

Group Exercise Classes (November 2024)

MONDAY (5:00 AM - 8:00 PM)				WEDNESDAY (5:00 AM - 8:00 PM)				FRIDAY (5:00 AM - 7:00 PM)				
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor	
6:00 - 7:00 AM	Yin Yoga	Studio 3	Amy	6:00 - 7:00 AM	Yin Yoga	Studio 3	Amy	6:15 - 6:45 AM	Barre	Studio 1	Dawn	
7:15 - 7:45 AM	Cardio Boxing	Studio 3	Carol	6:15 - 6:45 AM	Pump	Studio 1	Dawn	7:00 - 7:30 AM	STRETCH	Studio 1	Dawn	
7:30 - 8:15 AM	Nia®	Studio 1	Sidney	7:00 - 7:30 AM	STRETCH	Studio 1	Dawn	7:30 - 8:15 AM	Vinyasa Yoga	Studio 3	Brooke L	
8:30 - 9:15 AM	Nia®	Studio 1	Sidney	7:45 - 8:30 AM	REFIT®	Studio 1	Tonya H	8:15 - 9:00 AM	Pump	Studio 1	Dawn	
9:00 - 9:45 AM	TRX®	Gym	LeAnn	8:30 - 9:30 AM	Hatha Flow Yoga	Studio 3	Carmen	8:30 - 9:15 AM	Nia®	Studio 3	Lynn	
9:30 - 10:15 AM	Pump	Studio 1	Dawn	8:45 - 9:30 AM	TRX®	Gym	Amy	9:00 - 9:45 AM	TRX®	Gym	Tanya	
9:30 - 10:00 AM	STRETCH	Studio 3	Allison	9:00 - 9:45 AM	Circuit	Studio 1	Dawn	9:15 - 9:45 AM	Step	Studio 1	Dawn	
10:00 - 10:45 AM	TRX®	Gym	LeAnn	9:45 - 10:30 AM	Mat Pilates PLUS	Studio 3	Amy	9:30 - 10:15 AM	Dance Fitness	Studio 3	Allision	
10:15 - 11:00 AM	Dance Fitness	Studio 3	Allison	10:00 - 10:45 AM	Zumba®	Studio 1	Denise	10:00 - 10:30 AM	STRETCH	Studio 1	Dawn	
10:30 - 11:00 AM	Step	Studio 1	Dawn	10:45 - 11:30 AM	Prenatal Yoga	Studio 3	Rhonda	10:30 - 11:00 AM	Functional Abs	Studio 3	Sydney	
11:15 - 11:45 AM	Functional Abs	Studio 3	Allison	11:00 - 11:30 AM	Functional Abs	Studio 1	Dawn	10:35 - 11:20 AM	Strength to Stretch	Studio 1	Dawn	
11:15 - 11:45 AM	L.I.I.T Workout	Studio 1	Dawn	11:30 AM - 12:15 PM	Fit after Baby	Gym	Erin	11:15 AM - 12:30 PM	Relaxation Yoga Nidra	Studio 3	Jennifer	
11:30 AM - 12:15 PM	Fit after Baby	Gym	Erin	11:45 AM - 12:30 PM	Mat Pilates	Studio 3	Carmen	11:30 AM - 12:00 PM	Fab @ 60+	Studio 1	Dawn	
12:00 - 1:00 PM	Pump	Studio 1	Tanya	12:00 - 12:30 PM	Cardio BOXING	Gym	Carol	12:00 - 12:45 PM	TRX®	Gym	LeAnn	
12:15 - 1:00 PM	Indoor Cycling	Studio 2	Kara	12:00 - 1:00 PM	Pump	Studio 1	Tanya	12:15 - 1:00 PM	Barre	Studio 1	Kara	
12:15 - 1:15 PM	Vinyasa Yoga	Studio 3	Rhonda	12:15 - 1:00 PM	Indoor Cycling	Studio 2	Kara	SATURDAY (7:30 AM - 2:00 PM)				
4:30 - 5:15 PM	Zumba®	Studio 1	Jeannette	1:15 - 2:00 PM	Fab @ 60+	Studio 1	Dawn	Time	Class	Location	Instructor	
5:15 - 6:00 PM	Prenatal Fitness	Gym	Rhonda	5:15 - 6:15 PM	Hatha Flow Yoga	Studio 3	Alexandra	7:45 - 8:30 AM	Circuit	Studio 1	Valerie	
5:30 - 6:15 PM	REFIT®	Studio 1	Tonya H	5:15 - 6:00 PM	Prenatal Fitness	Gym	Rhonda	8:30 - 9:15 AM	TRX®	Gym	Tonya H	
5:30 - 6:15 PM	STRETCH	Studio 3	Allison	5:30 - 6:15 PM	REFIT®	Studio 1	Tonya H	8:45 - 9:30 AM	Zumba®	Studio 1	Jeannette	
6:30 - 7:15 PM	Pump	Studio 1	Allison	6:00 - 6:45 PM	TRX®	Gym	Kalyn	9:45 - 10:45 AM	Pump	Studio 1	Allison	
