<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
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<tr>
<td>5:15-6:00 AM</td>
<td>Body Fusion</td>
<td>Studio 1</td>
</tr>
<tr>
<td>5:30-6:00 AM</td>
<td>O2O Arthritis</td>
<td>Therapy Pool</td>
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<tr>
<td>7:00-7:45 AM</td>
<td>Cardio Kickboxing</td>
<td>Studio 3</td>
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<tr>
<td>7:45-8:30 AM</td>
<td>Aqua Fit</td>
<td>Pool</td>
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<tr>
<td>8:00-8:45 AM</td>
<td>Nia®</td>
<td>Studio 1</td>
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<tr>
<td>8:30-9:15 AM</td>
<td>Aqua Fit</td>
<td>Pool</td>
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<tr>
<td>8:00-9:00 AM</td>
<td>Nia®</td>
<td>Studio 1</td>
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<tr>
<td>9:00-9:45 AM</td>
<td>Aqua Fit</td>
<td>Pool</td>
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<tr>
<td>9:15-10:15 AM</td>
<td>Aqua Fit</td>
<td>Studio 1</td>
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<tr>
<td>10:00-10:45 AM</td>
<td>Aqua Fit</td>
<td>Studio 1</td>
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<tr>
<td>10:15-11:00 AM</td>
<td>Aqua Fit</td>
<td>Studio 1</td>
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<tr>
<td>10:30-11:30 AM</td>
<td>Step</td>
<td>Studio 1</td>
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<tr>
<td>11:00-11:55 AM</td>
<td>Aqua Tone</td>
<td>Pool</td>
</tr>
<tr>
<td>12:30-1:15 PM</td>
<td>Cardi kickboxing</td>
<td>Therapy Pool</td>
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<tr>
<td>1:15-2:15 PM</td>
<td>Tai Chi Level 1</td>
<td>Studio 1</td>
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<tr>
<td>Tuesday</td>
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<tr>
<td>5:15-6:00 AM</td>
<td>Indoor Cycling</td>
<td>Studio 2</td>
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<tr>
<td>7:45-8:30 AM</td>
<td>Cardio kickboxing</td>
<td>Studio 2</td>
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<tr>
<td>8:00-8:45 AM</td>
<td>Nia®</td>
<td>Studio 1</td>
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<tr>
<td>8:30-9:15 AM</td>
<td>Aqua Fit</td>
<td>Studio 1</td>
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### Small Group Classes

**Sign up via the Women's Fitness App or at the Women'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 fees apply.

Call 225-924-8300 for more information or to schedule your sessions.
Aqua Fit ^ABC M, Tu, W, F, Sa
Comes cardiovascular and strength training in the water.

Aqua Fit DEEP ^ABC Th
Comes 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 ^ABC Tu, Sa
Pilates exercises performed in warm water focused on breathing and proper form to increase range of motion.

Aqua Tone ^ABC M
A toning class using a variety of aquatic equipment.

Barre ^ABC 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 25 participants.

Beginning & Prenatal Yoga ^ABC Tu
This class focuses on basic yoga poses and breath and movement. 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 ^ABC M, W
Strengthens 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.

NEW Breathe & Connect ^ABC W
Practice breath work and meditation to come into the present moment of your being followed by a guided meditation to restore the body and clear mental clutter.

Cardio Kickboxing ^ABC M, Tu, W
Put on your boxing gloves! This class combines a mix of cardio options, including traditional boxing and kickboxing movements, conditioning and training.

Cardiotone ™ ^ABC Th, Tu
Integrates aerobic conditioning exercises with Pilates movements to challenge your body strength.

Chair Yoga ^ABC 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 ^ABC Sa
Gives you an “all-in-one” fast-paced workout, incorporating new poses by practicing yoga poses in union with pranayama (breath). Incorporates beginning poses, vinyasas and core work. Appropriate for all levels; modifications are made during practice.

Chair Yoga ^ABC M, W
Designed for women age 55+. Uses a variety of movements to improve cardiovascular conditioning, posture and balance.

NEW Cycle 360 ^ABC M, W, Sa
Requires sign up through Woman's Fitness App.

Clip-in bike shoes not allowed.

Circuit, Cardio ^ABC W, F
Suitable for seniors for the needs of older women.

Fab @ 60+ ^ABC
Safety challenges women age 60+ with 30 minutes of low-impact exercise and 15 minutes of balance and functional strength exercises.

Fit After Baby ^ABC 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 sлинг for the duration of the class.

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

Functional Abs ^ABC M, W
Functional exercises performed seated, standing and on the floor to constantly challenge and engage your core.

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

Gentle Yoga ^ABC Tu, W
Learn alignment principles that improve posture and stimulate relief from chronic pain and injury. This class modifies simple movements to coordinate with breath and offers techniques to use in daily life.

H2O Arthritis ^ABC 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 ^ABC W
Strengthens your body, create mindfulness and inner peace by practicing yoga poses in union with pranayama (breath).

REV+FLOW by REFIT® ^ABC 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. Muscles of the body are worked safely, easy-to-follow and highly modifiable whether your higher or lower intensity is needed.

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

Soul Grooves ^ABC 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 ^ABC M, W, F
Step choreography that includes turns, jumps and dynamic directional and tempo changes.

Strength and Balance ^Tu, Th
Improve posture and movement with exercises designed for women aged 60+.

Strong in 30 ^ABC M
This class combines heat-pumping music with resistance training exercises for 30 minutes of calorie-burning fun! This whole body workout emphasizes strength and endurance.

STRONG by Zumba® ^ABC Th, F
Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Every squat, lunge, and burpee is driven by the music, helping you make it to that last rep, and maybe five more.

Svara+ Yoga Basics ^ABC M, W
Svara+ 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.

Tai Chi Level 1 ^ABC Tu, Th
Generate new neural 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.

Yoga Basics ^ABC Tu
Yoga is an invitation to connect more deeply with yourself. Engage mentally and become familiar with your own body, mind and spirit with the diverse 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® ^ABC M
A Latin-based class combining aerobic and fitness movements with easy-to-follow dance steps.

Zumba® Gold ^ABC Tu, Sa, Th
A slower, gentler form of Zumba®.

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* Find class schedules online at womans.org/wcw

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**Note:** Group Exercise Classes

**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 ............... 8:00 AM-4:00 PM

**Group Exercise Classes**

- **Beginner.** Classes are appropriate for participants with low fitness levels.
- **Intermediate.** Classes are 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.
- **Breathe & Connect.** Classes are appropriate for participants with moderate fitness levels.
- **Prenatal.** Classes are appropriate for participants who are currently pregnant.
- **Breathe & Connect.** Classes are appropriate for participants with low fitness levels.
- **Intermediate.** Classes are appropriate for participants with moderate fitness levels.
- **Advanced.** Classes are appropriate for participants with high fitness levels.
- **Breathe & Connect.** Classes are appropriate for participants with low fitness levels.
- **Prenatal.** Classes are appropriate for participants who are currently pregnant.
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**Location:**

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

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**Exercise Class Legend**

- **Beginner.** Classes are appropriate for participants with low fitness levels.
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