

JANUARY 26 - APRIL 29 | SPRING 2026 GROUP EXERCISE

MONDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
7:00-7:45 AM YOGALATES TONKA Z. DIBOLL
8:00-8:45 AM BODYPUMP EXPRESS MARIA V. LAKESIDE
9:00-9:45 AM CYCLE 45 ERIN T. CYCLE STUDIO
12:00-12:45 PM BODYPUMP™ Express J.C. LAKESIDE
12:00-1:00 PM YOGA ADELAIDE K. DIBOLL
4:00-4:45 PM CYCLE 45 JEFF S. CYCLE STUDIO
4:00-5:00 PM BARRE ABIGAIL S. RIVERSIDE
4:00-4:45 PM BEGINNERS BELLY DANCE KARLA MARIE C. DIBOLL
4:30-5:00 PM CORE 30 CHARLOTTE S. LAKESIDE
5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL
5:15-5:45 PM BARRE 30 JO ANNE K. RIVERSIDE
5:30-6:15 PM CYCLE 45 ROTATING CYCLE STUDIO
5:30-6:15 PM HIIT 45 DELLA T. LAKESIDE
6:00-7:00 PM YOGA LOUIS K. DIBOLL
6:00-7:00 PM PILATES SCULPT LILY O. RIVERSIDE
6:30-7:15 PM CYCLE 45 ALEXA M. CYCLE STUDIO
6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE
7:15-8:00 PM PILATES SCULPT EXPRESS ALLEGRA G. RIVERSIDE

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

TUESDAY
6:15-7:15 AM CYCLE 60 MICHELE H. CYCLE STUDIO
7:30-8:15 AM STRENGTH 45 BRUCE C. LAKESIDE
7:30-8:15 AM CYCLE 45 ALLIE S. CYCLE STUDIO
8:00-9:00 AM VINYASA YOGA LILY H. DIBOLL
8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE
12:00-12:45 PM PILATES/BARRE FUSION BECCA F. DIBOLL
12:15-1:15 PM LOWER BODY STRENGTH TONKA Z. RIVERSIDE
4:00-4:45 PM POWER YOGA ALYSSA S. DIBOLL
4:00-4:45 PM CYCLE 45 TONKA Z. CYCLE STUDIO
4:00-5:00 PM ADULT BALLET BASICS ABIGAIL S. DIBOLL
4:00-5:00 PM YOGA SCULPT AVA N. RIVERSIDE
4:30-5:00 PM CORE 30 CHARLOTTE S. LAKESIDE
5:00-6:00 PM ADULT BALLET BASICS ALYSSA S. DIBOLL
5:15-6:00 PM ABS, BUNS & THIGHS BECCA F. RIVERSIDE
6:00-6:45 PM CYCLE 45 KATHLEEN G. CYCLE STUDIO
6:30-7:30 PM VINYASA FLOW REAGAN C. DIBOLL
6:45-7:45 PM BODYPUMP™ MELISSA L. LAKESIDE
7:00-7:45 PM CYCLE 45 VICTORIA Z. CYCLE STUDIO
7:45-8:45 PM VXN MERCEDES T. RIVERSIDE

WEDNESDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
8:00-9:00 AM YOGALATES BECCA F. DIBOLL
9:00-9:45 AM CYCLE 45 ERIN T. CYCLE STUDIO
12:00-12:45 PM BODYPUMP™ EXPRESS MARIA V. LAKESIDE
12:00-1:00 PM BARRE ADELAIDE K. RIVERSIDE
12:00-1:45 PM TABATA DELLA T. LAKESIDE
4:00-4:45 PM PILATES SCULPT EXPRESS ALLEGRA G. RIVERSIDE
4:00-5:00 PM ADULT BALLET BASICS ABIGAIL S. DIBOLL
4:30-5:15 PM CYCLE 45 ALLIE S. CYCLE STUDIO
5:00-6:00 PM LATIN FUSION DANCE KARLA MARIE RIVERSIDE
5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL
5:30-6:15 PM CYCLE 45 IZZY G. CYCLE STUDIO
5:30-6:30 PM BODYPUMP™ BECCA D. LAKESIDE
6:00-7:00 PM YOGA LOUIS K. DIBOLL
6:15-7:15 PM BARRE ABIGAIL S. RIVERSIDE
6:30-7:30 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO
6:45-7:30 PM HIIT 45 MELISSA L. LAKESIDE

