

Group Exercise Classes (October 2020)

Monday				Wednesday				Friday			
5:00 AM - 7:00 PM				5:00 AM - 7:00 PM				5:00 AM - 4:00 PM			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
6:30 - 7:15 AM	Parking Lot Bootcamp	Outside	Tanya	6:15 - 6:45 AM	L.I.I.T Workout	Studio 1	Dawn	6:15 - 6:45 AM	Barre	Studio 1	Dawn
8:00 - 8:30 AM	🔥 Nia®	Studio 1	Lynn	6:30 - 7:15 AM	Parking Lot Bootcamp	Outside	Tanya	7:00 - 7:30 AM	STRETCH	Studio 1	Dawn
8:00 - 8:30 AM	STRETCH	Studio 3	Carol S.	7:00 - 7:30 AM	STRETCH	Studio 1	Dawn	7:45 - 8:30 AM	Breathe & Connect	Outside	Jillian
8:45 - 9:15 AM	🔥 Nia®	Studio 1	Lynn	8:00 - 8:30 AM	🔥 Nia®	Studio 1	Lynn	8:00 - 8:30 AM	🔥 Nia®	Studio 3	Lynn
9:30 - 10:00 AM	Barre	Studio 1	Dawn	8:30 - 9:00 AM	Hatha Flow Yoga	Studio 3	Carmen	8:30 - 9:00 AM	Barre	Studio 1	Dawn
10:00 - 10:30 AM	Mat Pilates	Studio 3	Janis	8:45 - 9:15 AM	🔥 Nia®	Studio 1	Lynn	8:45 - 9:15 AM	🔥 Nia®	Studio 3	Lynn
10:15 - 10:45 AM	Functional Abs	Studio 1	Dawn	9:15 - 9:45 AM	Hatha Flow Yoga	Studio 3	Carmen	9:15 - 9:45 AM	STRETCH	Studio 1	Dawn
10:45 - 11:15 AM	Mat Pilates	Studio 3	Janis	9:30 - 10:00 AM	L.I.I.T Workout	Studio 1	Dawn	9:30 - 10:00 AM	🔥 Nia®	Studio 3	Lynn
11:00 - 11:30 AM	L.I.I.T Workout	Studio 1	Dawn	10:00 - 10:30 AM	Mat Pilates	Studio 3	Janis	10:00 - 10:30 AM	Barre	Studio 1	Dawn
11:30 AM - 12:00 PM	Restorative Mat Pilates	Studio 3	Laura	10:15 - 10:45 AM	Barre Connect	Studio 1	Denise	10:15 - 10:45 AM	Mat Pilates	Studio 3	Janis
12:15 - 12:45 PM	Vinyasa Yoga	Studio 3	Alison	10:45 - 11:15 AM	Mat Pilates	Studio 3	Janis	10:45 - 11:15 AM	Fab @ 50+ Circuit	Studio 1	Dawn
12:30 - 1:00 PM	Barre	Studio 1	Kara	11:00 - 11:30 AM	Functional Abs	Studio 1	Dawn	11:00 - 11:30 AM	Mat Pilates	Studio 3	Janis
1:00 - 1:30 PM	Vinyasa Yoga	Studio 3	Alison	11:30 AM - 12:00 PM	Restorative Mat Pilates	Studio 3	Laura	11:30 AM - 12:00 PM	Fab @ 60+	Studio 1	Dawn
4:00 - 4:30 PM	🔥 Nia®	Studio 3	Lynn	12:30 - 1:00 PM	Barre	Studio 1	Kara	12:00 - 12:30 PM	Vinyasa Yoga	Studio 3	Alison
4:45 - 5:15 PM	Barre Connect	Studio 1	Allison	1:15 - 1:45 PM	Fab @ 60+	Studio 1	Dawn	12:45 - 1:15 PM	Vinyasa Yoga	Studio 3	Alison
5:15 - 5:45 PM	Hatha Flow Yoga	Studio 3	Agnes	4:00 - 4:30 PM	🔥 Nia®	Studio 3	Lynn	Saturday			
5:30 - 6:00 PM	Barre Connect	Studio 1	Allison	4:45 - 5:15 PM	Barre Connect	Studio 1	Denise	7:00 AM - 12 noon			
6:00 - 6:30 PM	Hatha Flow Yoga	Studio 3	Agnes	5:00 - 5:30 PM	(NEW) Feel Good Yoga	Studio 2	Alexandra	7:15 - 8:00 AM	Parking Lot Bootcamp	Outside	Valerie
6:15 - 6:45 PM	REFIT®	Studio 1	Brittany	5:30 - 6:00 PM	REFIT®	Studio 1	Lizzie	9:00 - 9:30 AM	Barre Connect	Studio 1	Allison
