

Spring 2017 Schedule:
January 16 - May 14

FREE Group Classes

MONDAY

6:15am - 7:15am

Bootcamp

Allison H. | Lakeside

11:00am - 12:00pm

Aqua Cardio

Debra | Shallow Water

12:00pm - 12:45pm

Kettlebells

Shanda | Lakeside

Barre

Rebecca | Riverside

4:30pm - 5:25pm

ABT (Abs, Buns, and Thighs)

Joe | Lakeside

5:00pm - 6:00pm

Bootcamp

Sam | Uptown Gym

Zumba

Kirsten | Riverside

5:30pm - 6:00pm

Abs

Joe | Lakeside

5:30pm - 6:30pm

Aqua Power Hour

Lisette | Shallow Water

6:15 - 7:15pm

Power Circuit

Milo | Uptown

Zumba

Luz | Lakeside

7:30 - 8:30pm

Vixen Workout

Vanessa | Lakeside

TUESDAY

6:15am - 7:15am

Body Pump

Alisa | Lakeside

6:45am - 7:45am

Marine Core

Verna | Shallow Water

9:00am - 10:00am

SilverSneakers® Classic

Debra | Lakeside

12:00pm - 12:45pm

Power Circuit

Linnea | Lakeside

4:00pm - 5:00pm

PulsePointe Barre®

Carrie | Riverside

5:15pm - 6:00pm

Turbokick

Kim W. | Lakeside

5:30pm - 6:30pm

Step & Sculpt

Kim C. | Riverside

6:15pm - 7:15pm

Body Pump

Jenna | Lakeside

6:45pm - 7:45pm

Zumba

Vickie | Riverside

7:30pm - 8:30pm

Latin Dance

Vanessa C. | Lakeside

WEDNESDAY

6:15am - 7:15am

Bootcamp

Allison H. | Lakeside

PulsePointe Barre®

Carrie | Riverside

9:00am - 10:00am

AOA50+ Cardio Dance

Debra | Lakeside

11:00am - 12:00pm

Deep Water Conditioning

Debra | Deep Water

12:00pm - 12:45pm

Bootcamp

Joe | Lakeside

PulsePointe Barre®

Lauren | Riverside

4:30pm - 5:30pm

Zumba

Shayra | Riverside

5:00pm - 6:00pm

Power Circuit

Joe | Lakeside

5:30pm - 6:30pm

Aqua Power Hour

Lisette | Shallow Water

5:45pm - 6:45pm

Masala Bhangra

Jane | Riverside

6:15pm - 7:15pm

Zumba

Maria | Lakeside

7:00pm - 8:00pm

STRONG by Zumba (NEW)

Mark/Charmaine/Shayra

Riverside

THURSDAY

6:15am - 7:15am

Body Pump

Margaret | Lakeside

6:45-7:45am

Aqua Aerobics

Verna | Shallow Water

9:00-10:00am

SilverSneakers® Classic

Monica | Lakeside

12:00-12:45pm

Kettlebells

Hannah S. | Riverside

4:00-5:00pm

Zumba

Monisha | Riverside

4:30-5:25pm

ABT (Abs, Buns, and Thighs)

Joe | Lakeside

5:00-6:00pm

RIPPED (NEW)

Allison H. | Uptown Gym

5:15-6:15pm

Barre

Rebecca | Riverside

5:30-6:00pm

Abs

Joe | Lakeside

6:00-7:00pm

H2O Cardio

Kim C. | Shallow Water

6:15-7:15pm

Power Circuit

Jinhe | Uptown Gym

6:30-8:00pm

Zumba

Mark | Riverside

7:30-8:30pm

Vixen Workout

Vanessa R. | Lakeside

FRIDAY

6:15-7:15am

Kettlebells

Shanda | Lakeside

6:15-7:15am

PulsePointe Barre®

Michele | Riverside

9:00-10:00am

AOA-50+ PiYo

Debra | Diboll Studio B

12:00-12:45pm

Zumba

Becca | Lakeside

SATURDAY

8:15-9:15am

Power Circuit

Adja | Uptown Gym

9:00-10:00am

Step & Sculpt

Cherie/Kim C./Chandra | Lakeside

10:15-11:15am

Body Pump

Jenna/Alisa/Margaret | Lakeside

12:30-1:30pm

Bolly X (NEW)

