


























JAN 16 -MAY 3 | GROUP EXERCISE SCHEDULE





MONDAY	
	6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL
	9:00-9:45 AM PILATES SCULPT CLAIRE DIBOLL
	9:00-10:00 AM BODYPUMP TALIA LAKESIDE
	12:00-12:45 PM HIIT 45 JADYN RIVERSIDE
	12:00-12:45 PM VINYASA FLOW AMELIA DIBOLL
	5:00- 5:45 PM MAT PILATES LOUIS DIBOLL
	5:45-6:15 PM CORE 30 NADIA RIVERSIDE
	6:00- 7:00 PM YOGA LOUIS DIBOLL
	6:30-7:30 PM BODYPUMP SAMANTHA LAKESIDE
	6:30-7:30 PM ZUMBA VICKIE RIVERSIDE



TUESDAY	
	6:15-7:15 AM BODYPUMP KAITLIN LAKESIDE
	9:00-9:45 AM TRAP BARRE MORGAN DIBOLL
	12:00-12:45 PM PILATES SCULPT JADYN DIBOLL
	4:00-5:00 PM PILATES CHARLOTTE DIBOLL
	5:00-5:45 PM UPPER BODY JAM JADYN LAKESIDE
	5:00-6:00 PM ZUMBA SHAYRA RIVERSIDE
	5:30-6:30 PM VINYASA FLOW BECCA B. DIBOLL
	6:30-7:30 PM VXN MERCEDES LAKESIDE
	6:45-7:45 PM VINYASA FLOW REAGAN DIBOLL

WEDNESDAY	
	8:00-8:45 AM PILATES SCULPT ALLEGRA DIBOLL
	9:00-9:45 AM BARRE/PILATES FUSION CLAIRE DIBOLL
	10:00-11:00 AM BARRE/PILATES FUSION JULIA DIBOLL
	12:00-12:45 PM PILATES LIZA DIBOLL
	12:00-12:45 PM HIIT 45 ETIENNE RIVERSIDE
	4:00-4:45 PM PILATES/HIIT FUSION NADIA DIBOLL
	5:00-5:45 PM MAT PILATES LOUIS DIBOLL
	5:15-6:15 PM BODYPUMP LAURA LAKESIDE
	5:45-6:15 PM CORE 30 JADYN RIVERSIDE
	6:30-7:15 PM STEP & STRENGTH SAMANTHA LAKESIDE
	6:30-7:30 PM YOGA CHANDRA DIBOLL
	7:30-8:30 PM VXN MERCEDES LAKESIDE

THURSDAY	
	6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL
	8:00-8:45 AM PILATES SCULPT CHARLOTTE DIBOLL
	12:00-12:45 PM BODYPUMP EXPRESS CANDIS RIVERSIDE
	12:00-12:45 PM BARRE/PILATES FUSION BECCA F. DIBOLL
	4:00-4:45 PM PILATES LIZA DIBOLL
	4:30-5:15 PM LOWER BODY JAM JADYN RIVERSIDE
	5:30-6:00 PM CORE 30 ALLEGRA RIVERSIDE
	5:30-6:15 PM VINYASA FLOW BECCA B. DIBOLL
	6:30-7:30 PM POWER YOGA ELLA DIBOLL
	6:30-7:00 PM CORE 30 KAITLIN DIBOLL
	6:30-8:00 PM ZUMBA MARK LAKESIDE

FRIDAY	
	6:15-7:15 AM FREE WEIGHT FLEX MELISSA LAKESIDE
	9:00-10:00 AM BODYPUMP TALIA LAKESIDE
	12:00-12:45 PM VINYASA FLOW AMELIA DIBOLL
	4:00-5:00 PM YOGA SCULPT BECCA B. DIBOLL
	5:30-6:30 PM BARRE ABIGAIL DIBOLL

SATURDAY	
	9:00-10:00 AM RESTORATIVE YOGA BROOKE DIBOLL
	9:30-10:30 AM BODYPUMP SAM/LAURA LAKESIDE
	10:45-11:45 AM ZUMBA VICKIE RIVERSIDE
	4:00-5:00 PM BODYPUMP ALICIA LAKESIDE

SUNDAY	
	10:30-11:30 AM BARRE ABIGAIL DIBOLL
	12:00-12:45 PM BODYPUMP EXPRESS LAURA LAKESIDE
	12:00-12:45 PM RESTORATIVE YOGA BROOKE DIBOLL
	4:00-4:45 PM HIIT 45 JADYN LAKESIDE
	4:00-4:45 PM PILATES TRAP BARRE DIBOLL
	4:45-5:45 PM SAMBASIZE CAROLYN RIVERSIDE
	5:00-5:45 PM PILATES LIZA DIBOLL
	6:00-7:00 PM POWER YOGA MIA DIBOLL
	6:00-7:30 PM ZUMBA MARK LAKESIDE

FOLLOW US ON INSTAGRAM!

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

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



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

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](https://www.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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UP-TO-DATE
ON CLASSES:**
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