













































JUNE 2 - AUGUST 3 | SUMMER GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
<div> 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE</div>	<div> 6:15-7:15 AM CYCLE 60 MICHELE CYCLE STUDIO</div>	<div> 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE</div>	<div> 4:15-5:00 PM YOGA 45 TONKA DIBOLL</div>	<div> 6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE</div>								
<div> 7:00-8:00 AM SUNRISE YOGA BECCA DIBOLL</div>	<div> 8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE</div>	<div> 12:15-1:15 PM BARRE ABIGAIL DIBOLL</div>	<div> 5:30-6:15 PM CYCLE 45 JO ANNE CYCLE STUDIO</div>	<div> 8:00-8:45 AM STRENGTH 45 KAM LAKESIDE</div>								
<div> 7:45-8:45 AM GRIT™ KAM LAKESIDE</div>	<div> 12:00-12:45 PM PILATES/BARRE FUSION BECCA DIBOLL</div>	<div> 4:15-5:00 PM CYCLE 45 TONKA CYCLE STUDIO</div>	<div> 6:30-7:30 PM POWER YOGA ELLA DIBOLL</div>	<div> 12:00-12:45 PM BODYCOMBAT™ Express J.C. LAKESIDE</div>								
<div> 12:00-12:45 PM BODYPUMP™ Express J.C. LAKESIDE</div>	<div> 4:15-5:00 PM CYCLE 45 TONKA CYCLE STUDIO</div>	<div> 5:00-5:45 PM MAT PILATES LOUIS DIBOLL</div>	<div> 6:30-7:30 PM ZUMBA MARK LAKESIDE</div>									
<div> 4:15- 5:00 PM CYCLE 45 TONKA CYCLE STUDIO</div>	<div> 5:00-6:00 PM POWER FLOW YOGA GAVIN DIBOLL</div>	<div> 6:00-7:00 PM YOGA LOUIS DIBOLL</div>	<div><div>CLASS TIMES AND DATES ARE SUBJECT TO CHANGE. SCAN TO SIGN UP FOR EMAIL ALERTS</div><div></div></div>									
<div> 5:00- 5:45 PM MAT PILATES LOUIS DIBOLL</div>	<div> 6:30-7:30 PM VINYASA FLOW REAGAN DIBOLL</div>	<div> 6:30-7:15 PM HIIT 45 MELISSA LAKESIDE</div>										
<div> 6:00- 7:00 PM YOGA LOUIS DIBOLL</div>	<div><div>FOLLOW US ON INSTAGRAM!</div><div>@TULANECAMPUSREC FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.</div></div>											
<div> 6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE</div>												
<div><div>INTERESTED IN TEACHING GROUP EXERCISE?</div><div>EMAIL FITNESS@TULANE.EDU FOR MORE INFO!</div></div>												
<div><div> STRENGTH</div><div> MIND/BODY</div><div> BARRE</div><div> DANCE</div><div> INDOOR CYCLING</div><div> HIGH INTENSITY</div></div>												
<div><div>SUMMER BUILDING HOURS</div><table><tr><td>Monday-Thursday</td><td>6:00am- 9:00pm</td></tr><tr><td>Friday</td><td>6:00am- 8:00pm</td></tr><tr><td>Saturday</td><td>8:00am-8:00pm</td></tr><tr><td>Sunday</td><td>8:00am-8:00pm</td></tr></table></div>					Monday-Thursday	6:00am- 9:00pm	Friday	6:00am- 8:00pm	Saturday	8:00am-8:00pm	Sunday	8:00am-8:00pm
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<div><div>SATURDAY</div><div> 9-10 AM LOWER BODY FOCUS MELISSA LAKESIDE</div><div> 9:00-10:00 AM RPM™ TIM CYCLE STUDIO</div><div> 10:00-11:00 AM YOGA TONKA DIBOLL</div><div> 11:00-12:00 PM WAVE RUN KAM LAKESIDE</div><div> 12:30-1:30 PM GRIT™ KAM LAKESIDE</div><div><div>SUNDAY</div><div> 9-10 AM UPPER BODY FOCUS MELISSA LAKESIDE</div><div> 11:00-12:00 PM BODYPUMP™ J.C. LAKESIDE</div><div> 11:00-12:00 PM YOGA TONKA DIBOLL</div><div> 4:00-5:00 PM BARRE ABIGAIL DIBOLL</div><div> 6:00-7:00 PM VINYASA YOGA MIA DIBOLL</div><div> 6:00-7:00 PM ZUMBA MARK LAKESIDE</div></div></div>												

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.

WAVE RUN: Wave Run is back! Meet in the Lakeside studio 15 minutes early for stretches before our relaxed run at Audubon Park—no set pace, just movement and community. Class will be a High Intensity Cardio in Lakeside on rainy days.

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/BARRE FUSION: This dynamic class combines 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 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:** 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.

► **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.

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.**

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.

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!

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

