



PRESS PLAY: GROUP SPINNING PROGRAMS

Spring 2012 Schedule: January 17 – April 29

UPDATED January 10, 2012

@ Reily Student Recreation Center

MONDAY

6:30-7:30am—**Spin-40 & Core Training-15** w/ Jay
(Optional core training portion 7:15-7:30am in Lakeside)
 12:05-12:50pm—**Spin-45** w/ Allie
 4:30-5:15pm—**INTRO TO SPIN-45** w/ Alicia
 5:30-6:30pm—**Spin-60** w/ Laurence
 7:00-8:00pm—**Liberdy SPIN MAINTENANCE**

TUESDAY

6:10-7:10am—**Spin-60** w/ Amanda
 12:00-1:00pm—**Spin-60** w/ Lisa T.
 4:30-5:15pm—**Spin-45 & Flex-15** w/ Liberdy
(optional strength training portion 5:10-5:25pm in Riverside)
 5:30-6:55pm—**Spin-60 & Core Training-20** w/ Milo
(optional core training portion 6:35-6:55pm in Lakeside)
 6:45-7:30pm—**INTRO TO SPIN-45** w/ Sara A.

WEDNESDAY

6:30-7:15am—**Spin-45** w/ Joel
 12:05-12:50pm—**Spin-45** w/ Melissa
 4:30-5:15pm—**Spin-45** w/ Rae
 5:30-6:30pm—**INTRO TO SPIN-60** w/ Megan

THURSDAY

6:10-7:10am—**Spin-60** w/ Amanda
 12:00-1:00pm—**Spin-60** w/ Lisa T.
 4:30-5:15pm—**INTRO TO SPIN-45 & Core Training-15** w/ Holly
(optional core training portion 5:10-5:25pm in Riverside)
 5:30-6:30pm—**Spin-60** w/ Joe
 6:45-7:30pm—**Spin-45** w/ Sara A.

FRIDAY

6:30-7:30am—**Spin-60** w/ Bruce
 4:30-5:15pm—**Spin-45 & Core Training-15** w/ Allie
(optional core training portion 5:20-5:35pm in Lakeside)
 5:30-6:30pm—**Spin-60** w/ Holly

SATURDAY

8:05-9:25am—**Spin-60 & Flex-15** w/ Amanda
(optional strength training portion 9:10-9:25am in Riverside)
 9:30-10:15am—**INTRO TO SPIN-45** w/ Beth
 10:30am-12:00pm—**Spin-70 & Core Training-15** w/ Milo
(Optional core training portion 11:45-12:00pm in Lakeside)

SUNDAY

10:30-11:45am—**Spin-75** w/ Joel

SPINNING PASS GENERAL INFORMATION

- A spinning pass is **required** to attend spinning classes. Purchase in person or over the phone through Member Services. At no point in a semester is a Spinning Pass ever prorated or refunded.
- Spring Pass: **\$40 Student / \$45 Reily Member** (valid January 1, 2012 – May 31, 2012) – valid for 1 class per day
- Trial Pass: **\$5 / class**
- Reserve your Spinning bike at www.reilycenter.com/Spin



PRESS PLAY: Les Mills BodyPump™

Spring 2012 Schedule: February 5 – April 30

UPDATED January 10, 2012

@ Reily Student Recreation Center

TRY OUT A CLASS!!

LAUNCH PARTY: Jan 28 @ 12:30pm and 2:00pm

FREE INTRO WEEK: January 29 – February 4

MONDAY 7:00-8:00am—**BodyPump™** w/ Julie J.

THURSDAY 5:45-6:45pm—**BodyPump™** w/ Louise

TUESDAY 5:45-6:45pm—**BodyPump™** w/ Meredith

SUNDAY 5:45-6:45pm—**BodyPump™** w/ Holly

WEDNESDAY 7:00-8:00am—**BodyPump™** w/ Louise

- A BodyPump™ pass is **required** to attend BodyPump™ classes. Purchase in person or over the phone through Member Services. At no point in a semester is a BodyPump™ Pass ever prorated or refunded.
- Spring Pass: **\$40 Student / \$45 Reily Member** (valid February 5, 2012 – April 30, 2012) – valid for 1 class per day
- Trial Pass: **\$5 / class**
- Reserve your bench at www.reilycenter.com/BodyPump (Arrive 10-minutes early for set-up!)

NOTE: Spinning and BodyPump™ passes are not interchangeable. | CLASS DESCRIPTIONS & Policies are located online.
 For QUESTIONS please email Sarah Grunblatt, Assistant Director of Fitness and Wellness, at grunblatt@tulane.edu.



