

**Group Exercise Classes** January, February, March

▲ Beginner ■ Intermediate ● Advanced ✦ Prenatal \* Bring a Mat ★ 30-minutes

Monday			Wednesday			Friday		
5:15-6:00 AM	Cycle 360 ■●✦	Studio 2	5:15-6:00 AM	Step ■●	Studio 1	5:15-6:00 AM	Pump ■●	Studio 1
7:00-7:45 AM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool	7:00-7:45 AM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool	8:30-9:00 AM	STRONG 30™ ■●★	Studio 3
8:00-8:55 AM	Cardio Kickboxing ▲■●	Studio 3	8:00-8:55 AM	Nia® ▲■●	Studio 1	8:00-8:55 AM	Nia® ▲■●	Studio 1
8:00-8:55 AM	Nia® ▲■●	Studio 1	8:00-8:55 AM	Cardio Kickboxing ▲■●	Studio 3	8:30-9:15 AM	Aqua Fit ✦▲■●	Pool
8:30-9:15 AM	Aqua Fit ✦▲■●	Pool	8:30-9:15 AM	Aqua Fit ✦▲■●	Pool	9:00-9:45 AM	Pump ■●	Studio 1
9:00-9:40 AM	Step ■●	Studio 1	9:00-9:45 AM	H.I.I.T. the Step ■●	Studio 1	9:05-10:05 AM	Nia® ▲■●	Studio 3
9:00-10:00 AM	REV+FLOW by REFIT® ▲■●*	Studio 3	9:05-10:05 AM	Hatha Flow Yoga ✦▲■●*	Studio 3	9:45-10:30 AM	Step ■●	Studio 1
9:30-10:30 AM	Cycle 360 ■●✦	Studio 2	9:30-10:15 AM	Intro to Indoor Cycling ▲■	Studio 2	10:30-10:55 AM	Fab @ 50+ Cardio ▲■★	Studio 1
9:45-10:15 AM	Functional Abs ▲■●★	Studio 1	9:50-10:25 AM	Pump ■●	Studio 1	10:15-11:15 AM	Mat Pilates ▲■●*	Studio 3
10:00-10:40 AM	Club 55 H <sup>2</sup> O ▲■●	Pool	10:00-11:00 AM	Club 55 H <sup>2</sup> O ▲■●	Pool	11:00-11:55 AM	Strength to Stretch ▲■●	Studio 1
10:15-11:00 AM	Mat Pilates ▲■●*	Studio 3	10:15-11:15 AM	Mat Pilates ▲■●*	Studio 3	12:00-12:45 PM	Barre ■●	Studio 1
10:30-11:30 AM	Fab @ 50+ Circuit ▲■	Studio 1	10:30-11:00 AM	Fab @ 50+ Cardio ▲■★	Studio 1	12:00-1:00 PM	Vinyasa Yoga ■●*	Studio 3
10:45-11:15 AM	Aqua Tone ✦▲■●★	Pool	11:00-11:30 AM	Functional Abs ▲■●★	Studio 1	12:30-1:10 PM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool
11:00 AM-12:00 PM	Fit After Baby ▲■●	Fitness Floor	11:45 AM-12:45 PM	Chair Yoga ▲■	Studio 3	Saturday		
11:10-11:55 AM	Mat Pilates ▲■●*	Studio 3	12:00-12:45 PM	Barre ■●	Studio 1	8:00-8:45 AM	Indoor Cycling ■●	Studio 2
12:00-12:45 PM	Barre ■●	Studio 1	12:15-12:45 PM	Indoor Cycling ■●★	Studio 2	8:00-8:55 AM	Soul Grooves® ▲■●	Studio 1
12:05-1:05 PM	Vinyasa Yoga ■●*	Studio 3	12:30-1:10 PM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool	8:30-9:30 AM	Aqua Fit ✦▲■●	Pool
12:15-12:45 PM	Indoor Cycling ■●★	Studio 2	1:00-1:45 PM	Fab @ 60+ ▲	Studio 1	9:00-10:00 AM	Circuit ■●	Studio 1
12:30-1:10 PM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool	1:00-2:00 PM	REV+FLOW by REFIT® ▲■●*	Studio 3	9:00-10:00 AM	Power Yoga ■●*	Studio 3
1:15-2:45 PM	Svaroopa® Yoga Basics ▲■*	Studio 3	4:00-4:45 PM	Breathe & Connect ✦▲■*	Studio 3	9:15-10:00 AM	Aqua Pilates for Arthritis ▲■	Therapy Pool
4:00-5:00 PM	Nia® ▲■●	Studio 1	4:00-5:00 PM	Nia® ▲■●	Studio 1	10:15-11:00 AM	Cycle 360 ■●✦	Studio 2
