

## Group Exercise Classes (July 2025)

MONDAY (5:00 AM - 8:00 PM)				TUESDAY (5:00 AM - 8:00 PM)				WEDNESDAY (5:00 AM - 8:00 PM)			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
Sign up for Classes on Mindbody				5:30 - 6:30 AM	Step	Studio 1	Valerie	Call (225) 924-8300 for more information.			
7:15 - 8:15 AM	Yin Yoga	Studio 3	Amy	6:00 - 6:45 AM	TRX®	Gym	Amy				
7:15 - 7:45 AM	Cardio Boxing	Gym	Carol	7:00 - 7:45 AM	TRX®	Gym	Amy	6:15 - 6:45 AM	Pump	Studio 1	Dawn
7:30 - 8:15 AM	Nia®	Studio 1	Sidney	7:30 - 8:30 AM	Gentle Yoga	Studio 3	Michelle	7:00 - 7:30 AM	Stretch	Studio 1	Dawn
8:30 - 9:15 AM	Mat Pilates Circuit	Studio 3	Amy	7:45 - 8:30 AM	Zumba Gold®	Studio 1	Denise	7:15 - 8:15 AM	Yin Yoga	Studio 3	Amy
8:30 - 9:15 AM	Nia®	Studio 1	Sidney	8:45 - 9:30 AM	Mat Pilates Circuit/ (*7/8) Barre	Studio 1	Amy/(*7/8)Kelli	7:45 - 8:30 AM	Nia®	Studio 1	Sidney
9:00 - 9:45 AM	TRX®	Gym	LeAnn	8:45 - 9:45 AM	Vinyasa Yoga	Studio 3	Beth	8:30 - 9:30 AM	Hatha Flow Yoga	Studio 3	Carmen
9:30 - 10:15 AM	Pump	Studio 1	Dawn	9:00 - 10:00 AM	TRX® Plus	Gym	Tanya	8:45 - 9:30 AM	TRX®	Gym	Amy
9:30 - 10:00 AM	Stretch	Studio 3	Allison/(*7/7Kelli)	9:45 - 10:30 AM	Barre/ (*7/8) Dance Fitness	Studio 1	Allison	9:00 - 9:45 AM	Circuit	Studio 1	Dawn
10:00 - 10:45 AM	TRX®	Gym	LeAnn	10:00 - 10:30 AM	Functional Abs	Studio 3	Michelle	9:45 - 10:30 AM	Mat Pilates Circuit	Studio 3	Amy
10:15 - 11:00 AM	Dance Fitness/(*7/7)Mat Pilates	Studio 3	Allison/(*Kelli)	10:00 - 10:45 AM	Indoor Cycling	Studio 2	Beth	10:00 - 10:45 AM	Zumba®	Studio 1	Denise
10:30 - 11:00 AM	Step	Studio 1	Dawn	10:15 - 10:45 AM	TRX® Basics	Gym	Tanya	10:45 - 11:30 AM	Prenatal Yoga/Gentle Yoga	Studio 3	Rhonda
11:15 - 11:45 AM	L.I.I.T Workout	Studio 1	Dawn	10:45 - 11:15 AM	Strength and Balance	Studio 1	Michelle	10:45 - 11:15 AM	TRX® Basics	Gym	Amy
11:15 - 12:00 PM	Functional Abs/(*7/7)Mat Pilates	Studio 3	Allison/(*Kelli)	11:00 - 11:45 AM	Mat Pilates Basics	Studio 3	Rhonda	11:00 - 11:30 AM	Functional Abs	Studio 1	Dawn
11:30 AM - 12:15 PM	Fit after Baby	Gym	Erin	11:30 AM - 12:00 PM	Strength and Balance	Studio 1	Michelle	11:30 AM - 12:15 PM	Fit after Baby	Gym	Erin
