

# FALL 2019

## GROUP X SCHEDULE

### MONDAY

Time	Class / Instructor	Location
6:15a - 7:15a	Indoor Cycling / LIZ	MP 2
12:15 - 1:15	Power Hour / NICK	MP 1
5:15 - 6:15	SPLASH / ROBIN	Pool
6:00 - 7:00	Cycle & Core / Jenny K	MP 2

### TUESDAY

Time	Class / Instructor	Location
12:00 - 12:30	Gym Yoga / ELAINE	MP 1
12:30 - 1:30	Yoga on Barre' / ELAINE	MP 1
5:00 - 6:00	ZUMBA / SHAE	MP 1
6:00 - 7:00	Cycle, Sweat, Repeat / Jenny K	MP 2

### WEDNESDAY

Time	Class / Instructor	Location
6:15a - 7:15a	Indoor Cycling / LIZ	MP 2
12:15 - 1:15	ALL IN ONE / NICK	MP 1 & 2
4:30 - 5:00	Beginning Yoga / ELAINE	MP 1
5:00 - 6:00	Yoga on Barre' / ELAINE	MP 1
5:15 - 6:15	SPLASH / ROBIN	Pool
6:00 - 7:00	Power Hour 2.0 / Nick	MP 2

### THURSDAY

Time	Class / Instructor	Location
7:00a - 7:45a	Actively Aging / Trennesse	MP 1
12:00 - 12:30	Gym Yoga / ELAINE	MP 1
12:30- 1:30	Yoga on Barre' / ELAINE	MP 1
4:45 - 5:45	ZUMBA / SHAE	MP 1
5:15 - 6:15	SPLASH / ROBIN	Pool
6:00 - 7:00	Step & Weights / PAULA	MP 1

### FRIDAY

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

### SATURDAY

Time	Class / Instructor	Location
9:00 - 10:00	Barbell Burn / Jenny K	MP 1
10:00 - 11:00	Interval Cycle / ERIN	MP 2

#### Class Locations

MP 1 - Multipurpose Room 1  
MP 2 - Multipurpose Room 2

#### Hours of Operation

Monday - Thursday 6am - 9pm  
Friday 6am - 8pm  
Saturday 8am - 3pm  
Sunday 10am - 3pm

UPDATED AS OF Wednesday, August 21, 2019

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

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# Class Descriptions

**Beginning Yoga** - classic yoga emphasizing the practice of correct alignment and the modification of alignment for the most important beginning yoga poses (asanas) and stretches. Learn the basic alignments of the 'ideal' pose, and the modifications of the 'ideal' that are right for you.

**Yoga on Barre'** - classic yoga practiced as a mindfulness meditation, coordinating breath, still poses (asanas) and movement on a ballet bar. It improves flexibility, strength, balance, coordination & relaxation. It is a mind-body practice designed to promote calm minds and healthy bodies. Yoga is famous for its ability to relieve stress and back pain, and serves to cultivate the ability to learn and to adapt.

**Gym Yoga** - classic yoga practiced on mat with the rhythmic discipline of Pilates and calisthenics. It includes practice with hand weights for the upper arms, chest and upper back, as well as core exercises for the abdomen, lower back, hips and thighs.

*Anyone new to indoor cycling should arrive 10 minutes early for proper setup and instruction.*

\* **Indoor Cycling** - Start the morning with an invigorating ride to get you energized to face the day. Classes are focused on endurance, strength and interval training. Challenge yourself on hills and flats by modifying cadence levels to improve stamina, heart and lung function, and to build strength in the legs and core. Classes can be modified for beginners.

**ALL IN ONE** – In this high intensity class, you will do a little bit of everything! Start with a 25 min bike ride and finish with a full cardio and strength based workout!!!

**Cycle, Sweat, Repeat** - This class includes a rhythm based ride; combined with HIIT intervals.

**Cycle & Core** - 45 minute cycle and 15 minute core strength.

**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.

**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.

**Barbell Burn** - With atomic athletic movements such as squats, lunges, lifts, presses, and curls combined with plyometric and calisthenics; strength train and challenge your major muscle groups while increasing your heart rate and feeling the burn.

**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!

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

**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.

**Actively Aging** - This class is designed to help you build strength, increase cardiovascular endurance, flexibility, balance, and stabilization; all essentials for better body movement as we age. The class will utilize a variety of equipment. All fitness levels welcome.

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.