Vickie/Becca/Adja | Lakeside

4:00-5:00pm

Body Pump

Alicia | Lakeside

SUNDAY

10am-11am

Bootcamp

Julien/Linnea | Uptown Gym

6:00-7:30pm

Zumba

Mark | Lakeside

Spring 2017 Schedule: January 16 - May 14

Cycling, Yoga, & Pilates

FREE Trial Week: January 16 – 22

Single Class Pass: \$5

Student Semester Pass: \$30

Member Semester Pass: \$40

Indoor Cycling / Yoga & Pilates Pass General Information

Members must purchase either an Indoor Cycling Pass or a Yoga & Pilates Pass from Member Services to participate in any of our classes.

Please arrive 10 minutes early for set up. Mats & props are provided for Yoga & Pilates.

At no point are any Passes ever prorated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>6:15am - 7:15am</u> Cycle 60 Kim W. Cycling Studio</p> <p>Sunrise Vinyasa Emily S. Diboll Studio A</p> <p><u>5:30pm - 6:30pm</u> Cycle 60 Laurence Cycling Studio</p> <p>Power Flow Louis Diboll Studio A</p> <p><u>6:30pm - 7:30pm</u> Mat Pilates Emily C. Diboll Studio B</p>	<p><u>6:15am - 7:10am</u> Cycle 55 Michele Cycling Studio</p> <p>Sunrise Power Flow Krista Diboll Studio A</p> <p><u>12:00pm - 12:45pm</u> Cycle 45 Bruce/Becca Cycling Studio</p> <p>Hatha Yoga Anne Diboll Studio B</p> <p><u>5:15pm - 6:15pm</u> Hatha Yoga Maeghan Diboll Studio A</p> <p><u>5:30pm - 6:30pm</u> Cycle 60 Milo Cycling Studio</p>	<p><u>6:15am - 7:15am</u> Cycle 60 Alison C. Cycling Studio</p> <p>Sunrise Vinyasa Emily S. Diboll Studio A</p> <p><u>5:30pm - 6:30pm</u> Mat Pilates Louis Diboll Studio A</p> <p><u>5:45pm - 6:45pm</u> Cycle 60 Sara Cycling Studio</p> <p><u>6:45pm - 7:45pm</u> Hatha Yoga Autumn Diboll Studio A</p> <p><u>8:15pm - 9:30pm</u> Vinyasa Flow Hannah P. Diboll Studio A</p>	<p><u>6:15am - 7:15am</u> Cycle 60 Lauren</p> <p><u>12:00pm - 12:45pm</u> Cycle Strength Winnie</p> <p>Hatha Yoga Anne Diboll Studio B</p> <p><u>5:15pm - 6:15pm</u> Power Flow Derby Diboll Studio A</p> <p><u>5:45pm - 6:45pm</u> Cycle 60 Cherie Cycling Studio</p>	<p><u>6:15am - 7:15am</u> Cycle 60 Heather Cycling Studio</p> <p><u>12:00pm - 12:45pm</u> PiYo Chandra Diboll Studio B</p>
SATURDAY				
<p><u>9:00am - 10:15am</u> Sunrise Vinyasa Chloe Diboll Studio A</p> <p><u>10:30am - 12:00pm</u> Cycle Core Milo Cycling Studio</p>				
SUNDAY				
<p><u>8:15am - 9:15am</u> Cycle 60 Jo Anne Cycling Studio</p> <p><u>11:30am - 1:00pm</u> Power Flow Derby. Diboll Studio B</p>				



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