



# LSU Health Fitness



Monday	Time	Class	Studio	Instructor	Tuesday	Time	Class	Studio	Instructor
	6:00 AM	CYCLE	CYCLE ROOM	ALANA		6:00 AM	CYCLE	CYCLE ROOM	ALANA
	7:00 AM	INTERMEDIATE YOGA	GF ROOM	PETER		7:00 AM	GENTLE FLOW YOGA	GF ROOM	PETER
	8:30 AM	SILVER SNEAKERS SPLASH*	POOL	RENE'		9:15 AM	CHIZEL	GF ROOM	EARLINE
	9:15 AM	STEP	GF ROOM	EARLINE		9:30 AM	AQUA AEROBICS	POOL	RUKEISHA
	10:30 AM	SILVER SNEAKERS CLASSIC*	GF ROOM	RENE'		11:15 AM	SILVER SNEAKERS BOOM*	GF ROOM	RENE'
	1:00 PM	AQUA AEROBICS	POOL	MISTY		5:00 PM	YOGA	GF ROOM	BARBARA
	6:30 PM	CYCLE	CYCLE ROOM	RON		6:00 PM	TIGER PUMP	GF ROOM	SONIA
Wednesday	Time	Class	Studio	Instructor	Thursday	Time	Class	Studio	Instructor
	6:00 AM	CYCLE	CYCLE ROOM	BROOKE		6:00 AM	CYCLE	CYCLE ROOM	ALANA
	8:15 AM	FUNCTIONAL FITNESS	GF ROOM	ALANA		7:00 AM	INTERMEDIATE YOGA	GF ROOM	PETER
	10:30 AM	SILVER SNEAKERS CIRCUIT*	GF ROOM	RENE'		9:15 AM	30/30	GF ROOM	EARLINE
	11:30 AM	2 <sup>ND</sup> & 4 <sup>TH</sup> WED PICKLEBALL	BBALL COURT	RENE'		9:30 AM	AQUA AEROBICS	POOL	RUKEISHA
	NOON	AQUA AEROBICS	POOL	MISTY		11:15 AM	SILVER SNEAKERS BOOM*	GF ROOM	RENE'
	6:00 PM	CYCLE	CYCLE ROOM	SONIA		5:00 PM	YOGA	GF ROOM	BARBARA
	6:30 PM	BOOTCAMP	GF ROOM	RON		6:30 PM	AQUA AEROBICS	POOL	MISTY
Friday	Time	Class	Studio	Instructor	Saturday	Time	Class	Studio	Instructor
	6:00 AM	CYCLE	CYCLE ROOM	BROOKE		8:00 AM	CYCLE	CYCLE ROOM	EARLINE
	7:00 AM	INTERMEDIATE YOGA	GF ROOM	PETER		9:00 AM	YOGA	GF ROOM	BARBARA
	8:15 AM	FUNCTIONAL FITNESS	GF ROOM	ALANA		10:00 AM	ZUMBA	GF ROOM	RUKEISHA
	10:30 AM	SILVER SNEAKERS CLASSIC*	GF ROOM	RENE'		11:00 AM	KIDS ZUMBA	GF ROOM	RUKEISHA

CLUB HOURS: Monday - Friday 5:30am-8:30pm, Saturday 8am-6pm, Sunday NOON-5pm Updated 4/14/19

## Group Fitness Class Descriptions

<p><b><u>Yoga</u></b> All Levels- This class is designed for the beginner students to the more advanced student. Students can work at their own level of practice as modifications will be given during class by the instructor. 60-90 minutes in length</p>	<p><b><u>Yoga 2</u></b> Yoga Advanced- for those who have good knowledge of the previous levels and are ready to take on more difficult postures. Class time range 60- 75 minutes in length.</p>
<p><b><u>Silver Sneaker Classic</u></b> Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support</p>	<p><b><u>Senior Fit &amp; Fun</u></b> Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball is alternated with low-impact aerobics choreography. Chair is used for standing support, stretching and relaxation exercises.</p>
<p><b><u>Tiger Pump</u></b> A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles!</p>	<p><b><u>Functional Fitness</u></b> Class offers variations of cardio and strength training on a rotation basis. Instructor tailors workouts for participating individuals according to individual needs.</p>
<p><b><u>H.I.T.T. * H.I.T.T Xpress-40 minutes long</u></b> 60-minute-high intensity interval workout. Class focuses on functional body weight training to quickly develop stamina, weight loss, functional strength and conditioning. Please arrive 15 minutes prior to class starting for a Personal Assessment.</p>	<p><b><u>CHIZEL</u></b> CHIZEL- Challenge yourself!!! A 60-minute body strength class. Concentration on glutes, legs, upper body and abs. This class will push you to the max. Weights, tubing, balls and other equipment utilized. (All levels.)</p>
<p><b><u>Step and Step/TRX</u></b> 60-minute step class where sophisticated choreography and high energy music create a challenging workout for the intermediate to advanced stepper. TRX- Workout with suspended straps for core strength, flexibility and added mobility.</p>	<p><b><u>Line Dancing</u></b> Dance for exercise! Come and learn different dance routines while working up a sweat. No prior dance experience required. Instructor led line dancing provides a fun way to workout</p>
<p><b><u>30/30</u></b> Combination of 30 minutes cardio and 30 minutes strength. The first 30 minutes will put you through a cardio session utilizing the spin bikes. The second half will focus on challenging you with a circuit strength workout.</p>	<p><b><u>Cycle</u></b> 40-60 minute ride taught within one of the Energy Zones (Endurance, Strength, Interval, Race Day and Recovery). Each class is taught within a certain Heart Rate parameter and cadence range.</p>
<p><b><u>Zumba</u></b> ZUMBA- fusion of Latin &amp; International music utilizing the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. Mixes body sculpting with easy to follow dance steps.</p>	<p><b><u>Zumba Kids</u></b> The ultimate dance-fitness party for young Zumba fans ages 4-11, featuring age- appropriate music and moves that get the kids movin' to the beat!</p>
<p><b><u>Circuit Training</u></b> Stations setup for major muscle groups, are to be worked until fatigued.</p>	<p><b><u>Aqua Aerobics</u></b> High energy, low impact workout class for all ages. There is a strong cardio segment for approximately 45 minutes combined with strength training, using resistant equipment and stretching to improve flexibility.</p>