

FRANCO'S

GROUP EXERCISE SCHEDULE

<i>effective</i> 02.15.16	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Club Hours	4:45am - 10:00pm	4:45am - 10:00pm	4:45am - 10:00pm	4:45am - 10:00pm	4:45am - 8:00pm	7:00am - 7:00pm
5:00am	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	7:00am Studio Cycling
5:15am	BODYCOMBAT (S1)					8:00am Yoga (MB)
5:30am		BODYPUMP (S1)	Yoga (MB)	BODYPUMP Xpress (S1)		BODYATTACK (S1)
6:00am		Studio Cycling		Studio Cycling		9:00am Studio Cycling
6:15am				CXWORX (S1)		BODYPUMP (S1)
7:00am	F.I.T. Circuit		F.I.T. Circuit Boot Camp (S1)		F.I.T. Circuit	9:15am Barre Fitness (MB)
7:30am	Barre Fitness (MB)	BODYCOMBAT (S1)	Yoga (MB)	BODYATTACK (S1)	BODYCOMBAT (S1) Yoga (MB)	10:00am BODYCOMBAT (S1)
8:00am			CX Worx (S1)			10:30am Pilates Mat (MB)
8:30am	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	11:00am BODYJAM (S1)
	Boot Camp (S1)	Load & Xplode (S1)	BODYCOMBAT (S1)	Load & Xplode (S1)	Zumba (S1)	
	Yoga Stretch (MB)	Yoga Stretch (MB)	Barre Fitness (MB)	Yoga Stretch (MB)	Barre Fitness (MB)	
	F.I.T. Circuit		F.I.T. Circuit		F.I.T. Circuit	
9:00am	Studio Cycling	Studio Cycling	Studio Cycling	RPM Cycle	Studio Cycling	12:00pm Zumba (S1)*
9:30am	BODYPUMP (S1)	CXWORX (MB)		CXWORX (MB)	Barre Fitness (MB)	
	Barre Fitness (MB)					
9:35am		Power Kick Circuit (S1)	Sculpt (S1) Roll & Release (MB)	Cardio X-Fitness (S1)	BODYPUMP (S1)	Sunday
10:00am	Dancin' to the Oldies (gym)	Sr. FIT Circuit	Dancin' to the Oldies (gym)	Sr. FIT Circuit	Dancin' to the Oldies (gym)	9:00am - 6:00pm
10:05am		Barre Fitness (MB)		Barre Fitness (MB)		9:00am BODYCOMBAT (S1)
		CXWORX (MFT)		CXWORX (MFT)		
10:30am	CXWORX (MFT)					9:00am Yoga (MB)
11:00am	Yoga (MB)	BODYFLOW (S1)		Pilates Mat (S1)		
11:05am		Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)	9:30am Studio Cycling
11:30am	SilverSneakers Classic (S1)		SilverSneakers Classic (S1)		SilverSneakers Classic (S1)	
12:05pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)		
12:45pm	Parkinson's Class (S1)			1:15pm Parkinson's Class (S1)		Have you downloaded Franco's App? Group Ex Director, Leslee Schulz 792- 0278 S1: Studio 1; MB: Mind & Body Studio; MFT: Multi- Functional Training Studio
3:30pm		iCan (S1)		iCan (S1)		
4:15pm	BODYSTEP Xpress (S1)		BODYSTEP Xpress (S1)			
4:30pm		Barre Fitness (MB)		Barre Fitness (MB)	Studio Cycling	
		BODYPUMP (S1)		BODYPUMP (S1)		
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)			
5:30pm	Yoga (MB)	Yoga (MB)	BODYFLOW (MB)	Yoga (MB)		
	Studio Cycling	BODYATTACK (S1)	Studio Cycling	Zumba (S1)		
6:00pm	CXWORX (S1)	Studio Cycling	CXWORX (S1)	RPM Cycle		
6:30pm	BODYCOMBAT (S1)	Zumba (S1)	BODYCOMBAT (S1)	Pound Fitness (S1)*		
	Roll & Release (MB)		Barre Fitness (MB)			

*Family Friendly Class (5 & up with adult)

Exercise Classes are 55 minutes unless stated otherwise. GX Schedule & Instructors subject to change.



www.myfrancos.com

985.792.0200



Studio 1

Body Pump is the original barbell class that strengthens your entire body & challenges all major muscle groups using weight-room exercises like squats, presses, lifts and curls.



Studio 1

The same great Body Pump barbell class that you know set to an express (shorter) version; followed by CXWORX. All levels.



