

# FREE!!!

## Group Exercise Schedule – Spring 2010\*

January 11, 2010 – April 25, 2010

L = Lakeside Activity Room

R = Riverside Activity Room

### SUNDAY

9:00-10:15am—**BOSU/TBC** w/ Amanda (L)  
10:30-11:30am—**Fitness Yoga\*\*** w/ Jenni (L)  
6:00-6:55pm—**TurboKick** w/ Jenny (R)  
6:30-7:25pm—**PiYo** w/ Jamie(L)  
7:00-7:25pm—**Express Sculpt** w/ Sam (R)  
7:30-8:25pm—**Zumba** w/ Sam (L)

### MONDAY

6:15-7:15am—**Step/TBC** w/ Amanda (L)  
7:30-8:00am —**PiYo\*\*** w/ Jenny (R)  
10:00-11:00am—**SilverSneakers YogaStretch** w/ Debra (R)  
12:10-12:50pm—**Zumba** w/ Sam (L)  
12:15-12:45pm—**Bodies in Motion** w/ Carrie (R)  
4:30-5:25pm—**ABT** w/Joe (L)  
5:15-6:00pm – **Cardio Dance Fit** w/ Lorraine (R)  
5:30-6:00pm—**AA** w/ Joe (L)  
6:00-6:55pm—**Cardio Kick** w/ Renee (L)  
6:00-6:55pm—**Power Circuit** w/ Milo (R)  
7:00-7:55pm – **Zumba** w/ Jamie (L)

### TUESDAY

6:15-7:15am—**Mixed Aerobics** w/ Lisa H. (L)  
7:45-8:30am—**PiYo\*\*** w/ Jamie (L)  
9:00-9:55am—**Cardio Conditioning** w/ Liberdy (L)  
9:00-10:00am—**SilverSneakers MSROM** w/ Debra (R)  
12:10-12:50pm—**Fitness Yoga** w/ Claiborne (L)  
4:30-4:55pm—**AA** w/ Joe (L)  
5:00-5:55pm—**Boot Camp** w/ Joe (L)  
5:30-6:25pm—**Step & Tone** w/ Jen (R)  
6:00-6:30pm—**HardCORE** w/ Julie (L)  
6:30-7:25pm—**Power Pump** w/ Julie (L)  
6:30-7:00pm— **TurboKick** w/ Jamie (R)  
9:00-9:45pm-- **Zumba** w/ Sam (R)

### WEDNESDAY

6:15-7:15am—**Cardio Combo** w/ Renee (L)  
7:30-8:00am—**Zumba** w/ Sam (R)  
7:45-8:40am—**Fitness Yoga\*\*** w/ Claiborne (L)  
9:00-10:00am—**SilverSneakers Cardio Circuit** w/ Debra (R)  
12:15-12:45pm—**AA** w/ Joe (L)  
5:00-5:55pm—**Power Circuit** w/ Joe (L)  
5:15-6:00pm—**Strength on the Ball** w/ Julie (R)  
6:00-6:55pm—**TurboKick** w/ Jenny (L)  
9:00-9:45pm—**PiYo\*\*** w/ Jamie (R)  
*Above class begins Jan. 20*

### THURSDAY

7:45-8:40am—**Fitness Yoga\*\*** w/ Claiborne (L)  
9:00-9:55am—**Cardio Conditioning** w/ Liberdy (L)  
9:00-10:00am—**SilverSneakers MSROM** w/ Monica (R)  
12:10-12:50pm— **Cardio Dance Fit** w/ Lorraine (L)  
12:10-12:50pm—**Beginner Step Aerobics** w/ Misty (R)  
*Above class begins Jan. 21*  
4:00-4:30pm—**AA** w/ Joe (L)  
4:30-5:25pm—**ABT** w/Joe (L)  
5:15-6:00pm – **Hip Hop Dance** w/ Misty (R)  
*Above class begins Jan. 21*  
5:30-6:25pm—**Step & Tone** w/ Lisa H. (L)  
6:00-6:55pm—**Power Hour** w/ Sam(R)  
6:30-7:25pm—**Power Pump** w/ Shaun (L)

### FRIDAY

6:15-7:15am—**TBC** w/ Amanda (L)  
7:30-8:00am—**TBC** w/ Lisa (R)  
9:00-10:00am—**SilverSneakers Cardio Circuit** w/ Monica (R)  
12:10-12:50pm—**Body Blast** w/ Lorraine (L)  
3:00-3:55pm—**TurboKick** w/ Jamie (L)

### SATURDAY

9:00-9:55am—**Step & Tone** w/ Renee/Jen/Meghan/Erika (L)

\*\*NOTE: FOR HEALTH REASONS, PATRONS MUST BRING THEIR OWN MATS TO PiYo AND FITNESS YOGA CLASSES.

## WATER CLASSES

(all water classes are located in the shallow end of the pool)

### MONDAY

12:00-1:00pm—**SilverSneakers Splash** w/ Debra (P)  
5:30-6:30pm—**Aqua Fit** w/ Lisette (P)

### TUESDAY

6:45-7:45am—**Aqua Fit** w/ Verna (P)

### WEDNESDAY

12:00-1:00pm —**SilverSneakers Splash** w/ Debra (P)  
5:30-6:30pm—**Aqua Fit** w/ Lisette (P)

### THURSDAY

6:45-7:45am—**Aqua Fit** w/ Verna (P)

### FRIDAY

6:30-7:15am—**Aqua CORE Strength** w/ Verna (P)  
*Above class begins January 22.*  
12:00-1:00pm —**SilverSneakers Splash** w/ Debra (P)

CLASS DESCRIPTIONS are located at [www.reilycenter.com](http://www.reilycenter.com) and on the Group Exercise Schedule poster in the Reily atrium.  
For QUESTIONS please email Sarah, Assistant Director of Fitness and Wellness, at [grunblatt@tulane.edu](mailto:grunblatt@tulane.edu).

\*UPDATED January 13, 2010