12:00 - 12:45 PM	BODYPUMP™	Studio 1	Tanya	12:15 - 1:15 PM	Chair Yoga	Studio 3	Donna	11:45 AM - 12:30 PM	Mat Pilates	Studio 3	Carmen
12:15 - 1:00 PM	Indoor Cycling	Studio 2	Kara	12:15 - 1:00 PM	BODYPUMP™	Studio 1	Allison	12:00 - 12:45 PM	BODYPUMP™	Studio 1	Tanya
12:15 - 1:15 PM	Vinyasa Yoga	Studio 3	Rhonda	1:15 - 2:15 PM	Tai Chi Level 1	Studio 1	Beth	12:00 - 12:30 PM	Cardio Boxing	Gym	Carol
1:30 - 2:30 PM	Chair Yoga	Studio 3	Jennifer	1:30 - 2:30 PM	Yin Yoga	Studio 3	Amy	12:15 - 1:00 PM	Indoor Cycling	Studio 2	Kara
4:30 - 5:15 PM	Zumba®	Studio 1	Jeannette	2:30 - 3:30 PM	Tai Chi Level 2	Studio 1	Beth	1:15 - 2:00 PM	Fab @ 60+	Studio 1	Dawn
5:15 - 6:00 PM	Prenatal Fitness	Gym	Rhonda	4:30 - 5:30 PM	Vinyasa Yoga	Studio 3	Brooke L	5:15 - 6:15 PM	Hatha Flow Yoga	Studio 3	Alexandra
5:30 - 6:15 PM	SHiNE Dance Fitness™	Studio 1	Brittany	4:45 - 5:15 PM	BODYPUMP™	Studio 1	Sydney	5:15 - 6:00 PM	Prenatal Fitness	Gym	Rhonda
5:30 - 6:15 PM	Stretch	Studio 3	Allison	5:30 - 6:15 PM	Barre	Studio 1	Allison	5:30 - 6:15 PM	SHiNE Dance Fitness™	Studio 1	Brittany
6:30 - 7:15 PM	BODYPUMP™	Studio 1	Allison	5:45 - 6:30 PM	TRX®	Gym	LeAnn	6:30 - 7:15 PM	BODYPUMP™	Studio 1	Allison
THURSDAY (5:00 AM - 8:00 PM)				FRIDAY (5:00 AM - 7:00 PM)				SATURDAY (7:30 AM - 2:00 PM)			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
5:30 - 6:30 AM	Step	Studio 1	Valerie	6:15 - 6:45 AM	Barre	Studio 1	Dawn	7:45 - 8:30 AM	Circuit	Studio 1	Valerie
6:00 - 6:45 AM	TRX®	Gym	Amy	7:00 - 7:30 AM	Stretch	Studio 1	Dawn	8:45 - 9:30 AM	Zumba®	Studio 1	Jeannette
7:30 - 8:30 AM	Gentle Yoga	Studio 3	Michelle	7:15 - 8:15 AM	Vinyasa Yoga	Studio 3	Brooke L	9:45 - 10:30 AM	BODYPUMP™	Studio 1	Allison
7:45 - 8:30 AM	Zumba Gold®	Studio 1	Denise	8:15 - 9:00 AM	Pump	Studio 1	Dawn	10:00 - 11:00 AM	Chair Yoga	Studio 3	Donna
8:45 - 9:30 AM	Power Yoga/ (*7/10)Barre	Studio 1	Rhonda/(*7/10)Kelli	8:30 - 9:15 AM	Nia®	Studio 3	Lynn	10:45 - 11:30 AM	Dance Fitness	Studio 1	Allison
8:45 - 9:45 AM	Vinyasa Yoga	Studio 3	Beth	9:00 - 9:45 AM	TRX®	Gym	Tanya	11:15 AM - 12:15 PM	Chair Yoga	Studio 3	Donna
9:45 - 10:30 AM	Dance Fitness	Studio 1	Allison	9:15 - 9:45 AM	Step	Studio 1	Dawn	SUNDAY (11:00 AM - 4:00 PM)			
9:45 - 10:30 AM	TRX®	Gym	Michelle	9:30 - 10:15 AM	Dance Fitness	Studio 3	Allison				

