Group Exercise Classes (October 2026)

MONDAY (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
7:30 - 8:15 AM	Nia®	Studio 1	Sidney
8:30 - 9:15 AM	Mat Pilates Circuit	Studio 3	Amy
8:30 - 9:15 AM	Nia®	Studio 1	Sidney
9:15 - 10:00 AM	TRX®	Gym	LeAnn
9:30 - 10:15 AM	Pump	Studio 1	Dawn
9:30 - 10:00 AM	Stretch	Studio 3	Kelli
10:15 - 11:00 AM	Mat Pilates	Studio 3	Kelli
10:15 - 11:00 AM	TRX®	Gym	LeAnn
10:30 - 11:00 AM	Step	Studio 1	Dawn
11:15 - 11:45 AM	Functional Core	Studio 1	Dawn
11:15 - 12:00 PM	Mat Pilates	Studio 3	Kelli
12:00 - 1:00 PM	BODYPUMP HEAVY™	Studio 1	Tanya
12:15 - 1:00 PM	RPM™	Studio 2	Kara
12:15 - 1:15 PM	Vinyasa Yoga	Studio 3	Brooke L
1:15 - 2:15 PM	Country Fusion®	Studio 1	Denise
1:30 - 2:30 PM	Chair Yoga	Studio 3	Donna
Sign up for Classes on Mindbody			
5:15 - 6:00 PM	Prenatal Fitness	Gym	Brooke S
5:30 - 6:15 PM	Functional Core	Studio 3	Allison
5:30 - 6:15 PM	SHiNE Dance Fitness™	Studio 1	Brittany
5:45 - 6:30 PM	TRX®	Gym	Jeanette M.
6:30 - 7:30 PM	BODYPUMP™	Studio 1	Allison

TUESDAY (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
5:30 - 6:30 AM	Step	Studio 1	Valerie
7:30 - 8:30 AM	Gentle Yoga	Studio 3	Michelle
7:45 - 8:30 AM	Zumba Gold®	Studio 1	Denise
8:45 - 9:30 AM	Barre	Studio 1	Kelli
8:45 - 9:45 AM	Vinyasa Yoga	Studio 3	Beth
9:45 - 10:30 AM	Dance Fitness	Studio 1	Allison
9:45 - 10:30 AM	TRX® Pilates	Gym	Michelle
10:00 - 10:45 AM	Indoor Cycling	Studio 2	Beth
10:00 - 10:45 AM	Power Yoga	Studio 3	Rhonda
10:45 - 11:15 AM	Strength and Balance	Studio 1	Allison
10:45 - 11:45 AM	TRX® Advanced	Gym	Tanya
11:00 - 11:45 AM	Mat Pilates	Studio 3	Rhonda
11:30 AM - 12:00 PM	Strength and Balance	Studio 1	Allison
12:15 - 1:10 PM	BODYPUMP™	Studio 1	Allison
12:15 - 1:15 PM	Chair Yoga	Studio 3	Donna
1:15 - 2:15 PM	Tai Chi Level 1	Studio 1	Beth
1:30 - 2:30 PM	Yin Yoga	Studio 3	Amy
2:30 - 3:30 PM	Tai Chi Level 2	Studio 1	Beth
4:30 - 5:30 PM	Vinyasa Yoga	Studio 3	Brooke L
4:45 - 5:30 PM	Zumba®	Studio 1	LeAnn
5:45 - 6:30 PM	Circuit	Studio 1	Dellarisha
5:45 - 6:30 PM	Indoor Cycling	Gym	Jena
5:45 - 6:30 PM	TRX®	Gym	LeAnn

