










JULY 7 - AUGUST 3 | SUMMER GROUP EXERCISE SCHEDULE

MONDAY







-  6:15-7:15 AM
BODYPUMP™
J.C. | LAKESIDE
-  7:00-8:00 AM
SUNRISE YOGA
BECCA | DIBOLL
-  7:45-8:45 AM
GRIT™
KAM | LAKESIDE
-  12:00-12:45 PM
BODYPUMP™ Express
J.C. | LAKESIDE
-  4:15- 5:00 PM
CYCLE 45
TONKA | CYCLE STUDIO
-  5:30-6:00 PM
CYCLE 30
JO ANNE | CYCLE STUDIO
-  5:00- 5:45 PM
MAT PILATES
LOUIS | DIBOLL
-  6:00- 7:00 PM
YOGA
LOUIS | DIBOLL
-  6:30-7:30 PM
BODYPUMP™
J.C. | LAKESIDE

**INTERESTED
IN TEACHING
GROUP EXERCISE?**

EMAIL
FITNESS@TULANE.
EDU FOR MORE
INFO!

TUESDAY

-  6:15-7:15 AM
CYCLE 60
MICHELE | CYCLE STUDIO
-  8:30-9:30 AM
BODYPUMP™
J.C. | LAKESIDE
-  12:00-12:45 PM
PILATES/BARRE FUSION
BECCA | DIBOLL
-  4:15-5:00 PM
CYCLE 45
TONKA | CYCLE STUDIO
-  4:30-5:15 PM
HIIT/STRENGTH 45
OLIVIA | LAKESIDE
-  5:00-6:00 PM
POWER FLOW YOGA
GAVIN | DIBOLL
-  6:30-7:30 PM
VINYASA FLOW
REAGAN | DIBOLL

-  STRENGTH
-  MIND/BODY
-  BARRE
-  DANCE
-  INDOOR CYCLING
-  HIGH INTENSITY






WEDNESDAY

-  6:15-7:15 AM
BODYPUMP™
J.C. | LAKESIDE
-  12:15-1:15 PM
BARRE
ABIGAIL | DIBOLL
-  4:15-5:00 PM
CYCLE 45
TONKA | CYCLE STUDIO
-  5:00-5:45 PM
MAT PILATES
LOUIS | DIBOLL
-  6:00-7:00 PM
YOGA
LOUIS | DIBOLL
-  6:30-7:15 PM
HIIT 45
MELISSA | LAKESIDE

**FOLLOW US
ON INSTAGRAM!**

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



THURSDAY

-  4:15-5:00 PM
YOGA 45
TONKA | DIBOLL
-  4:30-5:15 PM
HIIT/STRENGTH 45
OLIVIA | LAKESIDE
-  5:15-6:15 PM
BARRE
JO ANNE | DIBOLL
-  5:30-6:00 PM
CYCLE 30
LAY | CYCLE STUDIO
-  6:30-7:30 PM
ZUMBA
MARK | LAKESIDE

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




FRIDAY

-  6:15-7:15 AM | BODYPUMP™
J.C. | LAKESIDE
-  8:00-8:45 AM | STRENGTH 45
KAM | LAKESIDE
-  12:00-12:45 PM | BODYCOMBAT™
Express | J.C. | LAKESIDE
-  3:30-4:30 PM | BARRE
ABIGAIL | DIBOLL
-  4:15-5:00 PM | CYCLE 45
TONKA | CYCLE STUDIO

SATURDAY

-  9-10 AM | LOWER BODY FOCUS
MELISSA | LAKESIDE
-  9:00-10:00 AM | RPM™
TIM | CYCLE STUDIO
-  10:00-11:00 AM | YOGA
TONKA | DIBOLL
-  11:15-12:00 PM | STRENGTH 45
KAM | LAKESIDE
-  12:30-1:30 PM | GRIT™
KAM | LAKESIDE

SUNDAY

-  9-10 AM | UPPER BODY FOCUS
MELISSA | LAKESIDE
-  11:00-12:00 PM | BODYPUMP™
J.C. | LAKESIDE
-  11:00-12:00 PM | YOGA
TONKA | DIBOLL
-  4:00-5:00 PM | BARRE
ABIGAIL | DIBOLL
-  6:00-7:00 PM | VINYASA YOGA
MIA | DIBOLL
-  6:00-7:00 PM | ZUMBA
MARK | LAKESIDE

SUMMER BUILDING HOURS

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

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.

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.

► **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 15 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!

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