TUESDAY (5:00 AM - 8:00 PM)				THURSDAY (5:00 AM - 8:00 PM)				*10:00 - 11:00 AM	Chair Yoga (*Starts 11/9)	Studio 3	Donna	
Time	Class	Location	Instructor	Time	Class	Location	Instructor	11:00 - 11:45 AM	Dance Fitness	Studio 1	Allison	
5:30 - 6:15 AM	Circuit	Studio 1	Valerie	5:30 - 6:15 AM	Circuit	Studio 1	Valerie	*11:15 AM - 12:15 PM	Chair Yoga (*Starts 11/9)	Studio 3	Donna	
6:00 - 6:45 AM	TRX®	Gym	Amy	6:00 - 6:45 AM	TRX®	Gym	Amy	SUNDAY (11:00 AM - 4:00 PM)				
7:00 - 7:45 AM	TRX®	Gym	Amy	7:30 - 8:30 AM	Gentle Yoga	Studio 3	Michelle	Time	Class	Location	Instructor	
7:30 - 8:30 AM	Gentle Yoga	Studio 3	Michelle	7:45 - 8:30 AM	ZUMBA GOLD®	Studio 1	Denise	*11:15 AM - 12:15 PM	Relaxation Yoga Nidra (*11/10)	Studio 3	Brooke L	
7:45 - 8:30 AM	ZUMBA GOLD®	Studio 1	Denise	8:45 - 9:30 AM	Power Yoga	Studio 1	Rhonda	11:30 AM - 12:15 PM	TRX®	Gym	Kalyn	
8:45 - 9:30 AM	Mat Pilates PLUS	Studio 1	Amy	8:45 - 9:45 AM	Vinyasa Yoga	Studio 3	Beth	12:30 - 1:15 PM	TRX®	Gym	Kalyn	
8:45 - 9:45 AM	Vinyasa Yoga	Studio 3	Beth	9:45 - 10:30 AM	TRX®	Gym	Michelle	1:00 - 1:45 PM	Power Yoga	Studio 3	Lynn	
9:00 - 10:00 AM	TRX® PLUS	Gym	Tanya	9:45 - 10:30 AM	Functional Abs	Studio 1	Rhonda	2:00 - 2:45 PM	Nia®	Studio 1	Lynn	
9:45 - 10:30 AM	Barre	Studio 1	Allison	10:00 - 10:45 AM	Dance Fitness	Studio 3	Allison	updated 11/1/2024				
10:00 - 10:30 AM	Functional Abs	Studio 3	Michelle	10:00 - 10:45 AM	Indoor Cycling	Studio 2	Beth					
10:00 - 10:45 AM	Indoor Cycling	Studio 2	Beth	10:45 - 11:15 AM	Strength and Balance	Studio 1	Michelle					
10:45 - 11:15 AM	Strength and Balance	Studio 1	Michelle	11:00 - 11:45 AM	Mat Pilates Basics	Studio 3	Tonya H					
11:00 - 11:45 AM	Mat Pilates Basics	Studio 3	Tonya H	11:30 - 12:00 AM	Strength and Balance	Studio 1	Michelle					
11:30 - 12:00 AM	Strength and Balance	Studio 1	Michelle	12:15 - 1:15 PM	Chair Yoga	Studio 3	Donna					
12:15 - 1:15 PM	Chair Yoga	Studio 3	Donna	12:15 - 1:00 PM	Pump	Studio 1	Allison					
12:15 - 1:00 PM	Pump	Studio 1	Allison	1:15 - 2:15 PM	Tai Chi Level 2	Studio 1	Beth					
1:15 - 2:15 PM	Tai Chi Level 1	Studio 1	Beth	1:30 - 2:30 PM	Yin Yoga	Studio 3	Amy					
1:30 - 2:30 PM	Yin Yoga	Studio 3	Amy	4:30 - 5:15 PM	TRX®	Gym	LeAnn					
4:30 - 5:30 PM	Vinyasa Yoga	Studio 3	Brooke L	4:30 - 5:30 PM	Vinyasa Yoga	Studio 3	Brooke L					
5:30 - 6:15 PM	Barre	Studio 1	Rachel	5:30 - 6:15 PM	Barre	Studio 1	Rachel					
5:45 - 6:30 PM	Indoor Cycling	Studio 2	Shana	5:30 - 6:15 PM	TRX®	Gym	LeAnn					
5:45 - 6:30 PM	TRX®	Gym	Kalyn	5:45 - 6:30 PM	Indoor Cycling	Studio 2	Shana					
6:30 - 7:15 PM	SHiNE Dance Fitness™	Studio 1	Brittany	6:30 - 7:15 PM	SHiNE Dance Fitness™	Studio 1	Brittany					



