

Spring 2022

GROUP X SCHEDULE

MONDAY

Time	Class / Instructor	Location
12:15 - 1:15	Power Hour / NICK	MP 1
5:15—6:15	Splash / ROBIN	Pool

A class may be canceled if less than 5 participants are present at the scheduled class time.
*class schedule is subject to change

TUESDAY

Time	Class / Instructor	Location
5:00 - 6:00	ZUMBA / SHAE	MP 1

Class Locations

MP 1 - Multipurpose Room 1

Hours of Operation

Monday - Thursday 6am - 9pm

Friday 6am - 8pm

Saturday 8am - 3pm

Sunday 10am - 3pm

WEDNESDAY

Time	Class / Instructor	Location
12:15 - 1:15	Power Hour 2.0 / NICK	MP 1
5:15—6:15	Splash / ROBIN	Pool

The University of New Orleans
Department of Recreation & Intramural Sports
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THURSDAY

Time	Class / Instructor	Location
5:00 - 6:00	ZUMBA / SHAE	MP 1
7:30 - 8:30	Step & Weights / PAULA	MP 1

UPDATED AS OF Wednesday, February 9, 2022.

FRIDAY

Time	Class / Instructor	Location
12:15 - 1:15	Minute to WIN it! / NICK	MP 1



Class Descriptions

Power Hour - This class focuses on all major muscle groups in a boot camp/interval format. Push beyond your limits using your own body weight, dumbbells, and atomic movements for an intense experience!!

Power Hour 2.0 - Same as Power Hour with a greater emphasis on strength.

Minute to WIN It - Using a hybrid of interval training and circuits, participants will complete a series of timed exercises to get a total body workout! This class is sure to get your heart pumping, build strength and push you beyond your limits!

ZUMBA - takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval style, calorie burning dance fitness party. ZUMBA is a total body workout, combining all elements of fitness.

Step & Weights - Using steps and weights, perform cardio movements combined with strength training for a total body workout.

SPLASH - Enjoy the water! Sculpt your muscles with a variety of cardiovascular exercises using various props. Recommended for all fitness levels. And workout to your favorite tunes.

Please be prompt for classes. Exercise demonstration, instructions, and warm-ups performed at the beginning of class are very important. We want everyone to have a safe and fun workout experience.