updated 6/27/2025

# Class Descriptions (July 2025)

**Barre (INT/ADV)**  
Effectively strengthens, tones and balances the entire body using toning and resistance exercises followed by stretching to create long, lean muscles.

**(NEW) BODYPUMP™** is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout.

**Cardio Boxing (BEG/INT/ADV) 30 minutes**  
A beginner-friendly, power-packed class combining a series of punching and kicking intervals using the heavy bag, boxing gloves & mitts and more.

**Chair Yoga (BEG/INT)**  
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 and posture as well as reduce stress.

**Circuit (INT/ADV)**  
Get ready for a full-body blast! This class combines step-based cardio exercises and intense strength training with resistance equipment for a fast-paced, action-packed workout.

**Dance Fitness (BEG/INT/ADV)**  
This exciting class combines dance choreography with fitness exercises for a total body workout that will help you burn calories while having fun!

**Fab @ 60+ (BEG)**  
(Safely challenges women age 60+)  
This beginner-friendly class offers a fun an easygoing mix of low impact cardio and lightweight toning exercises.

**Fit after Baby (POST/BEG/INT)**  
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.  
**\*Medical Clearance is required.**

**Functional Abs (BEG/INT/ADV)**  
Functional exercises performed seated, standing and on the floor to constantly challenge and engage your core.

**Gentle Yoga (BEG/INT/ADV)**  
Learn alignment principles that improve posture and stimulate relief from chronic pain and injury. This class modifies simple movements coordinated with breathing and other techniques.

**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.

**Indoor Cycling (INT/ADV)**  
Ready to push your limits and burn some calories in our Indoor Cycling Program? Unlock a dynamic blend of speed work, endurance, and interval training to reach your full potential! This class is limited to 14 participants. **Please arrive 5-10 minutes early for your first class bike set up.**  
Please bring water and a towel.

**L.I.I.T Workout (BEG/INT/ADV)**  
A low intensity interval training class mixing low impact exercise intervals with generous recovery periods, executing each rep using perfect form.

**Mat Pilates (INT/ADV)**  
This class centers around core stability, breathwork techniques, precise body alignment and traditional Pilates mat-work.

**Mat Pilates Basics (BEG)**  
Learn the basics of Pilates mat-work in this beginner-friendly class, emphasizing core strengthening exercises and breathwork techniques for a solid foundation.

**Mat Pilates Circuit (INT/ADV)**  
Boost your endurance and strength with our high-energy mat Pilates class, set to timed intervals and packed with powerful exercises.

**Nia® (BEG/INT/ADV)**  
(Neuromuscular Integrated Action)  
Step into a world of movement and self-expression! This holistic fitness class blends dance, martial arts, and artistry suitable for all ages and focuses on building a strong community!

**Power Yoga (INT/ADV)**  
Ashtanga poses build strength, endurance and flexibility while relieving stress.

**Prenatal Fitness (PRE/BEG/INT)**  
Prenatal strength training for birth using contraction-based interval training, corrective exercise and specific core and pelvic floor exercises.  
**\*Medical Clearance is required.**

**Prenatal Yoga/Gentle Yoga (PRE/BEG/INT)**  
A yoga class designed for the special needs of prenatal students. Class includes pranayama (breath work), asanas (postures), chanting (vocalizing), meditation (mindfulness) and practices to connect mother to baby. Asanas and stretches are modified based on the needs of the prenatal student in the different trimesters of pregnancy. **(This class is open to Gentle Yoga class participants.)**

**Pump (INT/ADV)**  
Intense strength training focusing on advanced techniques to maximize your strength.

**Relaxation Yoga Nidra (BEG/INT/ADV)**  
This class uses a unique variety and combination of poses to provide a rejuvenating mind/body experience. Each class includes breathwork and Yoga Nidra meditation. Regular practice reduces chronic pain and lowers stress levels.

**SHiNE Dance Fitness® (BEG/INT/ADV)**  
Combines cardio and toning for a well-rounded, whole-body H.I.I.T workout for all fitness levels. The SHiNE dance floor does not discriminate.

**Step (INT/ADV) 30 minutes**  
An energetic cardio session that blends full-body exercises with intricate step routines suitable for intermediate and advanced levels.

**Strength and Balance (BEG) 30 minutes**  
Improve posture and movement with exercises designed for women age 60+.

**Strength to Stretch (BEG/INT/ADV)**  
A weight lifting class that focuses on learning proper form and technique followed by flexibility exercises.

**STRETCH (BEG/INT/ADV)**  
Take your flexibility to the next level! Discover gentle stretching techniques to increase range of motion and fluid movement, perfect for improving performance in your favorite classes!

**Tai Chi Level 1 (BEG/INT/ADV)**  
Discover the basics of Tai Chi through 24 interconnected postures that form this Chinese ballet. Improve your well-being, strength, and balance with the gentle precise sequence of slow movements that require focus and subtle weight shifts.

**Tai Chi Level 2 (INT/ADV)**  
Advance your Tai Chi journey with Level 2! Building on the foundational skills from Level 1, you'll learn 100 additional postures, refining your attention to detail, timing, and neuronal connections in the brain. This is a great opportunity to deepen your practice!

