

## Group Exercise Classes (January 2025)

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

updated 12/30/2024



Sign up for Classes on  
**Mindbody**

Call (225) 924-8300 for more information.

# Class Descriptions (January 2025)

## 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)

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 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.

## Mat Pilates (INT/ADV)

Improve core control, coordination, standing alignment and balance.

## Mat Pilates PLUS (INT/ADV)

This class uses timed interval sets to perform Mat Pilates exercises.

## 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® Basics (BEG) 30-minutes (NEW)

Ready to learn how to improve your strength, balance, flexibility and core stability at a slower pace? This beginner level class teaches TRX Foundational body weight exercises using the TRX Suspension Trainer.

## 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

In this advanced class, a variety of 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 your 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 and strong.

### 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.

# Aquatic Exercise Classes (January 2025)

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 <sub>2</sub> O Arthritis	Therapy Pool	Allison	7:30 - 8:10 AM	H <sub>2</sub> O Arthritis	Therapy Pool	Allison	7:30 - 8:10 AM	H <sub>2</sub> O Arthritis	Therapy Pool	Allison
8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison	Sign up for classes on Mindbody				8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison
12:20 - 1:05 PM	H <sub>2</sub> O Arthritis	Therapy Pool	Jennifer	12:20 - 1:05 PM	Aqua Strength is Balance	Therapy Pool	Michelle				
5:30 - 6:15 PM	Aqua Fit	Lap Pool	Jeannette	5:30 - 6:15 PM	H <sub>2</sub> 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 <sub>2</sub> O Arthritis	Therapy Pool	Allison	7:30 - 8:10 AM	H <sub>2</sub> 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 <sub>2</sub> O Arthritis	Therapy Pool	Jennifer	Time	Class	Location	Instructor
5:30 - 6:15 PM	H <sub>2</sub> O Arthritis	Therapy Pool	Jennifer					NO AQUA CLASSES			

updated 12/30/2024

## 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.

### H<sub>2</sub>O Arthritis (BEG/INT)

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