

FRANCO'S

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	Tri-athlete's Cycle	Studio Cycling	7:00am Cycling
5:15am	BODYCOMBAT (S1)		BODYCOMBAT (S1)			
5:30am		BODYPUMP (S1)	Yoga (MB)	BODYPUMP XPRESS		
6:00am		Studio Cycling		Studio Cycling		
6:15am				CXWORX (S1)		
6:30am			SPRINT CYCLE			
7:00am	F.I.T. Circuit		F.I.T. Circuit Boot Camp (S1)		F.I.T. Circuit	8:00am Yoga (MB) BODYATTACK (S1)
7:30am	BODYCOMBAT (S1) Yoga Stretch (MB)	BODYCOMBAT (S1)	Yoga (MB)	BODYATTACK (S1)	BODYCOMBAT(S1) YOGA (MB)	
8:00am			CXWORX (S1)			9:00am Studio Cycling BODYPUMP (S1)
8:30am	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	Aqua Fitness (Pool)	9:15am Barre Fitness (MB)
	Boot Camp (S1)	Body Blast (S1)	BODYCOMBAT (S1)	Total Body Conditioning (S1)	Zumba (S1)	
	Pilates Mat (MB) F.I.T. Circuit	Yoga Stretch (MB)	Pilates Mat (MB) F.I.T. Circuit	Yoga Stretch (MB)	Barre Fitness (MB) F.I.T. Circuit	
9:00am	Studio Cycling	Studio Cycling	Studio Cycling	RPM Cycle	Studio Cycling	10:00am BODY COMBAT (S1)
9:30am	BODYPUMP (S1) Barre Fitness (MB)	CXWORX (MB)	Barre Fitness (MB)	CXWORX(MB)	BODYPUMP (S1) Barre Fitness (MB)	
9:35am		Power Circuit (S1)	Sculpt (S1)	BODYCOMBAT (S1)		10:30am Pilates Mat (MB)
10:00am		Sr. F.I.T. Circuit		Sr. F.I.T. Circuit		
10:05am		Barre Fitness (MB) CXWORX (MFT)		Barre Fitness (MB) CXWORX (MFT)		
10:30am		SPRINT Cycle			SPRINT Cycle	11:00am Zumba (S1)*
10:35am	Dancin' to the Oldies		Dancin' to the Oldies		Dancin' to the Oldies	
11:00am	Yoga (MB)	BODYFLOW (S1)		Pilates Mat (S1)		SUNDAY 9:00am BODY COMBAT (S1) 9:30am Studio Cycling 10:00am CXWORK (S1) 10:30am BODY PUMP (S1)
11:05am		Tai Chi (MB)	Yoga Stretch (MB)	Tai Chi (MB)	Yoga (MB)	
11:30am	SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)		SilverSneakers Classic* (S1)	
12:05pm	BODYFLOW (MB)	BODYPUMP (S1)		BODYPUMP (S1)		
12:45pm	Parkinson's Class			Parkinson's Class		
1:15pm						
3:30pm		Allstars (S1)		Allstars (S1)		
4:15pm	BODYSTEP Xpress		BODYSTEP Xpress			
4:30pm		Barre Fitness (MB) BODYPUMP (S1))		Barre Fitness (MB) BODYPUMP (S1))	Studio Cycling	
5:00pm	BODYPUMP (S1)		BODYPUMP (S1)			
5:15pm		SPRINT Cycle				
5:30pm	Yoga (MB) Studio Cycling	Yoga (MB) BODYATTACK (S1)	Studio Cycling	Yoga (MB) Zumba (S1)		
5:35pm				Studio Cycling		
6:00pm	CXWORX (S1)	Studio Cycling	CXWORX YOGA (MB)			
6:30pm	BODYCOMBAT (S1) Roll & Release (MB)	Zumba (S1)	BODYCOMBAT (S1)	Pound Fitness (S1)*		

For more information, call 985.792.0278 or visit francosmandeville.com
 Download the Franco's Mobile App



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

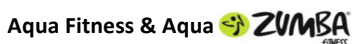
Studio 1

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.