Tuesday				*6:15 - 6:45 PM				Functional Abs (*time change)			
5:00 AM - 7:00 PM				6:15 - 6:45 PM				REFIT®			
Time	Class	Location	Instructor	Thursday				5:00 AM - 7:00 PM			
5:30 - 6:00 AM	Mat Pilates	Studio 3	Laura	Time	Class	Location	Instructor	10:00 - 10:30 AM	Power Yoga	Studio 3	Lynn
6:15 - 6:45 AM	STRETCH	Studio 3	Laura	5:30 - 6:00 AM	Mat Pilates	Studio 3	Laura	10:30 - 11:00 AM	ZUMBA GOLD®	Studio 1	Donna H
7:45 - 8:15 AM	Morning Yoga	Studio 3	Beth	6:15 - 6:45 AM	STRETCH	Studio 3	Laura	11:15 - 11:45 AM	Chair Yoga	Studio 1	Donna H
8:00 - 8:30 AM	ZUMBA GOLD®	Studio 1	Denise	7:45 - 8:15 AM	Morning Yoga	Studio 3	Beth	Sunday			
8:30 - 9:00 AM	Morning Yoga	Studio 3	Beth	8:00 - 8:30 AM	ZUMBA GOLD®	Studio 1	Denise	12 noon - 4:00 PM			
8:45 - 9:15 AM	ZUMBA GOLD®	Studio 1	Denise	8:30 - 9:00 AM	Morning Yoga	Studio 3	Beth	Time	Class	Location	Instructor
9:15 - 9:45 AM	Beginner Yoga	Studio 2	Beth	8:45 - 9:15 AM	ZUMBA GOLD®	Studio 1	Denise	1:00 - 1:30 PM	Power Yoga	Studio 3	Lynn
9:15 - 9:45 AM	Power Yoga	Studio 3	Lynn	9:15 - 9:45 AM	Beginner Yoga	Studio 2	Beth	1:45 - 2:15 PM	Power Yoga	Studio 3	Lynn
9:30 - 10:00 AM	(NEW) PILOXING-BARRE®	Studio 1	Kelli	9:30 - 10:00 AM	Functional Core Yoga	Studio 3	Jillian	2:30 - 3:00 PM	🔥 Nia®	Studio 3	Lynn
10:00 - 10:30 AM	STRETCH	Studio 3	Carol	9:30 - 10:00 AM	PIYo®	Studio 1	Kelli	3:15 - 3:45 PM	🔥 Nia®	Studio 3	Lynn
10:15 - 10:45 AM	PIYo®	Studio 2	Kelli	10:00 - 10:30 AM	Power Yoga	Studio 2	Lynn				
10:15 - 10:45 AM	Strength and Balance	Studio 1	Jillian	10:15 - 10:45 AM	REV+FLOW BY REFIT®	Studio 3	Kelli				
11:00 - 11:30 AM	PILOXING®	Studio 3	Kelli	10:15 - 10:45 AM	Strength and Balance	Studio 1	Jillian				
11:00 - 11:30 AM	Strength and Balance	Studio 1	Jillian	11:00 - 11:30 AM	PILOXING®	Studio 3	Kelli				
11:45 AM - 12:15 PM	Barre Connect	Studio 1	Allison	11:00 - 11:30 AM	Strength and Balance	Studio 1	Jillian				
11:45 AM - 12:15 PM	REV+FLOW BY REFIT®	Studio 3	Kelli	11:45 AM - 12:15 PM	Barre	Studio 1	Kelli				
12:30 - 1:00 PM	Barre Connect	Studio 1	Allison	1:15 - 1:45 PM	Tai Chi Level 2	Studio 1	Beth				
12:30 - 1:00 PM	Gentle Yoga	Studio 3	Jillian	2:00 - 2:30 PM	Tai Chi Level 1	Studio 1	Beth				
1:15 - 1:45 PM	Tai Chi Level 2	Studio 1	Beth	5:15 - 5:45 PM	REFIT®	Studio 1	Brittany				
2:00 - 2:30 PM	Tai Chi Level 1	Studio 1	Beth	5:30 - 6:00 PM	Breathe & Connect	Studio 3	Jillian				
5:15 - 5:45 PM	Cardio Kickboxing	Studio 1	Allison	6:00 - 6:30 PM	REFIT®	Studio 1	Brittany				
5:30 - 6:00 PM	🧘 ZUMBA®	Studio 3	Denise	6:15 - 6:45 PM	Gentle Yoga	Studio 3	Jillian				
6:00 - 6:30 PM	Barre Connect	Studio 1	Allison								

