


GROUP EXERCISE CLASS SCHEDULE – METAIRIE

REVISED 9/5/2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Coach by Color® Cycling** 9:00 – 10:00 AM Various Instructors</p> <p>Kickboxing** 10:30 – 11:15 AM Denise</p>	<p>H.O.T. Body Workout** 6:00 – 6:45 AM Morris</p> <p>Circuit Training** 8:30 – 9:30 AM Julian</p> <p>Yoga* 9:00 – 10:00 AM Elaine</p> <p>Staying Fit* 11:00 AM – 12:00 PM Patricia</p>	<p>Coach by Color® Cycling** 6:00 – 7:00 AM Dotty</p> <p>Ultimate Workout*** 8:30 – 9:30 AM Julian (Gymnasium)</p> <p>Zumba-N-Tone* 9:00 – 10:00 AM Terri</p> <p>Mat Pilates* 10:00 – 11:00 AM Kelly</p>	<p>Circuit Training** 8:30 – 9:30 AM Julian</p> <p>Staying Fit* 11:00 AM – 12:00 PM Erin</p>	<p>Coach by Color® Cycling** 6:00 – 7:00 AM Dotty</p> <p><i>TRX Circuit (\$)</i> 9:00 – 9:45 AM <i>Rachel</i></p> <p>Coach by Color® Cycling** 9:00 – 10:00 AM Denise</p> <p>ZUMBA®* 10:00 – 11:00 AM Charla</p>	<p>TRX Sunrise Boot Camp(\$) 6:05 – 6:50 AM Julian</p> <p>Ultimate Workout*** 8:30 – 9:30 AM Julian (Gymnasium)</p> <p>Yoga* 9:00 – 10:00 AM Elaine</p> <p>Chair Yoga* 11:00 AM – 12:00 PM Various Instructors</p>
<p>Classes must have a minimum of 3 people in order to remain on our schedule. Please tell your friends!</p> <p>If it is your first time in the Indoor Cycling class, please arrive 10 minutes early for bike setup.</p> <p>Classes are held in the Group Exercise studio unless otherwise stated.</p> <p>Classes start promptly at their scheduled time.</p> <p>See back for class descriptions and fees.</p>	<p>Abs Express** 5:45 – 6:10 PM Denise</p> <p>Muscle Mania Push** 6:15 – 7:00 PM Elizabeth</p>	<p>Mat Pilates* 5:30 – 6:30 PM Patricia</p> <p>Coach by Color® Cycling** 6:30 – 7:30 PM Michael</p> <p>Yoga* 6:30 – 7:30 PM Patricia</p>	<p><i>TRX Circuit (\$)</i> 5:45 – 6:30 PM <i>Rachel</i></p> <p>Muscle Mania Ignite** 6:30 – 7:15 PM Elizabeth</p>	<p>ZUMBA®* 5:30 – 6:25 PM Avi</p> <p>Core and More** 6:30 – 7:30 PM Morris</p> <p>Coach by Color® Cycling** 6:30 – 7:30 PM Elizabeth</p>	<p>KEY *Beginner **Intermediate ***Advanced (\$) Additional fee required</p> <p><i>Italicized/bold classes have been added and/or modified.</i></p> 

Abs Express - In this 25 minute class, build strong, toned abs that will shape and tighten your mid-section. Learn new, fun and challenging ab exercises.

Chair Yoga - Experience traditional yoga poses, stretches and breathing while seated. This is a great class to improve your strength, balance and flexibility. With controlled breathing techniques you will leave feeling relaxed and rejuvenated.

Circuit Training - This class blends cardio with extensive free weight training. There is also a focus on ab exercises.

Coach by Color® Cycling - Get your power ride on with the Matrix IC7 bike. Specially trained Coach By Color® instructors lead you on a ride like no other while your bike computer displays training zones by color based on your specifications. The IC7 makes fitness more powerful, original and colorful.

Core and More - Join this one-hour class of resistance training focusing on core, glutes, thighs and calves. A guaranteed fun and energetic workout!

H.O.T. Body Workout - Wake up and get an early start with this High Octane Total (HOT) Body Workout. Each class is different. Will it be boot camp, HIIT, Strength Training, or a combination? Whichever style it is, a great workout worth waking up for is guaranteed!

Kickboxing - Want to burn loads of calories while having fun? Then kickboxing is for you! Kick and punch your way into a sweat. This is a great cardio, strength and core workout for all.

Mat Pilates - Pilates helps build long, lean, muscles in abs, hips, back and thighs. Emphasis is placed on spinal and pelvic alignment and breathing while improving balance. Pilates exercise is performed on mat and can be modified for all fitness levels.

Muscle Mania Push – Push it for a 45 minute cardio-conditioning HIIT calorie scorcher. Use a variety of equipment including body weight, dumbbells, resistance bands and a mat.

Muscle Mania Ignite – Ignite your power within to increase your metabolism, build lean muscle tone and a stronger core in this 45 minute class. Use a variety of equipment including body weight, barbell, aerobic step and a mat.

Staying Fit - All fitness levels are welcome in this fun class designed to help older adults maintain the strength and energy needed for daily tasks. Watch how your flexibility, bone density and balance can improve when you take this class regularly.

TRX Circuit - Get results as you move from one TRX exercise to the next. Instructor times the exercises so participants get a great resistance, cardio and core workout using TRX straps. A bottle of water is required.

TRX Sunrise Boot Camp - Start your day strong with TRX Sunrise Boot Camp. Burn mega calories as you challenge your muscles and strengthen your core using TRX straps to perform resistance training exercises. Additional fee and bottle of water is required.

Ultimate Workout - Work your entire body while going from one exercise to another without rest. The Ultimate Workout includes plenty of body weight exercises, but the difference lies in the intensity. You work, sweat and burn calories like crazy!!!

Yoga - This class is a wonderful holistic way to build strength, balance and flexibility. Each class is unique and the format will be comprised of therapeutic stretch, core strength, joint rotation, balance and realignment positions. The practice of Yoga promotes vibrant health, well being and aids in stress reduction.

ZUMBA® - A fitness party that fuses international rhythms and dance moves. You choose your intensity, but FUN is guaranteed as you dance away the calories!

Zumba-N-Tone - Need a beginner's class? Try Zumba-N-Tone. This class includes easy-to-learn routines and exercises that are sure to increase your heart rate, strengthen your muscles and tone your abs.

CLASS FEE:
Free to Gold Members or \$10 per class

BABYSITTING HOURS:
Sunday - Friday, 8:00 AM - 12:00 PM
Monday - Thursday, 5:30 - 7:30 PM

FITNESS CENTER HOURS:
Monday - Thursday, 5:30 AM - 10:00 PM
Friday, 5:30 AM - 6:00 PM
Saturday, 1:00 PM - 6:45 PM
Sunday, 8:00 AM - 6:45 PM