

# UPTOWN GROUP EXERCISE SCHEDULE

## Beginning November 5, 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 or cages.

\* 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	Rest & Restore	MB	Hope ☺
1:00 PM	Vinyasa Flow	MB	TiffanyJo ☺
3:00 PM	Mat Pilates	GX	Jordan ☺

MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 AM (45)	Rise-N-Roll	CS	Joel ☺
7:00 AM	Indoor Cycling	CS	Toria**
8:15 AM	YogaSculpt	MB	J. Lowe**
8:00 AM	Step-N-Sculpt	GX	Rhonda**
9:00 AM	Low Impact	GX	Kelly*
9:15 AM	Aqua Fit	IP	Michele ☺
10:00 AM (30)	Relax-N-Stretch	GX	Kelly*
10:00 AM	Mindful Movement	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	Butts & Guts	GX	Josh**
6:00 PM	HIIT the Water	IP	Brittany**
6:00 PM	Performance Cycle	CS	Eve **
6:45 PM	Evening Flow	MB	J. Lowe **

TUESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 AM	Burn	GX	Brittany***
7:00 AM	Rock-N-Ride	CS	Rae**
8:00 AM	Aqua Fit	IP	Michele ☺
9:00 AM	Aqua Fit	IP	Michele ☺
8:00 AM	Cardio-N-Sculpt	GX	Kelly Brown ☺
8:45 AM (45)	Circuit Your Pace	DS	Monica*
9:15 AM	Interval Training	GX	Josh***
9:30 AM (45)	Circuit Your Pace	DS	Monica*
10:30 AM	Indoor Cycling	CS	Lauren ☺
12:00 PM	Aqua Cardio Fun	IP	Debra H. ☺
12:00 PM	Mat Pilates	GX	Kristin ☺
4:30 PM	Cycle Michael	CS	Michael **
5:30 PM	Burn	GX	Brittany***
5:30 PM	Open Yoga	MB	Claiborne ☺
6:00 PM	Beats	CS	Winnie ***
6:30 PM	BollyX	GX	Adja ☺
6:45 PM	Mat Pilates	MB	Jordan ☺

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	Morning Flow	MB	J. Lowe**
8:00 AM	Aqua Cardio Fun	IP	Debra H. ☺
8:00AM	Interval Training	GX	Rhonda**
8:15 AM	Indoor Cycling	CS	Toria*
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	Aqua Fit	IP	Shauna. ☺
12:00 PM	Power Hour	GX	Josh ***
5:30 PM	Circuit Training 101	GX	Alicia*
5:30 PM	Indoor Cycling	CS	Sara*
5:30 PM	Core Centric Yoga	MB	Jessy**
6:30 PM	Wednesday Warriors	GX	Josh M. ***

THURSDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00 AM	Morning Grind	GX	Taylor**
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)	Total Body & Balance	MB	Brittany *
9:15 AM	Interval Training	GX	Caroline***
10:00 AM (45)	Beginner Yoga	MB	Lauren J *
10:30 AM	ZUMBA	GX	Shayra ☺
12:00 PM	Mat Pilates	GX	Kristin***
5:00 PM	Thirsty Thursday	CS	Christine**
5:30 PM	Rated R	GX	Josh M.***
5:30 PM	Mat Pilates	MB	Eric **
6:00 PM	Aqua Fit	IP	Alicia ☺
6:30 PM	Open Yoga	GX	Claiborne ☺

FRIDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
7:00 AM	Indoor Cycling	CS	Lauren ☺
8:00 AM	Cardio-N-Sculpt	GX	Kelly/TBD**
9:00 AM	Low Impact	GX	TBD *
9:15 AM	Power Yoga	MB	Kelly **
9:15 AM	Aqua Fit	IP	Michele ☺
10:00 AM (30)	Relax-N-Stretch	GX	TBD *
10:30 AM	Beats	CS	Winnie ***
12:00 PM	Power Circuit	GX	Josh ***
4:00 PM	Happy Hour	GX	Josh ***

SATURDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:45 AM	Performance Cycle	CS	Eve **
9:30 AM	Yoga for Strength	MB	Jessy **
10:30 AM	Beats	CS	Winnie ***

New Orleans JCC  
 Goldring Woldenberg Sports and Wellness Complex  
 Monday - Thursday, 5:30 AM - 10:00 PM  
 Friday, 5:30 AM - 5:00 PM



## **CLASS DESCRIPTIONS:**

**AQUA CARDIO FUN** Have fun while increasing muscle strength, building greater flexibility, and cardio respiratory endurance in a class that tones both the upper and lower body. Partner activities and exercises with and without equipment performed in rotation with minimal rest.

**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.

**BEATS** In this hour ride, experience athletic training, endurance sprints, and drills in and out of the saddle all while riding to the beat of the music. Don't forget to tap it back!

**BURN** A class designed to include HIIT, muscle strength, and fat loss! All while taking your max calorie BURN to the next level.

**BUTTS & GUTS** Work your hamstrings, quadriceps, thighs and glutes for half the class and then turn your energy into the 'gut's aka six-pack in the making.

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

**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.

**CIRCUIT TRAINING 101** Geared towards beginners, this class will use Bosu balls, dumbbells, bands, and bodyweight all while learning the basics of HIIT (High Intensity Interval Training)

**CIRCUIT @ YOUR PACE** A specialized circuit training class utilizing dumbbells, bands, and bodyweight. Move from station to station and strengthen every muscle.

**CORE CENTRIC YOGA** A traditional yoga class geared towards strengthening the core through posture and breath while connecting the mind and body.

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

**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.

**HIIT THE WATER** A high intensity workout designed to make you sweat. Expect to see intervals involving cardiovascular drills, balance, and stability exercises! All that will challenge your core.

**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.

**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.

**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

**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.

**MINDFUL MOVEMENT** Gentle movement for strengthening, stretching and maintaining range of motion, with an emphasis on linking movement and breath. Beginners welcome with options to accommodate a variety of bodies.

**MORNING GRIND** This AM workout is geared towards strength training and toning. Prepare to use barbells, heavy dumbbells, and bodyweight to dominate your morning routine.

**MORNING/EVENING FLOW** This fun and energizing yoga class links breath with movement to stretch and strengthen your whole body, calm your mind, and leave you feeling balanced, empowered, and inspired.

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

**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.

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

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

**RATED R** An intense boot camp style class, incorporating high and low movements and plyometrics. EXPLICIT R RATED MUSIC WILL BE PLAYING\*

**REST & RESTORE** Reset your mind and body with a series of passive poses, supporting the body with props for rejuvenating rest

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

**RISE & ROLL** High energy ride, that bring the form of outside biking, indoors to music. Imaggery ride takes you from flat roads into the hills as we

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

**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.

**THIRSTY THURSDAY** This class is going to make you sweat! In this power meets performance pre-weekend workout. Ride with an emphasis on applying speed, strength, climbs, and intervals. Designed to bring every level rider to the next level.

**TOTAL BODY & BALANCE (50s+)** This class will experience a variety of exercises including core and balance drills, strength conditioning, and bodyweight exercise. All needed to maintain flexibility and energy needed for daily activities.

**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.

**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.

**YOGA SCULPT** This class combines power yoga with weight training and cardio to give you a full body and mind work out.

**YOGA FOR STRENGTH** A challenging yoga practice. Focusing on strength and flexibility needed for advanced postures.

**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.