

# UPTOWN GROUP EXERCISE SCHEDULE

**Beginning April 1, 2018**

All classes must have a minimum of 3 people in order to take place. Please tell your friends!

All classes are 50-55 minutes unless noted on schedule.

If it is your first time in an Indoor Cycling class, please arrive 10 minutes early for bike setup. Pedals are SPD clips.

\* Beginner    \*\*Intermediate    \*\*\*Advanced    ☺All Levels

SUNDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
9:00 AM	Cycling Madness	CS	Daliah ☺
10:00 AM	Interval Training	GX	Caroline ***
10:00 AM	Restorative Yoga	MB	Hope ☺
1:00 PM	Vinyasa Flow	MB	Eliza/Anna ☺
3:00 PM	Mat Pilates	GX	Dana ☺

MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 AM (45)	Rise-N-Roll	CS	Joel ☺
7:00 AM	Indoor Cycling	CS	Michele**
8:00 AM	Step-N-Sculpt	GX	Rhonda**
9:00 AM	Low Impact	GX	Kelly*
10:00 AM (30)	Relax-N-Stretch	GX	Kelly*
10:00 AM	Beginner Yoga	MB	Hope *
10:30 AM	Rock-N-Ride	CS	Dotty ☺
12:00 PM	Power Hour	GX	Josh M.***
5:15 PM	Open Yoga	MB	Claiborne ☺
5:30 PM	Boot Camp	GX	J. Morgan**
6:30 PM	Performance Cycle	CS	Eve ☺

TUESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
7:00 AM	Rock-N-Ride	CS	Rae**
8:00 AM	Cardio-N-Sculpt	GX	Kelly Brown ☺
8:45 AM (45)	Circuit Your Pace	DS	Monica*
9:15 AM	Interval Training	GX	Winnie***
9:30 AM (45)	Circuit Your Pace	DS	Monica*
10:30 AM	ZUMBA	GX	Becca ☺
12:00 PM	Mat Pilates	GX	Dana**
4:30 PM	Cycle Michael	CS	Michael **
5:30 PM	Pain-N-Gain	GX	Josh M.***
5:30 PM	Open Yoga	MB	Claiborne ☺
6:30 PM	Cycle Beats	CS	Winnie ***
6:45 PM	Mat Pilates	MB	Gretchen ☺

ROOM/STUDIO KEY	
CS	Cycling studio (Floor 3)
GX	Group exercise studio (Floor 3)
MB	Mind/Body studio (Floor 3)
DS	Dance studio (Floor 2)
IP	Indoor Pool (Floor 1)
	Indicates new or changed class

WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 AM	Rise-N-Roll	CS	Joel ☺
7:00 AM	Core Power	GX	Kristin **
8:00 AM	Interval Training	GX	Rhonda**
9:00 AM	Low Impact	GX	Monica *
9:15 AM	Power Yoga	MB	Kelly**
10:00 AM (30)	Relax-N-Stretch	GX	Monica *
10:30 AM	Rock-N-Ride	CS	Sammye
12:00 PM	Power Hour	GX	Josh ***
5:30 PM	Indoor Cycling	CS	J. Morgan
6:30 PM	Wednesday Warriors	GX	Josh M. ***
7:30 PM	BollyX	GX	Adja ☺

THURSDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
7:00 AM	Indoor Cycling	CS	Michele **
8:10 AM	Aqua Fit	IP	Michele ☺
8:00 AM	Cardio-N-Sculpt	GX	Jane ☺
9:00 AM (45)	Circuit Your Pace	DS	Kelly *
9:15 AM	Interval Training	GX	Caroline***
10:00 AM (45)	Beginner Yoga	MB	Kelly *
10:30 AM	Cycle Michael	CS	Michael **
10:30 AM	ZUMBA	GX	Shayra ☺
12:00 PM	Mat Pilates	GX	Kristin***
5:30 PM	Pain-N-Gain	GX	Josh M.***
5:30 PM	Mat Pilates	MB	Eric **
6:30 PM	Open Yoga	MB	Claiborne ☺

FRIDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
7:00 AM	Indoor Cycling	CS	Lauren ☺
8:00 AM	Cardio-N-Sculpt	GX	Tim**
9:00 AM	Low Impact	GX	Morris *
9:15 AM	Power Yoga	MB	Kelly **
9:15 AM	Aqua Fit	IP	Michele ☺
10:00 AM (30)	Relax-N-Stretch	GX	Morris *
10:30 AM	Cycle Beats	CS	Winnie ***
12:00 PM	Power Circuit	GX	Josh ***
5:30 PM	Happy Hour	GX	Josh ***

SATURDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:45 AM	Performance Cycle	CS	Eve **
10:30 AM	Cyclebeats	CS	Winnie ***

New Orleans JCC

Goldring Woldenberg Sports and Wellness Complex

Monday - Thursday, 5:30 AM -10:00 PM

Friday, 5:30 AM -6:45 PM

Saturday -Sunday, 8:00 AM -6:45 PM



## **CLASS DESCRIPTIONS:**

**AQUA FIT** Get a fun workout in the pool. Using state-of-the-art equipment, Aqua Fit focuses on cardio endurance training, shaping and strengthening all muscle groups, and increasing flexibility. All levels welcome. No swimming skills are needed.