Sign up for Classes on
Mindbody
Call (225) 924-8300 for more information.

Aquatic Exercise Classes (November 2024)

Monday (5:00 AM - 8:00 PM)				Tuesday (5:00 AM - 8:00 PM)				Wednesday (5:00 AM - 8:00 PM)			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:30 - 8:10 AM	H ₂ O Arthritis	Therapy Pool	Tonya	7:30 - 8:10 AM	H ₂ O Arthritis	Therapy Pool	Tonya	(Please see Mindbody for Wednesday Pop-Up! Aquatic Classes)			
8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison					Sign up for classes on Mindbody			
12:20 - 1:05 PM	H ₂ O Arthritis	Therapy Pool	Jennifer								
5:30 - 6:15 PM	Aqua Fit	Lap Pool	Jeannette	5:30 - 6:15 PM	H ₂ O Arthritis	Therapy Pool	Jennifer	5:30 - 6:15 PM	Aqua Fit	Lap Pool	Jeannette
Thursday (5:00 AM - 8:00 PM)				Friday (5:00 AM - 7:00 PM)				Saturday (7:30 AM - 2:00 PM)			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:30 - 8:10 AM	H ₂ O Arthritis	Therapy Pool	Tonya	7:30 - 8:10 AM	H ₂ O Arthritis	Therapy Pool	Allison	9:45 - 10:30 AM	Aqua Fit	Lap Pool	Jeannette
8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison	8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison	Sunday (11:00 AM - 4:00 PM)			
12:20 - 1:05 PM	Aqua Strength is Balance	Therapy Pool	Michelle	12:45 - 1:30 PM	H ₂ O Arthritis	Therapy Pool	Jennifer				
5:30 - 6:15 PM	H ₂ O Arthritis	Therapy Pool	Jennifer					NO AQUA CLASSES			

updated 10/30/2024

Class Description

Aqua Fit (BEG/INT/ADV)

Combines cardiovascular and strength training in water.
Class size is limited to 30 participants.

Aqua Strength is Balance (BEG/INT/ADV)

This shallow-water functional fitness class focuses on improving mobility, strength and endurance using your body weight, aquatic dumbbells, pool noodles and more.
Class size is limited to 25 participants.

H₂O Arthritis (BEG/INT)

This warm-water class uses the Arthritis Foundation guidelines and format.
Class size is limited to 25 participants.

Class Descriptions (November 2024)

Barre (INT/ADV)

Effectively strengthens, tones and balances the entire body using toning and resistance exercises followed by stretching to create long, lean muscles.

