA MARIE C.
6:15–7:15 PM | BARRE | ABIGAIL S.

THURSDAY

8:00–9:00 AM | YOGA SCULPT | AVA N.
12:15–1:15 PM | UPPER BODY STRENGTH | TONKA Z.
4:30–5:15 PM | PILATES/HIIT 45 FUSION | NADIA S.
6:00–6:45 PM | PILATES SCULPT EXPRESS | CANDIS J.
7:00–8:00 PM | KETTLEBELLS 101 | BRUCE C.

SATURDAY

4:00–4:45 PM | BARRE 45 | JO ANNE K.
5:00–6:00 PM | PILATES SCULPT | LILY O.
7:00–8:00 PM | FIT YOGA | TONKA Z.

SATURDAY

9:00–9:45 AM | ABS, BUNS & THIGHS | TONKA Z.

SUNDAY

3:00–4:00 PM | SAMBASIZE | CAROLYN B.
5:00–6:00 PM | ATHLETIC CONDITIONING | MELISSA L.

CREATE A FREE ACCOUNT TO SIGN UP FOR
CLASSES THROUGH
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.

CLASS TYPES:

- HIGH INTENSITY
- DANCE
- MIND/BODY
- BARRE

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





JANUARY 12 - JANUARY 25 | SPRING 2026 GROUP EXERCISE

MONDAY

7:00–7:45 AM | YOGALATES | TONKA Z.

12:00–1:00 PM | YOGA | ADELAIDE K.

4–4:45 PM | BEGINNERS BELLY DANCE | KARLA MARIE C.

5:00–5:45 PM | MAT PILATES | LOUIS K.

6:00–7:00 PM | YOGA | LOUIS K.

TUESDAY

8:00–9:00 AM | VINYASA YOGA | LILY H.

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

8:00–9:00 AM | YOGALATES | BECCA F.

12:00–1:00 PM | PILATES SCULPT | CHARLOTTE S.

4:00–5:00 PM | ADULT BALLET BASICS | ABIGAIL S.

5:00–5:45 PM | PILATES | LOUIS K.

6:00–7:00 PM | YOGA | LOUIS K.

CREATE A FREE ACCOUNT TO SIGN UP FOR
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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.

THURSDAY

12:00–1:00 PM | YOGA | ALYSSA S.

4:00–4:45 PM | POWER YOGA EXPRESS | SOPHIA A.

5:00–6:00 PM | VINYASA YOGA | LILY H.

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

FRIDAY

8:00–9:00 AM | YOGA | TONKA Z.

10–11 AM | SLOW FLOW YOGA | KEVA VICTORIA M.

12:00–1:00 PM | MAT PILATES | ADELAIDE S.

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

5:15–6:00 PM | SUNSET SOUNDBATH | ADELAIDE K.

SATURDAY

9:00–9:45 AM | GENTLE FLOW YOGA | MORGAN B.

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

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

SUNDAY

11–11:45 AM | MAT PILATES EXPRESS | OLYA T.

12:00–1:00 PM | ADULT BALLET BASICS | OLYA T.

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

CLASS TYPES:

- MIND/BODY
- BARRE
- DANCE

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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.

ATHLETIC CONDITIONING: Use this class to train like an athlete with dynamic drills, games, and exercises to get to the next level of your fitness goals.

PILATES SCULPT, YOGA SCULPT, HIIT/BARRE FUSION: These dynamic classes combine 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 and Yoga 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.

SUNSET 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 prepare for rest and mindfulness. 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 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!

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.

SAMBASIZE : 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!

BELLY DANCE AND LATIN FUSION DANCE : Join Karla Marie of Studio Shakti for a cultural dive into either Egyptian or Latin rhythms through beginner friendly techniques and dance moves!

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.

SCAN FOR
THE DIGITAL
VERSION
OF THE
SCHEDULE.