Exercise Class Legend	
Colors indicate class locations:	
Outside (Weather Permitting)	
Studio 1	
Studio 2	
Studio 3	

Sign up for Classes on Mindbody
 Call 225-924-8300 for more information.

Aquatics Classes (October 2020)

Monday				Wednesday				Friday			
5:00 AM - 7:00 PM				5:00 AM - 7:00 PM				5:00 AM - 4:00 PM			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:00 - 7:45 AM	H2O Arthritis	Therapy Pool	Laura	7:00 - 7:45 AM	H2O Arthritis	Therapy Pool	Laura	8:30 - 9:15 AM	Cardiolates H2O	Lap Pool	DeEtte
10:00 - 10:45 AM	Cardiolates H2O	Lap Pool	DeEtte	8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison	*12:30 - 1:15 PM	H2O Arthritis (<i>*time change</i>)	Therapy Pool	Donna H
12:15 - 1:00 PM	H2O Arthritis	Therapy Pool	Laura	12:15 - 1:00 PM	H2O Arthritis	Therapy Pool	Laura	Saturday			
5:00 - 5:45 PM	Aqua Fit	Lap Pool	Brittany	*5:15 - 6:00 PM	Aqua Fit (<i>*Starts 10/21</i>)	Lap Pool	Allison	7:00 AM - 12 noon			
Tuesday				Thursday				NO LAP POOL CLASSES			
5:00 AM - 7:00 PM				5:00 AM - 7:00 PM				12 noon - 4:00 PM			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:00 - 7:45 AM	H2O Arthritis	Therapy Pool	Laura	7:00 - 7:45 AM	H2O Arthritis	Therapy Pool	Laura	NO LAP POOL CLASSES			
12:15 - 1:00 PM	H2O Arthritis	Therapy Pool	Jennifer T	8:30 - 9:15 AM	*Aqua Fit	Lap Pool	Allison	NO LAP POOL CLASSES			
5:15 - 6:00 PM	H2O Arthritis	Therapy Pool	Jennifer T	12:15 - 1:00 PM	H2O Arthritis	Therapy Pool	Jennifer T	Sign up for Classes on Mindbody			
				5:15 - 6:00 PM	H2O Arthritis	Therapy Pool	Jennifer T	Call 225-924-8300 for more information.			

Class Descriptions

Aqua Fit (BEG/INT/ADV)

Combines cardiovascular and strength training in water.
Class size is limited to 8 participants.

Cardiolates H2O (BEG/INT/ADV)

Integrates aerobic conditioning exercises with Pilates movements to challenge your heart rate.
Class size is limited to 8 participants.

H2O Arthritis (BEG/INT)

This warm-water class uses the Arthritis Foundation guidelines and format.
Class size is limited to 8 participants.