5:15-5:45 PM	H.I.I.T. ■●★	Studio 1	5:15-6:15 PM	Power Yoga ■●*	Studio 3	10:15-11:15 AM	Zumba® Gold ▲■	Studio 1
5:15-6:15 PM	Slow Flow Yoga ▲■●*	Studio 3	5:30-6:25 PM	Body Fusion ▲■●	Studio 1	11:30 AM-12:30 PM	Chair Yoga ▲■	Studio 1
5:30-6:30 PM	Aqua Fit ✦▲■●	Pool	5:45-6:30 PM	Cycle 360 ■●✦	Studio 2	Sunday		
5:45-6:30 PM	Indoor Cycling ■●	Studio 2	6:30-7:45 PM	Svaroopa® Yoga Basics ▲■*	Studio 3	1:05-2:05 PM	Power Yoga ■●*	Studio 3
5:50-6:20 PM	Strength in 30 ■●★	Studio 1	Thursday			2:15-3:15 PM	Nia® ▲■●	Studio 1
6:30-7:30 PM	Zumba® ▲■●	Studio 1	5:15-6:00 AM	Indoor Cycling ■●	Studio 2	4:00-4:55 PM	Soul Grooves® ▲■●	Studio 1
Tuesday			5:30-6:15 AM	Mat Pilates ▲■●*	Studio 3			
5:15-6:00 AM	Indoor Cycling ■●	Studio 2	7:00-7:45 AM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool			
5:30-6:15 AM	Mat Pilates ▲■●*	Studio 3	7:45-8:45 AM	Morning Yoga ▲■●*	Studio 3			
7:45-8:45 AM	Morning Yoga ▲■●*	Studio 3	8:00-9:00 AM	Zumba® Gold ▲■	Studio 1			
8:00-9:00 AM	Zumba® Gold ▲■	Studio 1	8:30-9:15 AM	Cardiolates H <sup>2</sup> O ✦▲■●	Pool			
8:30-9:15 AM	Cardiolates H <sup>2</sup> O ✦▲■●	Pool	9:00-9:45 AM	Indoor Cycling ■●	Studio 2			
9:00-9:45 AM	Indoor Cycling ■●	Studio 2	9:00-10:00 AM	Power Yoga ■●*	Studio 3			
9:00-10:00 AM	Power Yoga ■●*	Studio 3	9:15-10:10 AM	PiYo® ■●*	Studio 1			
9:15-10:00 AM	PiYo® ■●*	Studio 1	10:15-10:45 AM	H.I.I.T. ■●★	Studio 1			
10:05-10:50 AM	Piloxing® ▲■●	Studio 1	10:15-11:15 AM	Functional Core Yoga ▲■●*	Studio 3			
10:15-11:00 AM	STRETCH ▲■●*	Studio 3	11:00-11:45 AM	Cycle 360 ■●✦	Studio 2			
11:00-11:55 AM	Strength and Balance ▲	Studio 1	11:00-11:55 AM	Strength and Balance ▲	Studio 1			
11:30 AM-12:30 PM	Gentle Yoga ▲■*	Studio 3	11:30 AM-12:20 PM	Gentle Yoga ▲■*	Studio 3			
12:00-1:00 PM	Pump ■●	Studio 1	12:00-1:00 PM	Pump ■●	Studio 1			
12:30-1:10 PM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool	12:30-1:10 PM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool			
1:15-2:15 PM	Tai Chi Level 2 ■●	Studio 1	12:45-1:15 PM	STRETCH ▲■●*	Studio 3			
2:15-3:15 PM	Tai Chi Level 1 ▲■●	Studio 1	1:15-2:15 PM	Tai Chi Level 2 ■●	Studio 1			
4:15-5:15 PM	Beginning & Prenatal Yoga ✦▲■*	Studio 3	2:15-3:15 PM	Tai Chi Level 1 ▲■●	Studio 1			
5:15-6:10 PM	Cardio Kickboxing ▲■●	Studio 1	5:30-6:00 PM	STRONG 30™ ■●★	Studio 1			
5:30-6:15 PM	Indoor Cycling ■●	Studio 2	5:30-6:15 PM	Breathe & Connect ✦▲■*	Studio 3			
5:30-6:30 PM	Fit for Birth ✦▲■	Fitness Floor	5:30-6:15 PM	Indoor Cycling ■●	Studio 2			
5:30-6:30 PM	Yoga Basics ✦▲■*	Studio 3	5:30-6:30 PM	Aqua Fit DEEP ▲■●	Pool			
5:45-6:45 PM	Aqua Fit ✦▲■●	Pool	5:30-6:30 PM	Fit for Birth ✦▲■	Fitness Floor			
6:15-7:00 PM	Aqua Pilates for Arthritis ▲■	Therapy Pool	6:05-7:05 PM	REFIT® ▲■●	Studio 1			
6:15-7:15 PM	REFIT® ▲■●	Studio 1	6:15-7:00 PM	H <sup>2</sup> O Arthritis ▲■	Therapy Pool			