WEDNESDAY (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
6:15 - 6:45 AM	Pump	Studio 1	Dawn
7:00 - 7:30 AM	Stretch	Studio 1	Dawn
7:15 - 8:15 AM	Yin Yoga	Studio 3	Carmen
7:45 - 8:30 AM	Nia®	Studio 1	Sidney
8:30 - 9:30 AM	Hatha Flow Yoga	Studio 3	Carmen
8:45 - 9:30 AM	TRX®	Gym	Amy
9:00 - 9:45 AM	Circuit	Studio 1	Dawn
9:45 - 10:30 AM	Mat Pilates Circuit	Studio 3	Amy
10:00 - 10:45 AM	Zumba®	Studio 1	Denise
10:45 - 11:30 AM	Prenatal Yoga/Gentle Yoga	Studio 3	Rhonda
10:45 - 11:30 AM	TRX® Pilates	Gym	Amy
11:00 - 11:45 AM	Line Dancing Fusion	Studio 1	Kelli
11:45 AM - 12:30 PM	Mat Pilates	Studio 3	Carmen
12:00 - 1:00 PM	BODYPUMP HEAVY™	Studio 1	Tanya
12:00 - 12:30 PM	Cardio Boxing	Gym	Carol
12:15 - 1:00 PM	Indoor Cycling	Studio 2	Kara
1:15 - 2:00 PM	Gentle Cardio Tone	Studio 1	Dawn
Call **(225) 924-8300** for more information.			
4:30 - 5:15 PM	Country Fusion®	Studio 1	Denise
5:15 - 6:15 PM	Vinyasa Yoga	Studio 3	Rhonda
5:30 - 6:15 PM	SHiNE Dance Fitness™	Studio 1	Brittany
5:45 - 6:30 PM	TRX®	Gym	Jeanette M.
6:30 - 7:30 PM	BODYPUMP™	Studio 1	Allison

THURSDAY (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
5:30 - 6:30 AM	Step	Studio 1	Valerie
7:30 - 8:30 AM	Gentle Yoga	Studio 3	Michelle
7:45 - 8:30 AM	Zumba Gold®	Studio 1	Denise
8:45 - 9:30 AM	Barre	Studio 1	Kelli
8:45 - 9:45 AM	Vinyasa Yoga	Studio 3	Beth
9:45 - 10:30 AM	Dance Fitness	Studio 1	Allison
9:45 - 10:30 AM	TRX®	Gym	Michelle
10:00 - 10:45 AM	Indoor Cycling	Studio 2	Beth
10:00 - 10:45 AM	Power Yoga	Studio 3	Rhonda
10:45 - 11:15 AM	Strength and Balance	Studio 1	Allison
11:00 - 11:45 AM	Mat Pilates	Studio 3	Rhonda
11:30 AM - 12:00 PM	Strength and Balance	Studio 1	Allison
12:15 - 1:10 PM	BODYPUMP™	Studio 1	Allison
12:15 - 1:15 PM	Chair Yoga	Studio 3	Donna
1:15 - 2:15 PM	Tai Chi Level 1	Studio 1	Beth
2:30 - 3:30 PM	Tai Chi Level 2	Studio 1	Beth
4:30 - 5:15 PM	Barre	Studio 1	Rachel
4:30 - 5:30 PM	Vinyasa Yoga	Studio 3	Brooke L
5:30 - 6:15 PM	TRX®	Gym	LeAnn
5:45 - 6:30 PM	Circuit	Studio 1	Dellarisha

FRIDAY (5:00 AM - 7:00 PM)

Time	Class	Location	Instructor
6:15 - 6:45 AM	Barre	Studio 1	Dawn
7:00 - 7:30 AM	Stretch	Studio 1	Dawn
8:15 - 9:00 AM	Pump	Studio 1	Dawn
8:30 - 9:15 AM	Zumba®	Studio 3	LeAnn
8:45 - 9:30 AM	TRX®	Gym	Tanya
9:15 - 10:00 AM	Step	Studio 1	Dawn
9:30 - 10:15 AM	Dance Fitness	Studio 3	Allison
9:45 - 10:30 AM	TRX® Pilates	Gym	Kelli
10:15 - 11:15 AM	Strength to Stretch	Studio 1	Dawn
10:45 - 11:15 AM	Functional Core	Studio 3	Kelli
11:30 AM - 12:00 PM	Gentle Cardio Tone	Studio 1	Kelli
12:00 - 12:45 PM	TRX®	Gym	LeAnn
12:15 - 1:00 PM	Barre	Studio 1	Kara
12:15 - 1:00 PM	Stretch	Studio 3	Kelli

SATURDAY (7:30 AM - 2:00 PM)

