<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00-6:00 AM</td>
<td>Body Fusion</td>
<td>Studio 1</td>
</tr>
<tr>
<td>5:30-6:15 AM</td>
<td>Mat Pilates</td>
<td>Studio 3</td>
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<tr>
<td>6:00-7:00 AM</td>
<td>H2O Arthritis</td>
<td>Therapy Pool</td>
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<tr>
<td>7:00-8:00 AM</td>
<td>H2O Arthritis</td>
<td>Therapy Pool</td>
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<tr>
<td>8:00-9:00 AM</td>
<td>Cardio Kickboxing</td>
<td>Studio 3</td>
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<tr>
<td>8:30-9:15 AM</td>
<td>Aqua Fitness</td>
<td>Pool</td>
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<tr>
<td>9:00-9:45 AM</td>
<td>Step</td>
<td>Studio 1</td>
</tr>
<tr>
<td>9:45-10:00 AM</td>
<td>REV+FLOW by REFIT®</td>
<td>Studio 3</td>
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<tr>
<td>10:00-10:45 AM</td>
<td>Functional Abs</td>
<td>Studio 1</td>
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<tr>
<td>10:45-11:30 AM</td>
<td>Aqua Tone</td>
<td>Pool</td>
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<tr>
<td>11:00 AM-12:00 PM</td>
<td>Fit After Baby</td>
<td>Fitness Floor</td>
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<tr>
<td>12:00-1:00 PM</td>
<td>Yoga</td>
<td>Studio 1</td>
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<tr>
<td>1:00-1:45 PM</td>
<td>Svaroopa® Yoga Basics</td>
<td>Studio 3</td>
</tr>
<tr>
<td>2:00-2:45 PM</td>
<td>Power Yoga</td>
<td>Studio 3</td>
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<tr>
<td>3:00-3:45 PM</td>
<td>Power Yoga</td>
<td>Studio 3</td>
</tr>
<tr>
<td>4:00-4:45 PM</td>
<td>Power Yoga</td>
<td>Studio 3</td>
</tr>
<tr>
<td>4:45-5:15 PM</td>
<td>Nia®</td>
<td>Studio 1</td>
</tr>
<tr>
<td>5:15-6:15 PM</td>
<td>Power Yoga</td>
<td>Studio 3</td>
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<tr>
<td>6:15-7:15 PM</td>
<td>SPIN</td>
<td>Studio 2</td>
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**Small Group Classes**

12-Class Pass: Member $126/Non-member $190

Unlimited Month:
Member $135/Non-member $190

Drop-In: Member $25/Non-member $30

*TRX® Suspension Training*

TRX® suspension training combines core strength, balance, and flexibility all while having a blast. Choose from cardio jump board and fusion apparatus. Our instructors provide guidance on the information and exercises to ensure that each workout session fits your individual needs and goals. Each class will be a fun workout designed for anyone wanting a new twist on elevating the heart rate.

Call 225-924-8300 for more information or to schedule your sessions.
Our 30-minute classes are designed for those short on time.

- **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 those who are currently pregnant.

Please bring a Mat.

**Days indicate class locations: Studio 1, Studio 2, Studio 3.**

**Pool, Therapy Pool & Fitness Floor**

* indicates class locations: Studio 1, Studio 2, Studio 3,

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**Cardiolates H2O**

including traditional boxing and

Put on your boxing gloves! This cardio kickboxing class. Work most major muscle groups, strengthen your muscles and improve endurance, flexibility and body alignment. Adaptable for beginners, those who are pregnant and those who want to enhance flexibility and mindfulness.

**Cardio Kickboxing**

Effectively strengthens, tones and balances the entire body using toning and resistance exercises followed by stretching to create long, lean muscle with maximum calorie burn. This class is limited to 15 participants.

**Beginning & Prenatal Yoga**

This class focuses on basic yoga poses and breath with modified movements to improve posture, endurance, flexibility and body alignment. Appropriate for beginners, those who are pregnant and those who want to enhance flexibility and mindfulness.

**Body Fusion**

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.

**Cardio**

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

**Cardio**

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

**Chair Yoga**

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

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**Aqua Fit**

Combines cardiovascular and strength training in the water.

**Aqua Pilates for Arthritis**

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

**Aqua Tone**

A toning class using a variety of aquatic equipment.

**Barre**

Effectively strengthens, tones and balances the entire body using toning and resistance exercises followed by stretching to create long, lean muscle with maximum calorie burn. This class is limited to 15 participants.

**Barre**

Several formats for the needs of older women.

**Bike**

Sculpt challenges women age 60+ with 30 minutes of low-impact exercise and 35 minutes of balance and functional strength exercises.

**Fit After Baby**

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 sлин for the duration of the class.

**Fitness For Birth**

Prenatal strength training for birth using continuum-based interval training.

**Functional Abs**

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

**Functional Yoga**

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

**H2O Arthritis**

This high intensity Interval Training (HIIT) class breaks through your plateaus by combining short bursts of high-intensity cardio with lower levels of strength and balance training.

**H2O the Step**

High Intensity Interval Training (HIIT) combined with challenging step choreography.

Intra to SPIN

An indoor cycling class designed for beginner-spinners. The first part of each class will consist of basic bike set-up followed by a basic spin routine.

**Mat Pilates**

Improve core control, coordination, standing alignment and balance.

**Morning Yoga**

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

**Nia**

A complete body, mind and spirit fitness exercise that integrates healing, martial and dance arts.

**Pilates**

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 lean, long and defined.

**POUND**

The POUND® workout fuses interval training with drumming to provide a challenging, heart-pumping, full-body workout.

**Power Yoga**

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 lean, long and defined.

**Tai Chi Level 2**

Teaching is given on focused attention, linked to the mindful rhythm of breath. Modifications will be given so students can work within their own ability.

**Tai Chi Level 1**

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.

**STRONG by Zumba®**

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

**STRETCH**

Using long and gentle lengthening 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.

**Strength and Balance**

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

**Strength in 30**

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

**Tai Chi**

A Latin-based class combining aerobic and fitness movements with pumped up music to drive the choreography on the floor or the step, workout, incorporating advanced interval training, cardio and strength exercises using a variety of equipment.

**Tai Chi**

A slow, gentle form of Zumba®. 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.

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**Yoga Basics**

Flow 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 out a sweat, there is more opportunity for the mind to be present and safer challenges. Focus on proper alignment and balancing energy.

**Zumba®**

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

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**Fitness Desk**

Monday-Thursday ........ 8:00 AM-3:30 PM

Saturday ................ 8:00 AM-12:00 PM

Sunday ................ 12:00 PM-5:00 PM

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**Nutrition Services**

Spa Services ................. 924-8390

Membership .................. 924-8114

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**T'ai Chi**

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**Power Yoga**

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**POUND**

The POUND® workout fuses interval training with drumming to provide a challenging, heart-pumping, full-body workout.

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**High Intensity Interval Training**

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

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**Tai Chi Level 1**

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**

This 30-minute weightlifting class that focuses on learning proper form and techniques followed by 20 minutes of flexibility exercises.