Cardio Boxing (BEG/INT/ADV) 30-minutes

A beginner-friendly, power-packed class combining a series of punching and kicking intervals using the heavy bag, boxing gloves & mitts and more.

Chair Yoga (BEG/INT)

Using a chair for sitting or support, this gentle yoga class provides all ages and body types with the unique opportunity to cultivate better breathing skills, improve flexibility and posture as well as reduce stress.

Circuit (INT/ADV) NEW

Gives you an "all-in-one" fast-paced workout, incorporating interval training, cardio and strength exercises using a variety of equipment.

Dance Fitness (BEG/INT/ADV)

This exciting class combines dance choreography with fitness exercises for a total body workout that will help you burn calories while having fun!

Fab @ 60+ (BEG)

Safely challenges women age 60+ with 15 minutes of low-impact exercise and 15 minutes of balance and functional strength exercises.

Fit after Baby (POST/BEG/INT)

New moms and babies, join us for a restorative workout with a focus on functional movement and managing activities of daily living with your baby. ***Medical Clearance is required.**

Functional Abs (BEG/INT/ADV)

Functional exercises performed seated, standing and on the floor to constantly challenge and engage your core.

Gentle Yoga (BEG/INT/ADV)

Learn alignment principles that improve posture and stimulate relief from chronic pain and injury. This class modifies simple movements coordinated with breathing and other techniques.

Hatha Flow Yoga (BEG/INT/ADV)

Strengthen your body, create mindfulness and find inner peace by practicing yoga poses in unison with pranayama (breath). Incorporates beginning poses, vinyasas and stretching. Appropriate for all levels; modifications are made during practice.

Indoor Cycling (INT/ADV)

Interval training and recovery. Our special recipe of speed work, endurance and interval cycling. Class size is limited to 14 participants. **Please arrive 5-10 minutes early for your first class bike set up.** Please bring water and a towel.

L.I.I.T Workout (BEG/INT/ADV)

A low intensity interval training class mixing low impact exercise intervals with generous recovery periods, executing each rep using perfect form.

Mat Pilates (INT/ADV)

Improve core control, coordination, standing alignment and balance.

Mat Pilates PLUS (INT/ADV)

Exercises are performed using a Tabata timer.

Mat Pilates Basics (BEG)

Introduction to the basic principles of Pilates mat-work. Learn the essential exercises to help to strengthen your core starting from the ground up.

Nia® (BEG/INT/ADV)

Neuromuscular Integrated Action (Nia®) is a complete body, mind and spirit fitness exercise that integrates healing, martial and dance arts.

Power Yoga (INT/ADV)

Ashtanga poses build strength, endurance and flexibility while relieving stress.

Prenatal Fitness (PRE/BEG/INT)

Prenatal strength training for birth using contraction-based interval training, corrective exercise and specific core and pelvic floor exercises.

***Medical Clearance is required.**

Prenatal Yoga (PRE/BEG/INT) NEW

A yoga class designed for the special needs of prenatal students. Class includes pranayama (breath work), asanas (postures), chanting (vocalizing), meditation (mindfulness) and practices **to connect mother to baby.** Asanas and stretches are modified based on the needs of the prenatal student in the different trimesters of pregnancy.

Pump (INT/ADV)

Intense strength training focusing on advanced techniques to maximize your strength.

REFIT® (BEG/INT/ADV)

Combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into this fun workout.

Relaxation Yoga Nidra (BEG/INT/ADV)

This class uses a unique variety and combination of poses to provide a rejuvenating mind/body experience. Each class includes breath work and Yoga Nidra meditation. Regular practice reduces chronic pain and lowers stress levels.

SHiNE Dance Fitness® (BEG/INT/ADV)

Combines cardio and toning for a well-rounded, whole-body H.I.I.T workout for all fitness levels. The SHiNE dance floor does not discriminate.

Step (INT/ADV) 30-minutes

A total body, high-intensity cardio workout with intermediate and advanced step choreography.