Time	Class	Location	Instructor
7:45 - 8:30 AM	Pump	Studio 1	Valerie
8:45 - 9:30 AM	Zumba®	Studio 1	Dellarisha
9:45 - 10:45 AM	BODYPUMP™	Studio 1	Allison
10:00 - 11:00 AM	Chair Yoga	Studio 3	Donna
11:00 - 11:45 AM	Dance Fitness	Studio 1	Allison
11:15 AM - 12:15 PM	Chair Yoga	Studio 3	Donna

SUNDAY (11:00 AM - 4:00 PM)

Time	Class	Location	Instructor
11:30 AM - 12:15 PM	TRX®	Gym	Jeanette M.
12:15 - 1:15 PM	Relaxation Yoga Nidra	Studio 3	Brooke L
12:30 - 1:30 PM	Line Dancing Fusion	Studio 1	Dellarisha
12:30 - 1:15 PM	TRX® Pilates	Gym	Jeanette M.

updated 9/28/2026

Class Descriptions (October 2026)

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

BODYPUMP™ (ADV) 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.

BODYPUMP HEAVY™ (BEG/INT/ADV)
You focus on the same foundational lifts as BODYPUMP™, but the slower speeds and longer recoveries, allows for increased focus on techniques and the ability to lift heavier.

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.

Country Fusion®(BEG/INT/ADV)
A high-energy fitness workout that blends country music and dance. Plus, you'll improve flexibility, posture, and dance skills as you move to country, Latin, hip-hop, jazz and swing.

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!

Gentle Cardio Tone (BEG)
This beginner-friendly class offers a fun an easygoing mix of low impact cardio and lightweight toning exercises.

Functional Core (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 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 16 participants. **Please arrive 5-10 minutes early for your bike set up.** Be sure to bring **water and a towel.**

Line Dancing Fusion (BEG/INT/ADV)
A full-body cardio workout using choreographed line dance patterns to build coordination, endurance, and strength while having fun! Suitable for all fitness levels.

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 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.

RPM™ (INT/ADV)
Feel the beat. Push the pace. RPM™ is where you ride to the rhythm. Set your own resistance, and let the music guide your cycle journey.

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)
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 flexibilty 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 Level 2!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 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® Advanced (ADV) 60 minutes
Ready for a challenge? Our complex 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.

TRX® Pilates (BEG/INT/ADV)
No reformer? No problem. Experience a challenging yet accessible workout designed to build core strength, boost flexibility, and generate overall body awareness, so you leave feeling energized and aligned. Perfect for all fitness levels.

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 facia, 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 and strong.

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

updated 9/28/2026

Aquatic Exercise Classes (October 2026)

Monday (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
7:30 - 8:10 AM	H_2O Arthritis	Therapy Pool	Allison
8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison
5:30 - 6:15 PM	Aqua Fit	Lap Pool	Jeannette

Tuesday (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
Sign up for Classes on **Mindbody**			
12:20 - 1:05 PM	Aqua Strength is Balance	Therapy Pool	TBA
5:30 - 6:15 PM	H_2O Arthritis	Therapy Pool	Jeannette

Wednesday (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
7:30 - 8:10 AM	H_2O Arthritis	Therapy Pool	Allison
8:30 - 9:15 AM	Aqua Fit	Lap Pool	Allison
5:30 - 6:15 PM	Aqua Fit	Lap Pool	Jeannette

Thursday (5:00 AM - 8:00 PM)

Time	Class	Location	Instructor
12:20 - 1:05 PM	Aqua Strength is Balance	Therapy Pool	TBA
5:30 - 6:15 PM	H_2O Arthritis	Therapy Pool	Jeannette

Friday (5:00 AM - 7:00 PM)

Time	Class	Location	Instructor
7:30 - 8:10 AM	H_2O Arthritis	Therapy Pool	Allison
8:30 - 9:10 AM	Aqua Fit	Lap Pool	Allison

Saturday (7:30 AM - 2:00 PM)

Time	Class	Location	Instructor
8:45 - 9:30 AM	H_2O Arthritis	Therapy Pool	Jeannette
9:45 - 10:30 AM	Aqua Fit	Lap Pool	Jeannette

Sunday (11:00 AM - 4:00 PM)

Time	Class	Location	Instructor
NO AQUA CLASSES			

updated 9/28/2026

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_2O 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.