Studio 1

A non-contact, martial arts-based fitness program with moves drawn from Karate, Tae Kwon Do, Kung Fu, kickboxing, Muay Thai providing fast fitness results. All levels.



Studio 1

55 minutes of high energy interval training that combines athletic aerobic movements with strength & stabilization exercises. All levels welcome.



Studio 1

A cardio class where you are free to enjoy the sensation of dance, fusing the latest dance moves & hottest new sound!



Studio 1/ MB Studio/MFT

A rigorous 30 minute class that provides core strength by targeting ALL core muscle groups. Beginner to Advanced. Please bring a mat.



Studio 1

An energizing step workout that pushes fat burning into high gear; athletic with cardio & plyo moves. All levels welcome.



Cycling Studio

The indoor cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high.



Studio 1

This dance routine features fast and slow rhythms, combined to tone and sculpt your body. Add some Latin flavor and you've got Zumba®! Beginner friendly.



Studio 1

Combines easy to follow cardio moves with strength training and drumming. This combo works the entire body, raises the heart rate to a fat-burning zone, and forces each move to be as precise as a basic beat.

Boot Camp

Studio 1

A high intensity workout that targets all areas of the body using cardio & muscular endurance, agility, balance & flexibility with high caloric expenditure. All levels welcome.

Load & Xplode

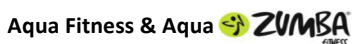
Studio 1

A variety of resistance tools such as barbells, dumbbells, tubing, & BOSU's, along with HIIT (High Intensity Interval Training) cardio segments to train for functional strength and endurance. All levels

F.I.T. (Fluid Interval Training)

F.I.T. Circuit Studio

Participants rotate cardio and strength stations to heart pumping music with low lighting, in 45 minutes of 1minute intervals, followed by stretching. Beginner to Advanced



6 Lane Pool

A cardio & strength workout utilizing noodles & dumbbells in the water with minimal impact on the joints. All ages & levels

iCan

Studio 1

Special needs; young adults. All levels welcome.

Sculpt

Studio 1

Strengthen and define each muscle group by using dumbbells, body bars, and bands with short segments of cardio. Beginner to Advanced.

Parkinson's Class

Studio 1

Integrated movement to improve vocalization, coordination, strength & balance. Free to members. All levels welcome



Silver Sneakers Classic®

Studio 1

A variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. All ages and members welcome.

Sr. F.I.T (Fluid Interval Training)

F.I.T. Circuit Studio

Participants rotate cardio & strength stations in 2 minute intervals, followed by light stretching; done to big band & swing music; very social. Senior & Beginner friendly.

Dancin' to the Oldies

MB Studio

A low impact aerobics for beginners and seniors; fun music!

Cardio X-Fitness/Power Kick Circuit

Studio 1

A total body workout; circuits include kick box, jump rope, weighted exercises using body bars & hand weights. Beginner to advanced.

Studio Cycling

Cycling Studio

Indoor cycling that utilizes innovative, motivational techniques. All levels.

Tri-athlete's Cycle

Cycling Studio

Indoor cycling for training the competitor. All levels.

MIND / BODY CLASSES in the Mind & Body Studio



Studio 1 & MB Studio

A yoga, tai chi & Pilates workout that builds flexibility & strength using contemporary music. All levels. Please bring a mat.

Pilates Mat

Studio 1 & MB Studio

A series of controlled movements for enhancing strength, flexibility, control, & balance. All levels. Please bring a mat.

Yoga

MB Studio

Traditional classes with various poses that create flexibility & strength using controlled static stretches. All instructors offer modifications. Beginner to advanced. Please bring a mat.

Yoga Stretch

MB Studio

Light Yoga with gentle movements and stretching. Beginner and Senior friendly. Please bring a mat.

Tai Chi

MB Studio

Improves focus, balance, flexibility, coordination, strength, posture, and endurance with gentle movements & stretching. Beginner friendly.

Barre Express and Barre Fitness

MB Studio

A fusion of ballet, Pilates, yoga and weights to burn fat and tone muscles. Beg.-adv. **Limited to 30 class members**; first come first serve; **sign up for your number at the barre right outside the M&B Studio. Barre Express is 45 minutes.** Please bring a mat.

Roll & Release

MB Studio

Using the foam roller to hydrate connective tissues, balance nervous system, relieve aches & pains, reduce inflammation & improve the body's ability to heal and repair. Beginner to Advanced. Please bring a mat.