

Virtual Exercise Classes (January 2021)

Monday			Wednesday			Friday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
9:00 - 9:45 AM	Virtual Hatha Flow Yoga	Jillian	9:00 - 9:45 AM	Virtual STRETCH	Jillian	9:15 - 10:00 AM	Virtual Breathe & Connect	Jillian
			10:00 - 10:45 AM	Virtual PiYo®	Kelli			
Tuesday			Thursday			Saturday		
Time	Class	Instructor	Time	Class	Instructor	Time	Class	Instructor
9:00 - 9:45 AM	Intro to Kettlebell	Sydney	9:00 - 9:45 AM	Virtual Power Yoga	Lynn	NO VIRTUAL CLASSES		
10:15 - 11:00 AM	Virtual North Star Yoga	Beth	10:00 - 10:45 AM	Virtual Cardio Kickboxing	Allison	Sunday	12 noon - 4:00 PM	
			12:00 - 12:45 PM	Virtual Vinyasa Yoga	Alison	Time	Class	Instructor
						NO VIRTUAL CLASSES		

Sign up for Classes on Mindbody

Call 225-924-8300 for more information.

Class Descriptions

Breathe & Connect (BEG/INT/ADV)

Practice breath work and meditation to come into the center of your being followed by a guided meditation to restore the body and clear mental clutter.

Cardio Kickboxing (BEG/INT/ADV)

This class combines a mix of cardio options, including traditional boxing and kickboxing moves with core training.

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.

Intro to Kettlebell (BEG/INT/ADV)

This introductory class teaches the basics of kettlebell training, safety techniques, body positioning, alignment and appropriate starting weights.

North Star Yoga (INT/ADV)

A calm practice of connected yoga postures designed to train attention and awareness to your inner strength and North Star within.

PiYo® (INT/ADV)

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Delivers a fat-burning, low-impact workout that leaves your body looking long, lean and defined.

Power Yoga (INT/ADV)

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

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.

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.

Exercise Class Legend

(BEG) **Beginner.** Classes are appropriate for participants with low fitness levels.
 (INT) **Intermediate.** Classes require some knowledge of class terminology and phases. Appropriate for participants with moderate fitness levels.
 (ADV) **Advanced.** Classes are appropriate for participants with high fitness levels.