


























SUMMER JULY 20TH-AUGUST 1ST | GROUP EXERCISE SCHEDULE


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 6:15-7:15 AM SUNRISE YOGA BECCA F. DIBOLL	 6:15-7:15 AM CYCLE 60 MICHELE CYCLE STUDIO	 6:15-7:00 AM CYCLE 45 LEIGH CYCLE STUDIO	 6:15-7:00 AM CYCLE 45 JO ANNE CYCLE STUDIO	 6:15-7:00 AM CYCLE 45 LEIGH CYCLE STUDIO
 8:15-8:45 AM GRIT KAM LAKESIDE	 9:00-10:00 AM BODYPUMP MARIA LAKESIDE	 8:15-8:45 AM GRIT KAM LAKESIDE	 11:00-11:45 PM BARRE SCULPT CANDIS DIBOLL	
 12:00-12:45 PM CYCLE 45 MICHELE CYCLE STUDIO	 12:00-12:45 PM BARRE/PILATES FUSION BECCA DIBOLL	 12:00-1:00 PM POWER FLOW GAVIN DIBOLL	 6:00-6:45 PM CYCLE RPM ELLIE CYCLE STUDIO	
 5:00- 5:45 PM MAT PILATES LOUIS DIBOLL	 5:00-6:00 PM ZUMBA SHAYRA RIVERSIDE	 5:00-5:45 PM MAT PILATES LOUIS DIBOLL	 6:30-7:30 PM POWER YOGA ELLA DIBOLL	
 6:00- 7:00 PM YOGA LOUIS DIBOLL	 5:30-6:30 PM BARRE JO ANNE DIBOLL	 6:30-7:30 PM HIIT 45 MELISSA LAKESIDE	 6:30-8:00 PM ZUMBA MARK RIVERSIDE	
 6:30-7:30 PM BODYPUMP MELISSA LAKESIDE	 6:00-6:45 PM CYCLE RPM ELLIE CYCLE STUDIO			
	 6:45-7:45 PM VINYASA FLOW REAGAN DIBOLL			

SATURDAY

 9:30-10:30 AM
POWER CIRCUIT
MELISSA | LAKESIDE


SUNDAY


 9:00-9:30 AM
GRIT
KAM | LAKESIDE


 9:00-9:45 AM
CYCLE 45
LEIGH | CYCLE STUDIO

 10:00-11:00 AM
POWER FLOW
GAVIN | DIBOLL

 5:30-6:30 PM
POWER YOGA
MIA | DIBOLL

 6:00-7:30 PM
ZUMBA
MARK | LAKESIDE

 6:45-7:45 PM
POWER YOGA
ELLA | DIBOLL


GROUP EX TIP: STAY HYDRATED!
 DRINK PLENTY OF WATER BEFORE AND AFTER EXERCISE. BE SURE TO BRING YOUR WATER BOTTLE TO CLASS.

INTERESTED IN TEACHING GROUP EXERCISE?


 EMAIL
 FITNESS@TULANE.EDU FOR MORE INFO!

FOLLOW US ON INSTAGRAM!
 @TULANECAMPUSREC
 FOR MEMBER SPOTLIGHTS, SPECIAL EVENTS, AND MORE.

MODIFIED HOURS

May 10th-27th	No Group Exercise Classes
May 17th-18th	<i>Reily Commencement Closure</i>
May 20th-27th	Reily Maintenance Closure
July 4th	Closed <i>No Group Exercise Classes</i>

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



BUILDING HOURS

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

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



**STAY
UP-TO-DATE
ON CLASSES:**
SIGN UP FOR THE
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