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**BEGINNER YOGA** Build strength, flexibility and balance as you use movements and breathing to calm and center your mind. Our classes for beginners are comfortable spaces in which to learn and cultivate your practice.

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**BOOT CAMP** High-energy work out that combines cardio, resistance training, and core strengthening for total body conditioning. This fast-paced class incorporates dumbbells, resistance bands, jump ropes, and body weight exercises for maximum results.

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**BOLLYX** Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts to upbeat music.

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**CARDIO-N-SCULPT** Using steps, Bosu balls, cardio drills, resistance training, or kickboxing, this class is guaranteed to increase your heart rate. Use your own intensity to get the results you want.

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**CIRCUIT @ YOUR PACE** A specialized circuit training class utilizing the Hydra Fit Pace equipment. Move from station to station and strengthen every muscle.

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**CORE POWER** This class is designed to target every muscle by building strength, adding definition, improving balance, increasing flexibility and burning calories. Routines will change each week but will include body weight exercises, plyometrics & cardio bursts, as well as the use of weights, Pilates equipment, and other fitness tools

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**CYCLING MADNESS** Variety of rides designed to challenge and improves cardio, health, and energy. All levels are invited to ride towards a better health.

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**CYCLE BEATS** In this 55 minute ride, experience athletic training, endurance sprints, drills in and out of the saddle, and team riding that will push you to your limits. You can lose yourself in the dark and tune out the day's frustrations all while riding to the beat of the music, and being pushed and inspired by your inner warrior.

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**CYCLE MICHAEL** An innovative cardiovascular class that welcomes all adult ages and abilities. Come enjoy 50 minutes of endurance, strength, and intervals with Mike on the bike that will result in achieving your goals.

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**INDOOR CYCLING** Using the Technogym Indoor cycles, you will work at your heart rate max to achieve cardio fitness. A heart rate monitor is highly recommended for this class.

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**INTERVAL TRAINING** This class uses Bosus, step, medicine balls, dumb bells and more. Short intervals of weights and cardio that help you burn more calories, ending with exercises that concentrate on the core.

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**LOW IMPACT** A cardio class that will get your heart rate up. This low impact aerobic class is designed to keep one foot on the ground at all times, giving you all of the benefits of moderate aerobic exercise without the wear and tear on your joints. \*MUST BE ABLE TO GET UP AND DOWN OFF THE GROUND WITHOUT ASSISTANCE.

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**MAT PILATES** Pilates is one of the most popular, effective, and balanced workouts in fitness clubs across the country. Mat exercises help improve posture, increase flexibility, and improve core stability.

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**OPEN YOGA** Dynamic and static exercises facilitate the creation of new awareness in your body, breath and mind.

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**PAIN-N-GAIN** An intense boot camp style class, incorporating high and low movements, plyometrics, and elements from Navy Seal, MMA, and combat training. Perfect for intermediate to advanced fitness levels. Prepare to dig deeply and sweat to push yourself to the next level! Are you up for the challenge?

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**PERFORMANCE CYCLE** Set to high energy music and takes you through a different terrain weekly. We ride hills and flats, all built around heart rate and power. Tenured or new to cycling, this class is designed to keep you in the game.

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**POWER HOUR/CIRCUIT** A full body workout designed to sculpt your body, improve balance, and increase core strength.

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**POWER YOGA** This class incorporates asanas that are geared to stretch and strengthen your body. Each asana is moved through with power and intensity.

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**RELAX-N-STRETCH** De-stress and refresh yourself with this class, which includes a combination of static stretches and techniques to increase your flexibility.

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**ROCK-N-RIDE** A vigorous ride to your favorite Rock-N-Roll music to keep you motivated through the entire class!

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**STEP-N-SCULPT** A full-body workout which incorporates weights and the step. Get your heart rate up and tone your body at the same time.

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**RISE-N-ROLL** High energy ride, that brings the form of outside biking, indoors to music. Imagery ride takes you from flat roads into the hills as we simulate different types of wind.

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**VINYASA FLOW** Smooth poses that run together, one of the most popular contemporary styles of yoga. Each movement in the series is cued by an inhalation or an exhalation of the breath. Gain balance, flexibility, and strength while relaxing the mind and body.

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**WEDNESDAY WARRIORS** Time to get over the hump put your mind, body, and spirit to the ultimate test with this new innovative class. You will perform strength and high intensity cardio exercises that will reveal your inner warrior.

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**ZUMBA** This cardio movement is a great way to lose weight and is specifically choreographed to tighten your stomach and core to the tune of Latin music.