**TRX® (INT/ADV)**  
Take your fitness to the next level with our TRX class! This Suspension Trainer workout builds strength, balance, flexibility, and core stability using your own bodyweight. Get ready for a full-body transformation!

**TRX® Basics (BEG) 30 minutes**  
Unlock your strength! Our beginner TRX class will teach you the ropes of TRX Suspension Training, and will empower you to build your core strength, balance and flexibility at your own pace.

**TRX® PLUS (ADV) 60 minutes**  
Ready for a challenge? Our advanced TRX class is here! Using the TRX Suspension Trainer, you'll perform a variety of body weight standing and on the ground exercises to take your fitness journey to new heights.

**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.

**Yin Yoga (BEG/INT/ADV)**  
Prepare to target your deeper connective tissues, such as fascia, to improve elasticity and joint mobility. It's a calming and balancing experience for the mind and body, reducing stress and anxiety. Expect to hold postures for 3-5 minutes, primarily on the ground.

**Zumba® (BEG/INT/ADV)**  
This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Each Zumba® class is designed to bring people together to sweat it on.

**Zumba Gold® (BEG/INT)**  
The design of this class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and strong.

Exercise Class Legend	
(BEG)	<b>Beginner.</b> Classes are appropriate for participation with low fitness levels.
(INT)	<b>Intermediate.</b> Classes require some knowledge of class terminology and phrases. Appropriate for participants with moderate fitness levels.
(ADV)	<b>Advanced.</b> Classes are appropriate for participants with high fitness levels.
(PRE)	<b>Prenatal.</b> Classes are appropriate for participants who are currently pregnant.
(POST)	<b>Postnatal.</b> Classes are appropriate for participants who are postpartum.

# Aquatic Exercise Classes (July 2025)

Monday (5:00 AM - 8:00 PM)				Tuesday (5:00 AM - 8:00 PM)				Wednesday (5:00 AM - 8:00 PM)			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:30 - 8:10 AM	H <sub>2</sub> O Arthritis	Therapy Pool	Allison	7:30 - 8:10 AM	H <sub>2</sub> O Arthritis	Therapy Pool	Allison	7:30 - 8:10 AM	H <sub>2</sub> O Arthritis	Therapy Pool	Allison
8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison	12:20 - 1:05 PM	Aqua Strength is Balance	Therapy Pool	Michelle	8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison
5:30 - 6:15 PM	Aqua Fit	Lap Pool	Jeannette	5:30 - 6:15 PM	H <sub>2</sub> O Arthritis	Therapy Pool	Jennifer	5:30 - 6:15 PM	Aqua Fit	Lap Pool	Jeannette
Thursday (5:00 AM - 8:00 PM)				Friday (5:00 AM - 7:00 PM)				Saturday (7:30 AM - 2:00 PM)			
Time	Class	Location	Instructor	Time	Class	Location	Instructor	Time	Class	Location	Instructor
7:30 - 8:10 AM	H <sub>2</sub> O Arthritis	Therapy Pool	Allison	7:30 - 8:10 AM	H <sub>2</sub> O Arthritis	Therapy Pool	Allison	9:45 - 10:30 AM	Aqua Fit	Lap Pool	Jeannette
8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison	8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison	Sunday (11:00 AM - 4:00 PM)			
12:20 - 1:05 PM	Aqua Strength is Balance	Therapy Pool	Michelle					Time	Class	Location	Instructor
5:45 - 6:30 PM	H <sub>2</sub> O Arthritis	Therapy Pool	Jennifer					NO AQUA CLASSES			

updated 6/27/2025

## Class Description

### Aqua Fit (BEG/INT/ADV)

Make a splash and transform your body with our fun water-based workout that blends cardio, strength training, and dynamic choreography set to upbeat music!  
Class size is limited to 30 participants.

### Aqua Strength is Balance (BEG/INT/ADV)

This shallow-water functional fitness class focuses on improving mobility, strength and endurance using your body weight, aquatic dumbbells, pool noodles and more.  
Class size is limited to 22 participants.

### H<sub>2</sub>O Arthritis (BEG/INT)

This warm-water class follows the Arthritis Foundation's guidelines and formats, with the instructor teaching both on the deck and in the water.  
Class size is limited to 22 participants.