PRESS PLAY: GROUP EXERCISE PROGRAMS

Spring 2012 Schedule: January 17 – April 29

UPDATED January 10, 2012

@ Reily Student Recreation Center

L = Lakeside Activity Room

R = Riverside Activity Room

U = Uptown Gym

MONDAY

6:10-7:10am—**Cardio Kickboxing** w/ Amanda (R)
 7:15-7:30am—**HardCORE** w/ Jay (R)
 9:00-10:00am—**SilverSneakers YogaStretch** w/ Debra (L)
 12:05-12:55pm— **Zumba** w/ Jane (L)
 4:30-5:25pm—**ABT (Abs, Buns, and Thighs)** w/ Joe (L)
 5:30-5:55pm—**AA (Absolutely Abs)** w/ Joe (L)
 6:00-6:55pm—**Zumba** w/ Jose/Julie W. (U)
 6:00-6:55pm—**Power Circuit** w/ Milo (R)
 6:00-6:55pm—**Chaos** w/ Liberdly (L)

TUESDAY

7:00-7:55am—**PiYo** (Pilates and Yoga)** w/ Julie (L)
 9:00-10:00am—**SilverSneakers MS-ROM** w/ Debra (L)
 12:05-12:55pm— **Muscle Hustle** w/ Louise (L)
 4:00-4:25pm—**AA (Absolutely Abs)** w/ Joe (L)
 4:30-5:25pm—**Indoor Boot Camp** w/ Joe (L)
 5:00-5:55pm—**Zumba** w/ Caroline (U)
 5:10-5:25pm—**Flex** w/ Liberdly (R)
 5:30-6:25pm—**Step & Sculpt** w/ Misty/Scott (R)
 6:35-6:55pm—**HardCORE** w/ Milo (R)

WEDNESDAY

6:10-7:10am—**Tone & Burn** w/ Shanon (R)
 9:00-10:00am—**Mature Fitness Cardio Dance** w/ Debra (L)
 12:05-12:55pm— **Lunch Box** w/ Joe (R)
 4:45-5:10pm— **HardCORE** w/ Chandra (R)
 5:00-5:55pm—**Power Circuit** w/ Joe (L)
 5:15-5:55pm—**Power Ball** w/ Chandra (R)
 6:00-6:55pm—**Zumba** w/ Marquita/Veronica (U)

THURSDAY

7:00-7:55am—**PiYo**** w/ Brianna (L)
 8:00-9:00am—**Boxing Camp** w/ Joe (R)
 9:00-10:00am—**SilverSneakers MS-ROM** w/ Monica (L)
 12:05-12:55pm—**Total Body Conditioning** w/ Louise (L)
 4:00-4:25pm—**AA (Absolutely Abs)** w/ Joe (L)
 4:30-5:25pm—**ABT (Abs, Buns, and Thighs)** w/ Joe (L)
 5:00-5:55pm—**Zumba** w/ Luz (U)
 5:10-5:25pm—**HardCORE** w/ Holly (R)
 5:30-6:25pm—**Step & Sculpt** w/ Kim (R)

FRIDAY

6:10-7:10am—**TBC** w/ Amanda (L)
 9:00-10:00am—**Mature Fitness Cardio Dance** w/ Debra (L)
 12:05-12:55pm— **PiYo** (Pilates and Yoga)** w/ Chandra (R)
 5:20-5:35pm—**HardCORE** w/ Allie (L)
 5:30-6:30pm—**Boxing Camp** w/ Patrick (R)
 6:00-6:55pm—**Zumba** w/ Misty/Jane/Jose/Luz/Caroline (L)

SATURDAY

9:00-9:55am—**Step & Sculpt** w/ Jen/Chandra/Kim/Misty (L)
 9:10-9:25am—**Flex** w/ Amanda (R)
 10:00-10:55am—**Zumba** w/ Jane/Jose/Misty (L)
 11:45-12:00pm—**HardCORE** w/ Milo (L)

SUNDAY

9:00-10:15am—**BOSU/TBC (Total Body Conditioning)** w/ Amanda (L)
 10:30-11:30am—**Boxing & Kettlebells** w/ Amanda (R)
 10:45-11:45am—**Step & Sculpt** w/ Scott (L)
 6:00-6:55pm — **TBC (Total Body Conditioning)** w/ Jamie (R)
 7:00-7:55pm—**Zumba** w/ Jamie/Luz (L)

**NOTE: PATRONS MUST BRING THEIR OWN MATS TO PiYo (Pilates and Yoga) CLASSES. PATRONS ARE NOT ALLOWED TO REMOVE SHOES AND SOCKS AND USE REILY MATS. THIS IS AN EFFORT TO PREVENT MRSA TRANSMISSION.



PRESS PLAY: WATER EXERCISE PROGRAMS

Spring 2012 Schedule: January 17 – April 29

UPDATED January 10, 2012

@ Reily Student Recreation Center

S = Shallow water

D = Deep water

MONDAY

11:00am-12:00pm—**SilverSneakers Splash** w/ Debra (S)
 5:30-6:30pm—**Aqua Power Hour** w/ Lisette (S)

TUESDAY

6:45-7:45am— **Marine Core & More** w/ Verna (S)

WEDNESDAY

11:00am-12:00pm—**Deep Water Conditioning** w/ Debra (D)
 5:30-6:30pm—**Aqua Power Hour** w/ Lisette (S)

THURSDAY

6:45-7:45am — **Aqua Aerobics** w/ Verna (S)

FRIDAY

11:00am-12:00pm—**SilverSneakers Splash** w/ Debra/Andrea (S)

SATURDAY

9:00-10:00am—**Aqua Boot Camp** w/ Andrea (S)

All classes listed on this page are **FREE with Reily Membership**. | **CLASS DESCRIPTIONS** are located online.
 For **QUESTIONS** please email Sarah Grunblatt, Assistant Director of Fitness and Wellness, at grunblatt@tulane.edu.