**Small Group Classes**

12-Class Pass: Member \$216/Non-member \$300  
 Unlimited Month: Member \$135/Non-member \$185  
 Drop-In: Member \$25/Non-member \$30

Flow Motion™ and TRX® classes are no extra cost for fitness members but require signup.  
 Sign up via the Woman's Fitness App or at the Woman's Center for Wellness service desk.

**Flow Motion™**

Work out on the water using the Flow Motion Fitness Mat. Maximize your core strength, balance and flexibility all while having a blast.

**TRX® Suspension Training**

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. You can control how much you want to challenge yourself by adjusting your body position on each exercise.

**Pilates Allegro Reformer**

Get ready to stretch and sweat. Our instructors will provide guidance on the reformer carriage to ensure each workout session fits your individual needs and goals. Additional fee applies.

Call 225-924-8300 for more information or to schedule your sessions.

### Aqua Fit ♣▲■● M, Tu, W, F, Sa

Combines cardiovascular and strength training in the water.

### Aqua Fit DEEP ▲■● Th

Combines cardiovascular and strength training in deep/shallow water with or without flotation devices for a low impact, joint friendly total body workout.

### Aqua Pilates for Arthritis ▲■ Tu, Sa

Pilates exercises performed in warm water focused on breathing and proper form to increase range of motion.

### Aqua Tone ♣▲■●★ M

A toning class using a variety of aquatic equipment.

### Barre ■● M, W, F

Effectively strengthens, tones and balances the entire body using toning and resistance exercises followed by stretching to create long, lean muscle without bulk. Class size is limited to 15 participants.

### Beginning & Prenatal Yoga ♣▲■●\* Tu

This class focuses on basic yoga poses and breath with movement. Improve posture, endurance, flexibility and body alignment. Adaptable for beginners, those who are pregnant and those who want to enhance flexibility and mindfulness.

### Body Fusion ▲■● M, W

Strengthen your muscles and improve your stamina in this dynamic and fun class. Work most major muscle groups using an array of fitness equipment in this fusion of cardio and strength exercises.

### Breathe & Connect ♣▲■●\* W, Th

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 ▲■● M, Tu, W

Put on your boxing gloves! This class combines a mix of cardio options, including traditional boxing and kickboxing moves with core training.

### Cardiolates H<sup>2</sup>O ♣▲■● Tu, Th

Integrates aerobic conditioning exercises with Pilates movements to challenge your heart and core.

### Chair Yoga ▲■ W, Sa

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, balance and posture as well as reduce stress.

### Circuit ■● Sa

Gives you an "all-in-one" fast-paced workout, incorporating advanced choreography on the floor or the step, interval training, cardio and strength exercises using a variety of equipment.

### Club 55 H<sup>2</sup>O ▲■● M, W

Designed for women age 55+. Uses a variety of movements to improve cardiovascular conditioning, posture and balance.

### Cycle 360 ■● M, W, Th, Sa

Requires sign up through Woman's Fitness App

### Clip-in bike shoes not allowed.

This class combines the aerobic work of indoor cycling with OFF the bike strength and core work, allowing riders to get the best of three formats in a single class.

### Fab @ 50+ ▲■

### Circuit M, Cardio ★ W, F

Several formats for the needs of older women.

### Fab @ 60+ ▲ W

Safely challenges women age 60+ with 30 minutes of low-impact exercise and 15 minutes of balance and functional strength exercises.

### Fit After Baby ▲■● M

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. Babies will be held in a carrier or sling for the duration of the class.

### Fit for Birth ♣▲■ Tu, Th

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

### Functional Abs ▲■●★ M, W

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

### Functional Core Yoga ▲■●\* Th

This class aligns the mind, body and breath while exploring one particular body area or posture by tapping into body awareness to strengthen, stabilize or soften key functional core areas such as the pelvic floor, spine and glutes.

### Gentle Yoga ▲■\* Tu, Th

Learn alignment principles that improve posture and stimulate relief from chronic pain and injury. This class modifies simple movements coordinated with breathing and offers techniques to use in daily life.

### H<sup>2</sup>O Arthritis ▲■ M, Tu, W, Th, F

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

### Hatha Flow Yoga ♣▲■●\* W

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.

### H.I.I.T. ■●★ M, Th

This High Intensity Interval Training (H.I.I.T.) class breaks through your plateau by combining short bursts of high-intensity cardio with lower levels of strength and balance training.

