

Group Exercise Classes

Starts December 2nd

Mon.

Tue.

Wed.

Thu.

Fri.

Sat.



SPIN
8:30-9:15am
Jaime

YOGA
8:30-9:15am
Beth

BEGIN TO SPIN
9:30-10:15am
Jaime

TOTAL BODY STRENGTH
9:30-10:15am
Beth

LINE DANCING
10:30-12:30pm
Rita

CIRCUIT TRAINING
5:15-6:00am
Audra

SPIN 30
7:30-8:00am
Jaime

SHRED
8:00-8:45am
Jaime

PILATES
9:00-9:45am
Jena

NEW SENIOR TOTAL BODY
9:00-9:45am
Jaime

SILVER SNEAKERS
10:00-10:45am
Angie

SILVER SNEAKERS
11:00-11:45am
Angie

MIDWEEK BURNER
5:00-5:45am
Audra

GROUP POWER
8:00-8:45am
Jaime

RUN CLUB
9:00-9:30am
Jaime

ZUMBA
9:30-10:15am
Tonya

ACTIVE OLDER ADULTS
10:30-11:15am
Susan

SPRINT 8 & STRENGTH
5:15-6:00am
Shanon

NEW CIRCUIT TRAINING
8:00-8:45am
Beth

SENIOR TOTAL BODY
8:30-9:15am
Tonya

NEW POWER CYCLE
9:00-9:30am
Anna

NEW Y-TRX
9:40-10:15
Anna

ACTIVE OLDER ADULTS
9:30-10:15am
Beth

R30
8:30-9:00am
Rachel

GROUP POWER
9:15-10:15am
Anna

SILVER SNEAKERS
10:30-11:15am
Angie

YOGA
8:30-9:15am
Julie

GROUP RIDE
8:30-9:30am
Cindy

BOOTCAMP
2nd Saturday of the month is family (7yo+)
9:30-10:15am
Karla



FUNCTIONAL STRENGTH
4:30-5:15pm
Anna

MOVEMENT OR MUSCLE
5:30-6:15pm
Shanon

BURN + PILATES
5:30-6:30pm
Audra & Jena

POWER CYCLE
4:30-5:00pm
Anna

ENERGIZED MIND & BODY
5:15-6:00pm
Lisette

SPRINT 8 COMBO
6:00-6:45pm
Audra

TOTAL BODY STRENGTH
4:45-5:30pm
Beth

GROUP RIDE
5:35-6:20pm
Cindy

PILATES
6:30-7:30pm
Jena

TOTAL BODY TONING
4:30-5:15pm
Tonya

Family Class
coming soon!

GROUP POWER
6:30-7:15pm
Cindy

Belle Chasse



GROUP EXERCISE ROOM

FUNCTIONAL FITNESS ROOM

PRIMETIME ROOM

WELLNESS FLOOR

CLASS DESCRIPTIONS

LEVEL 1

Active Older Adults - customized to meet your needs as an ACTIVE older adult desiring to remain healthy. Strength, flexibility, balance, and cardiovascular movements for heart health are all components of the workout. Exercise options will be given for all levels of participants.

Begin to Spin -30-minute indoor, slower paced cycling class designed for beginners.

Chair Pilates/Stretches -a gentle practice where postures are performed with the aid of a chair. This class will help with flexibility, lung capacity, circulation, strength, balance, and relieve stress through breathing, stretching, and Pilates inspired exercises.

Line Dancing - learn a variety of steps and routines to music all while improving physical fitness. This is a fun, social, and stress free way to exercise.

Silver Sneakers -helps get all levels of participants moving to the music through a variety of exercises designed to increase muscular strength, range of movement, and skills used for daily living.

Senior Total Body -strength/cardio class designed for active older adults that will work on major muscle groups through a variety of settings and equipment such as hand weights, barbells, elastic bands. Chairs are optional and modifications will be given as necessary.

ALL LEVELS- MODIFICATIONS WILL BE GIVEN IN EACH CLASS

Aqua Aerobics- This class uses the natural resistance and buoyancy of water against the body to provide a wide variety of conditioning activities. Weather permitting.

Aqua Zumba- blends the Zumba® philosophy with water resistance. Make a splash by adding low-impact, high-energy aquatic exercise to your fitness routine

Boot Camp- combination of high and low impact exercises done at a high intensity mixing calisthenics, body weight exercises, cardiovascular and strength training. A variety of equipment may be used. This class may be indoor and/or outdoor.

Burn+Pilates- Circuit training & Pilates. 30 minute of burn to get your heart pumping, then 30 minutes of Pilates to shape & sculpt. Burn will focus on increased heart rate and boost your metabolism, while Pilates will increase strength, flexibility, and improve body alignment.

Circuit Training- form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit (stations). It targets strength building muscular endurance.

Cycle Circuit- mix of indoor cycling and circuit exercises and body weight cardio (indoor/outdoor) to help improve your cardiovascular health and endurance. This class includes a total of 5 miles on the bike, one mile on foot, and stairs/steps to give a variety of workouts with modifications provided.

Energized Mind & Body- incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

Family Zumba-5-11 year olds must be accompanied by an adult. See Zumba for further class description.

FIT45 -cardio and strength/toning targeting major muscle groups using a variety of equipment. Class may be indoor and/or outdoor.

Functional Strength -strengthen your body for everyday life. A variety of equipment and training techniques will be used in this full body class. Focus will be on big and small muscles you don't realize you use everyday.

Group Power -45-60-minute barbell and/or hand weights program strengthen all your major muscles in an inspiring, motivating group environment. This class is designed for all levels of fitness.

Group Ride -45-60 min class with a huge calorie burn! Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish!

Midweek Burner -focus on cardio and toning on the major muscle groups. It will be 5min warm up, 10min cardio, 20min toning, 5min core, and 5min cool down/stretching.

Movement or Muscle -you pick cardio or strength while our instructor guides you with a workout based on what you chose.

Pilates -mat class utilizes your own body weight to challenge the muscles using the Pilates method. In this class you'll learn how to find your alignment and progress through exercises that activate your core and challenge your entire body.

Power Cycle - intensity on high for this leg burning cycle class with some upper body moves to engage the whole body.

Run Club - Focus on your run from the ground up. Build up your running endurance with drills, run training, & plyometrics. It's more than just running it's a program.

R30 -cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush.

Shred -interval workout that involves 3 minutes of cardio, 2 minutes of strength and 1 minute of abs. Workout options will be given.

Spin/Spin 30 -30-45 minute-high energy indoor cycling class accompanied by energizing music.

Sprint 8 & Strength/Sprint 8 Combo -20 minute, HIIT program scientifically proven to boost energy, reduce body fat and promote lean muscle. It consists of short bursts of intense work followed by active rest. Designed for all levels & taught on our Matrix cardio machines. In addition, this class includes 15-20 minutes of strengthening.

Total Body Strength/STRENGTH - full body workout that helps you tone and/or gain strength by targeting every muscle group. This class will utilize a variety of exercises and equipment.

Total Body Toning -light to medium weights and cardio intervals designed to improve the overall tone and appearance of the body by strengthening, toning, burning fat, and improving cardiovascular health.

Yoga -develop flexibility, strength, and balance through static and dynamic pose progressions and meditation. By emphasizing symmetry of body and mind through breath work and body awareness, this class will improve your mental and physical wellness by creating a sense of calm and clarity in the hustle and bustle of life.

Y-TRX -TRX suspension training using body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Zumba Fitness -mix low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why this class is often called exercise in disguise.