

MON, JUNE 8 - SUN, AUGUST 2 | SUMMER 2026 GROUP EXERCISE

MONDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
8:00-9:00 AM YOGALATES BECCA F. DIBOLL
12:00-12:45 PM BODYPUMP EXPRESS J.C. LAKESIDE
12:00-12:45 PM SLOW FLOW YOGA KEVA VICTORIA M. DIBOLL
4:00-4:45 PM BARRE-PILATES FUSION BECCA F. DIBOLL
5:00-6:00 PM STEP AEROBICS NEW! DELLA T. LAKESIDE
5:00-6:00 PM BARRE JO ANNE K. RIVERSIDE
5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL
6:00-7:00 PM YOGA LOUIS K. DIBOLL
6:30-7:30 PM BODYPUMP™ J.C. LAKESIDE

TUESDAY
6:15-7:15 AM CYCLE 60 MICHELE H. CYCLE STUDIO
8:30-9:30 AM BODYPUMP™ J.C. LAKESIDE
12:00-12:45 PM BODYPUMP™ EXPRESS MARIA V. RIVERSIDE
4:00-4:45 PM POWER YOGA ALYSSA S. DIBOLL
5:00-6:00 PM ADULT BALLET BASICS ALYSSA S. DIBOLL
5:15-6:00 PM ABS, BUNS, THIGHS BECCA F. LAKESIDE
6:30-7:30 PM VINYASA FLOW REAGAN C. DIBOLL
6:30-7:30 PM BODYPUMP™ MELISSA L. LAKESIDE

WEDNESDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
12:00-12:45 PM MAT PILATES BECCA F. DIBOLL
4:00-5:00 PM TABATA DELLA T. LAKESIDE
5:00-6:00 PM BARRE JO ANNE K. RIVERSIDE
5:00-5:45 PM MAT PILATES LOUIS K. DIBOLL
5:30-6:30 PM BODYPUMP™ BECS D. LAKESIDE
6:00-7:00 PM YOGA LOUIS K. DIBOLL

THURSDAY
8:30-9:30 AM BODYPUMP™ MARIA V. LAKESIDE
5:00-5:45 PM CORE 45 NEW! BECS D. LAKESIDE
6:30-7:30 PM ZUMBA MARK M. LAKESIDE
6:30-7:30 PM VINYASA FLOW REAGAN C. DIBOLL

SATURDAY
9:00-10:00 AM RPM™ TIM D. CYCLE STUDIO

SUNDAY
11:00-12:00 PM BODYPUMP™ J.C. LAKESIDE
4:30-5:30 PM BODYPUMP™ MELISSA L. LAKESIDE
6:00-7:00 PM ZUMBA MARK M. LAKESIDE
6:30-7:30 PM NEW! CAPOEIRA JULIE B. CBCAC DIBOLL


FRIDAY
6:15-7:15 AM BODYPUMP™ J.C. LAKESIDE
12:00-12:45 PM BODYCOMBAT™ EXP J.C. LAKESIDE
5:15-6:00 PM *BEGINS JULY 6TH SUNSET SOUNDBATH ADELAIDE K. DIBOLL

CLASS TIMES AND DATES ARE SUBJECT TO CHANGE. CHECK OUR WEBSITE FOR UPDATES!

INTERESTED IN TEACHING GROUP EXERCISE?

EMAIL FITNESS@TULANE.EDU FOR MORE INFO!

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




FOLLOW US ON INSTAGRAM!

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

ALL CLASSES ARE INCLUDED W/ MEMBERSHIP!

CREATE A FREE ACCOUNT TO SIGN UP FOR CLASSES THROUGH [IMLEAGUES.COM/TULANE](https://imleagues.com/tulane)

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



SUMMER REILY CENTER 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: These dynamic weight training classes are 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.

HIIT 45/ TABATA/ STRENGTH 45: A fast-paced, 45-minute strength and cardio 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.

CORE 45: Focus on strengthening abdominal, chest, and back muscles to support a healthy posture, increase stability and promote balance. Take this 45-minute class on its own or pair it with another class.

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.

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 SCULPT, YOGA SCULPT, HIIT/BARRE FUSION: These dynamic classes combine 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 and Yoga exercises to sculpt and tone and bursts of high-energy cardio to elevate your heart rate.

ABS, BUNS, & THIGHS: Primarily a bodyweight workout, this class features exercises to target the lower abs, upper abs, obliques, thighs and glutes. Express class is 45-minutes.

CAPOEIRA: Capoeira is a unique martial art that incorporates martial arts with acrobatics in dance-like movements. You will gain strength and agility while learning a martial art with deep historical roots. Open to all levels.

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.

▶ **Gentle/Slow 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.

▶ **Vinyasa Flow:** Connect your mind and body by linking breath to pose as you transition through sequences.

▶ **Power Hour (Strong Yoga/Power Flow):** 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.

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.

SUNSET SOUND BATH: Join Adelaide from House of Skye Yoga for a healing and relaxing sound bath session. Listen to the frequencies of crystal sound bowls as you prepare for rest and mindfulness. Please enter the space as quietly as possible. Yoga blankets, blocks and mats will be provided in the Diboll Studio.

Cycle classes have a maximum of 16 riders. **Register in advance on [IMLeagues.com/tulane](https://www.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!

DANCE: Dance fitness classes are open to all ages and levels of experience. Levels of intensity are based on the style of dance. Enjoy a high-energy, full-body cardio workout set to invigorating rhythms and sounds.

ZUMBA®: Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

ADULT BALLET BASICS: All experience levels welcome! Enjoy moving your body and learning a wide range of ballet techniques and exercises.

STEP AEROBICS: Burn calories, build lower body-strength, and enhance your balance and coordination all at the same time. This low impact cardio class uses raised platforms provided in the Reily Studios.

