



































FINALS WEEK MAY 4TH-9TH | GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 5:00-6:00 PM ZUMBA SHAYRA RIVERSIDE	 8:00-8:45 AM PILATES SCULPT ALLEGRA DIBOLL	 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 9:00-10:00 AM RESTORATIVE YOGA BROOKE DIBOLL
 9:00-9:45 AM PILATES SCULPT CLAIRE DIBOLL	 6:30-7:30 PM VXN MERCEDES LAKESIDE	 9:00-9:45 AM BARRE/PILATES FUSION CLAIRE DIBOLL	 12:00-12:45 PM BARRE/PILATES FUSION BECCA F. DIBOLL	 9:30-10:30 AM BODYPUMP SAMANTHA LAKESIDE
 9:00-10:00 AM BODYPUMP TALIA LAKESIDE	 6:45-7:45 PM VINYASA FLOW REAGAN DIBOLL	 10:00-11:00 AM BARRE/PILATES FUSION JULIA DIBOLL	 4:00-4:45 PM PILATES LIZA DIBOLL	<h3>SUNDAY</h3>
 12:00-12:45 PM VINYASA FLOW AMELIA DIBOLL		 12:00-12:45 PM PILATES LIZA DIBOLL	 6:30-7:30 PM POWER YOGA ELLA DIBOLL	 10:30-11:30 AM BARRE ABIGAIL DIBOLL
 5:00- 5:45 PM MAT PILATES LOUIS DIBOLL		 12:00-12:45 PM HIIT 45 ETIENNE RIVERSIDE	 6:30-7:00 PM CORE 30 KAITLIN DIBOLL	 12:00-12:45 PM RESTORATIVE YOGA BROOKE DIBOLL
 5:45-6:15 PM CORE 30 NADIA RIVERSIDE		 4:00-4:45 PM PILATES/HIIT FUSION NADIA DIBOLL	 6:30-8:00 PM ZUMBA MARK LAKESIDE	 4:45-5:45 PM SAMBASIZE CAROLYN RIVERSIDE
 6:00- 7:00 PM YOGA LOUIS DIBOLL		 5:00-5:45 PM MAT PILATES LOUIS DIBOLL		 5:00-5:45 PM PILATES LIZA DIBOLL
 6:30-7:30 PM BODYPUMP SAMANTHA LAKESIDE		 6:30-7:15 PM STEP & STRENGTH SAMANTHA LAKESIDE		 6:00-7:00 PM POWER YOGA MIA DIBOLL
		 6:30-7:30 PM YOGA CHANDRA DIBOLL		
		 7:30-8:30 PM VXN MERCEDES LAKESIDE		

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FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.

MODIFIED HOURS

Sun. January 21	1:30pm-11:00pm
Sat.-Sun. February 10-11	No Group Exercise Classes
Mon.-Tues. February 12-13	Closed No Group Exercise Classes
Sun. March 31st	Closed No Group Exercise Classes

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



BUILDING HOURS

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

CLASS DESCRIPTIONS

BODYPUMP™ : The original barbell class that will sculpt, tone, and strengthen your entire body by combining low weight loads with high repetition movements. Express formats are 45 minutes.

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.

UPPER BODY JAM: In this 'jam' session you'll break down exercises that target muscles of the upper body to build strength and confidence. Spend time working shoulders, back, chest, and arms with slow-controlled movements to help you connect to your body and 'jam' out!

LOWER BODY JAM: In this 'jam' session you'll break down exercises that target muscles of the lower body to build steadiness and strength. Practice the movement patterns of leg and hip exercises then go at your own pace to help you connect to your strength and 'jam' out to the tune of you.

HIIT 45: This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional resistance training and bodyweight exercises in a high intensity interval training (HIIT) format.

BODYCOMBAT: A high-energy martial arts-inspired workout that is totally non-contact. Beat stress as you punch and kick your way to fitness.

RUN WAVE: A class for everyone who runs, wants to, or is skeptical that running is fun. We do warm ups, workouts, and cooldowns that can help add miles, build speed, improve running comfort and confidence. Get ready for a 5K or your next Ultra. For all abilities, mostly outside! Come join the club! *Rain location is indoor track.

STEP & STRENGTH: Want to feel like you've climbed a mountain, danced your heart out, and gotten a workout in? Step & Strength uses height-adjustable aerobic steps combined with upbeat music and high-energy moves for a fantastic cardio workout followed by a total body strength set. All levels welcome!

FREE WEIGHT FLEX: Turn the tempo down and the burn up with strength training for all levels utilizing free weights. Each session will have options to tailor your workout toward upper, lower, or full-body focus

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.
- ▶ **Sunrise:** Vinyasa flow sequences with your morning in mind.
- ▶ **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!
- ▶ **Vinyasa Flow:** Connect your mind and body by linking breath to pose as you transition through sequences.
- ▶ **Power Hour (Power Vinyasa):** 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.

PILATES SCULPT: Improve core strength and stamina on the mat. This low impact workout is a calming yet challenging session that will leave you feeling refreshed and strong.

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.

TO LEARN MORE ABOUT THE CYCLING CLASSES AND SCHEDULE, PLEASE LOOK FOR THE CYCLING SCHEDULE POSTED ON OUR WEBSITE.

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



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