### H.I.I.T. the Step ■● W

High Intensity Interval Training (H.I.I.T.) combined with challenging step choreography.

### Indoor Cycling ■● M, Tu, Th, Sa ★ M, W

Interval training and recovery. Our special recipe of speed work, endurance and interval cycling. Class size is limited to 17 participants. Please arrive 5-10 minutes early for your first class bike set up.

### Intro to Indoor Cycling ▲■ W

A 45-minute session where new or returning riders will learn and get comfortable with the basics of indoor cycling bike set up and technique.

### Mat Pilates ▲■●\* M, Tu, W, Th, F

Improve core control, coordination, standing alignment and balance.

### Morning Yoga ▲■●\* Tu, Th

Begin the day with this playful connection of yoga poses designed to help you find your best alignment.

### Nia® ▲■● M, W, F, F, Sn

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

### NEW Piloxing® ▲■● Tu

A non-stop, cardio fusion class of standing Pilates, boxing and dance that will push you past your limits for a powerful workout.

### PiYo® ■●\* Tu, Th

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 ■●\* Tu, W, Th, Sa, Sn

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

### Pump ■● Tu, W, Th, F

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

### REFIT® ▲■● Tu, Th

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.

### REV+FLOW by REFIT® ▲■●\* M, W

REV+FLOW by REFIT® is a high intensity, low impact workout designed for everyone. Although it is movement to music, this is not a cardio dance class. Movements are slower, easy-to-follow and highly modifiable whether higher or lower intensity is needed.

### Slow Flow Yoga ▲■●\* M

A slow-paced sequence of poses that links breath with movement. Slow flow gives attention to skillful alignment, deepening the stretch and stamina of each pose, and calming the body and mind.

### Soul Grooves® ▲■● Sa, Sn

Soul Grooves® is a cardio workout that involves varied choreographed dance routines and inspires people to get fit and feel healthier all while having fun.

### Step ■● M, W, F

Step choreography that includes turns, jumps and twists with directional and tempo changes.

### Strength and Balance ▲ Tu, Th

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

### Strength in 30 ■●★ M

This class combines heart-pumping music with resistance training exercises for 30 minutes of calorie-torching fun! This whole body workout emphasizes strength and endurance.

### Strength to Stretch ▲■● F

A 35-minute weightlifting class that focuses on learning proper form and techniques followed by 20 minutes of flexibility exercises.

### STRETCH ▲■●\* Tu, ★ Th

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.

### STRONG by Zumba® ■●★ Th, F

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. **STRONG 30™ packs a challenging total-body workout into 30 minutes.**

### Svaroop® Yoga Basics ▲■\* M, W

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



#### Fitness Hours

Monday-Thursday ..... 5:00 AM-9:00 PM  
Friday ..... 5:00 AM-8:00 PM  
Saturday ..... 7:30 AM-4:30 PM  
Sunday ..... 12:00 PM-5:00 PM

#### Playroom

Monday-Thursday ..... 8:00 AM-7:30 PM  
Friday ..... 8:00 AM-3:30 PM  
Saturday ..... 8:00 AM-12:00 PM  
Sunday ..... Closed

Find class schedules online at [womans.org/wcw](http://womans.org/wcw)

#### Exercise Class Legend

- ▲ **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.
- \* **Bring a Mat**
- ★ **30-minute Classes**
- 📱 **Woman's Fitness App**

#### Days indicate class locations:

Studio 1, Studio 2, Studio 3, Pool, Therapy Pool & Fitness Floor

#### Tai Chi Level 1 ▲■● Tu, Th

Generate new neuronal pathways as you learn the basics of Tai Chi and section 1 of the form. Visual, auditory and kinesthetic teaching is given on focused attention, balance and weight shifting. Take your time, finding ease in the practice.

#### Tai Chi Level 2 ■● Tu, Th

Tai Chi Level 1 prerequisite. Continue to learn and perfect this Chinese art, experiencing all 3 levels of the form. Participants are always encouraged toward a finely tuned mind/body consciousness and well being.

#### Vinyasa Yoga ■●\* M, F

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.

#### Yoga Basics ♣▲■\* Tu

Flow Yoga is an invitation to connect more deeply with yourself. Engage mentally and become familiar with your body as it moves through a series of poses. With less of an emphasis on working up a sweat, there is more opportunity for mindful movement and safer challenges. Focus on proper alignment and balancing energy.

#### Zumba® ▲■● M

A Latin-based class combining aerobic and fitness movements with easy-to-follow dance steps.

#### Zumba® Gold ▲■ Tu, Th, Sa

A slower, gentler form of Zumba®.