Strength and Balance (BEG) 30-minutes

Improve posture and movement with exercises designed for women age 60+.

Strength to Stretch (BEG/INT/ADV)

A weight lifting class that focuses on learning proper form and technique followed by flexibility exercises.

STRETCH (BEG/INT/ADV)

Learn to gradually and gently lengthen muscles to increase range of motion and flexibility. Proper stretching techniques learned in this class can result in more fluid movement and carry over into other classes.

Tai Chi Level 1 (BEG/INT/ADV)

Learn the basics of Tai Chi and experience well-being through this low-impact, slow-motion exercise focusing on balance, attention to detail and weight shifting.

Tai Chi Level 2 (INT/ADV)

In this advanced practice, you will continue to learn to perfect the Chinese meditative art of Tai chi. You will be guided through a series of motions to develop your strength and grace. (Tai Chi Level 1 is a recommended prerequisite.)

TRX® (INT/ADV)

Suspension training bodyweight exercises simultaneously develop strength, balance, flexibility and core stability. TRX training leverages gravity and your body weight to complete hundreds of functional exercises.

TRX® PLUS (ADV) 60-minutes

Some exercises will be performed on the ground using the TRX Suspension Trainer.

Vinyasa Yoga (INT/ADV)

Expect to warm and open your body through a variety of yoga postures linked to the mindful rhythm of breath. Modifications will be given so students can work within their own ability.

Yin Yoga (BEG/INT/ADV)

This class brings the stretch into deeper connective tissue. Stimulating deeper tissue like fascia is meant to help improve tissue elasticity along with joint mobility. It calms and balances the mind and body, and reduces stress and anxiety. Postures are held anywhere from 3 - 5 minutes primarily on the ground.

Zumba® (BEG/INT/ADV)

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesomeness each time you leave class!

Zumba® Gold (BEG/INT)

The design of this class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and strong.

updated 10/30/2024

Exercise Class Legend

(BEG) **Beginner.** Classes are appropriate for participation with low fitness levels.
 (INT) **Intermediate.** Classes require some knowledge of class terminology and phrases. Appropriate for participants with moderate fitness levels.
 (ADV) **Advanced.** Classes are appropriate for participants with high fitness levels.
 (PRE) **Prenatal.** Classes are appropriate for participants who are currently pregnant.
 (POST) **Postnatal.** Classes are appropriate for participants who are postpartum.

November 2024 Group Exercise Classes (Fitness Levels)

Beginner: Classes are appropriate for participants with low fitness levels.
 Intermediate: Classes require some knowledge of class terminology and phrases.
 Appropriate for participants with moderate fitness levels.
 Advanced: Classes are appropriate for participants with high fitness levels.
 Prenatal: Classes are appropriate for participants who are currently pregnant.
 Postnatal: Classes are appropriate for participants who are postpartum.

Beginner	Beginner/ Intermediate/Advanced	Intermediate/ Advanced
Fab @ 60 +	Aqua Fit	Barre
*Mat Pilates Basics	Cardio BOXING	Circuit (NEW)
Strength and Balance	Dance Fitness	Indoor Cycling (PLEASE ARRIVE 5-10 MINUTES EARLY FOR YOUR FIRST BIKE SET UP.)
	Functional Abs	
Beginner/Intermediate	Gentle Yoga	Mat Pilates (Prerequisite - *Mat Pilates Basics)
Aqua Strength is Balance	Hatha Flow Yoga	Mat Pilates PLUS (Prerequisite - *Mat Pilates Basics)
Chair Yoga	L.I.I.T Workout	Power Yoga
H ₂ O Arthritis	Nia®	Pump
Zumba® Gold	REFIT®	Step
	Relaxation Yoga Nidra®	Tai Chi 2 (Prerequisite - *Tai Chi 1)
Pre/Postnatal	STRETCH	*TRX®
Fit after Baby	Strength to Stretch	Vinyasa Yoga
Prenatal Fitness	SHiNE Dance Fitness®	
Prenatal Yoga (NEW)	*Tai Chi 1	Advanced
	Yin Yoga	TRX® PLUS (Prerequisite - *TRX®)
	Zumba®	