FOLLOW US
ON INSTAGRAM!
@TULANECAUCUSREC

THURSDAY
8:00-9:00 AM YOGA SCULPT AVA N. RIVERSIDE
12:00-1:00 PM YOGA ALYSSA S. DIBOLL
12:15-1:15 PM UPPER BODY STRENGTH TONKA Z. RIVERSIDE
1:15-2:15 PM ZUMBA SHAYRA B. LAKESIDE
4:00-4:45 PM CYCLE 45 TONKA Z. CYCLE STUDIO
4:00-4:45 PM POWER YOGA EXPRESS SOPHIA A. DIBOLL
4:30-5:15 PM BODYPUMP™ EXPRESS BECCA D. LAKESIDE
4:30-5:15 PM PILATES/HIIT 45 FUSION NADIA S. RIVERSIDE
5:00-5:45 PM CYCLE 45 VICTORIA Z. CYCLE STUDIO
5:00-6:00 PM VINYASA YOGA LILY H. DIBOLL
6:00-6:45 PM PILATES SCULPT CANDIS J. RIVERSIDE
6:15-7:30 PM CYCLE 45 ELLIE P. CYCLE STUDIO
6:15-7:15 PM RESTORATIVE YOGA ANNIE C. DIBOLL
6:30-7:30 PM ZUMBA MARK M. LAKESIDE

FRIDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
7:00-7:30 AM CYCLE 30 TONKA Z. CYCLE STUDIO
7:30-8:15 AM STRENGTH 45 KAM S. LAKESIDE
8:00-9:00 AM YOGA TONKA Z. DIBOLL
8:30-9:30 AM HIIT & GRIT™ KAM S. LAKESIDE
10:11 AM SLOW FLOW YOGA KEVA VICTORIA M. DIBOLL
12:00-12:45 PM J.C. LAKESIDE BODYCOMBAT™ Express
12:00-1:00 PM MAT PILATES BECCA F. DIBOLL
4:00-4:45 PM BARRE 45 JO ANNE K. RIVERSIDE
4:50 PM MORGAN B. DIBOLL STRONG YOGA+STRONG VIBES
5:00-6:00 PM PILATES SCULPT LILY O. RIVERSIDE
5:15-6 PM ADELAIDE K. DIBOLL SUNSET SOUNDBATH
7:00-8:00 PM FIT YOGA TONKA Z. RIVERSIDE

SATURDAY
9:45 AM ABS, BUNS, THIGHS TONKA Z. RIVERSIDE
9:00-10:00 AM RPM™ TIM D. CYCLE STUDIO
9:45 AM GENTLE YOGA MORGAN B. DIBOLL
10:45 AM STRENGTH 45 KAM S. LAKESIDE
10:15 AM ASHTANGA YOGA ANNIE C. DIBOLL INTERMEDIATE
11:00-11:45 AM HIIT & GRIT™ KAM S. LAKESIDE
12:00-12:45 PM HIIT 45 DELLA T. LAKESIDE
12:10 PM PILATES SCULPT LILY O. DIBOLL

SUNDAY
11:00-12:00 PM BODYPUMP™ J.C. LAKESIDE
3:00-4:00 PM SAMBAZINE CAROLYN B. RIVERSIDE
11:15 AM MAT PILATES OLYA T. DIBOLL
5-6 PM MELISSA L. RIVERSIDE ATHLETIC CONDITIONING
12:00 PM RHYTHM & RIDE LINDSAY B. CYCLE STUDIO
5-6 PM VINYASA YOGA SOPHIA A. DIBOLL
12:15 PM ADULT BALLET BASICS OLYA T. DIBOLL
6:00-7:00 PM ZUMBA MARK M. LAKESIDE



TULANE UNIVERSITY
Campus Recreation



CYCLE STUDIO



JANUARY 26 - APRIL 29 | 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.

7:30-8:15 AM | CYCLE 45 | ALLIE S.

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

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.

SATURDAY

9:00-10:00 AM | RPM™ WITH TIM D.

WEDNESDAY

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.

ALL CLASSES
ARE INCLUDED W/
MEMBERSHIP!

CREATE AN ACCOUNT TO
RESERVE A CYCLE BIKE
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 TIMES AND DATES
ARE SUBJECT TO CHANGE
AFTER THE FIRST 2 WEEKS
OF CLASSES. CHECK OUR
WEBSITE FOR UPDATES!

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 26 - APRIL 29 | 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 | BRUCE C.

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.

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

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.

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.

SUNDAY

11:00–12:00 PM | BODYPUMP™ | J.C.

6:00–7:00 PM | ZUMBA | MARK M.

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:



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

RIVERSIDE STUDIO

JANUARY 26 - APRIL 29 | 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.

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.

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 | VZN DANCE | MERCEDES T.

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.

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.

SATURDAY

9:00–9:45 AM | ABS, BUNS & THIGHS | TONKA Z.
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
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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 26 - APRIL 29 | 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.

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IMLEAGUES.COM/TULANE

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 | BECCA F.

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.
*INTERMEDIATE LEVEL

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

CLASS TIMES AND
DATES SUBJECT TO
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ALERTS:



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.

► **Ashtanga Yoga:** Ashtanga is an energetic style of yoga that focuses on synchronizing breath to movement while following a series of poses. Class will be taught at an **intermediate** level.

► **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 include core strength, flexibility, balance, 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! Prepare to dance in comfortable yoga/athletic wear and barefoot.

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.

