

- SPIN
- YOGA
- PILATES
- AEROBIC SCULPT

NEW ORLEANS ATHLETIC CLUB

- AQUATICS
- BOOTCAMP/STEP
- BOXING/FENCING
- ZUMBA!

GROUP EXERCISE SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am			Spinning 6:00 - 7:00am Terry/SpinRm/Int, Adv		Spinning 6:00 - 7:00am Terry/ SpinRm/ Int, Adv		
9:00am			Interval/Low Impact 9:00 - 9:45am Wendell/ Ballroom / All	Cardio Interval 9:00 - 10:00am Wendell/ Ballroom / All		Cardio Kickboxing 9:00 - 10:00am Wendell/ Ballroom/All	Spinning 9:00 - 10:00am Terry/ Spin Rm/ Int, Adv <div style="background-color: #800080; color: white; padding: 2px;">Yoga 9:00 - 10:30am Elaine/ Ballrm / All</div>
10:00 am	Spinning 10:00 - 11:00am Terry/ Spin Rm/ Int, Adv		Yoga 10:00 - 11:15am Elaine/ Ballrm / All				Aqua Aerobics 10:00 - 11:00am Annette/Pool/Beg, Int <div style="background-color: #800080; color: white; padding: 2px;">Vinyasa Flow 11:00 am - 12:15 pm Thomas/Ballroom/I, II</div>
11:00 am	Zumba! 11:00 am - 12:00 pm Claudia/ Ballroom/All						
12:00 pm 1:00 pm 1:30 pm		Pilates Xpress 12:15 - 1:00pm Lilah/ Ballroom / All <div style="background-color: #32CD32; color: white; padding: 2px;">Cardio Interval 1:30 - 2:30 pm Wendell / Ballroom / All</div>	FlowYoga 12:00 - 1:15pm Michael/ Ballrm / LevelII	Pilates Xpress 12:15 - 1:00pm Robin/ Ballroom / All <div style="background-color: #32CD32; color: white; padding: 2px;">Cardio Interval 1:30 - 2:30 pm Wendell / Ballroom / All</div>	Jivamukti 12:00 - 1:15pm Giselle/ Ballroom / LevelII <div style="background-color: #32CD32; color: white; padding: 2px;">Cardio Cross Train 1:30 - 2:30 pm Wendell / Ballroom / All</div>	Pilates Xpress 12:15 - 1:00pm Jennifer/Ballroom/Int	Pilates Mat 12:00 - 1:00pm Jess/ Roof / All <div style="background-color: #008000; color: white; padding: 2px;">Boot Camp 1:00 - 2:00pm Wendell / Ballroom / All</div>
2:00pm		Wolleyball 2:00 - 4:00 pm Racquetball Court Open Play					
4:00pm 4:30pm 5:00pm				Gumbo Yoga 4:00 - 5:15 pm Jon & Laura / Ballrm / All	Yoga On Wall 5:00 - 6:00pm Elaine/Roof/ All		
5:30pm 5:45 pm		Boxercise 5:30 - 7:00 pm Jose/ Boxing / All <div style="background-color: #32CD32; color: white; padding: 2px;">Step Challenge 5:45 - 6:45 pm Tony/ Ballroom / Adv</div>	Mini Boot Camp 5:30 - 6:15 pm Tony / Ballroom / All		Boxercise 5:30 - 7:00 pm Jose/ Boxing / All <div style="background-color: #FFD700; color: white; padding: 2px;">Zumba! 5:30 - 6:15 pm Claudia/ Ballroom/All</div>	FlowYoga 5:30 - 7:00pm Laura/Rooftop/Beg, Int <div style="background-color: #32CD32; color: white; padding: 2px;">Hard Bodies 5:30 - 6:30 pm Tony/ Ballroom / All</div>	
6:00 pm 6:30 pm 6:45 pm		Spinning 6:00 - 7:00 pm Sara/ Spin Rm/ Beg, Int <div style="background-color: #800080; color: white; padding: 2px;">Yoga On Wall 6:30 - 7:45 pm Elaine/Rooftop/All</div>	Aqua Aerobics 6:00 - 7:00 pm Annette/Pool/Beg, Int <div style="background-color: #FFD700; color: white; padding: 2px;">Pilates Mat 6:00 - 7:00 pm Jess/ Roof / All</div>		Spinning 6:00 - 7:00 pm Terry/ Spin Room/ All <div style="background-color: #800080; color: white; padding: 2px;">Yoga 6:30 - 7:45 pm Elaine/ Ballrm / All</div>	Aqua Aerobics 6:00 - 7:00 pm Annette/Pool/Beg, Int <div style="background-color: #FFD700; color: white; padding: 2px;">Pilates Mat 6:00 - 7:00 pm Robin/ Roof / All</div>	
		Hard Bodies 6:45 - 7:45 pm Tony/ Ballroom / All	FlowYoga 6:30 - 8:05 pm Laura/Ballroom/ II <div style="background-color: #FF0000; color: white; padding: 2px;">Fencing 7:00 - 8:00 pm John/Bienville Room/All</div>		Spinning 6:00 - 7:00 pm Christa/ Spin Room/ All <div style="background-color: #800080; color: white; padding: 2px;">FlowYoga 6:30 - 7:30 pm Lisa / Ballroom / Level II</div>		

Updated 10/4/2016

SCHEDULE ALSO AVAILABLE ONLINE @ WWW.NEWORLEANSATHLETICCLUB.COM

Aqua Aerobics: A fun deep and shallow water workout in the pool with music. It consists of cardiovascular endurance training, shaping and strengthening all muscle groups, increasing flexibility, using state of the art equipment. No swimming skills needed. *Instructor: Annette Watts*

Boxercise: A combat sport dating back to Ancient Greece, boxing is fun, high intensity interval training. Using a circuit training format, students achieve full-body (cardio/aerobic, strength training/muscle building) workouts while learning punching and defense techniques and reinforcing those skills working with each of the nine training stations. All equipment provided. *Instructor: Jose Portillo and Robert Abba*

Fencing: One of the first Olympic sports, the art of fencing has evolved from swordsmanship used for duels and self-defense. Centered in the study of épée fencing, students learn fundamental skills used in competition and progress by studying and practicing advanced techniques and strategies. Equipment provided. *Instructor: John Crouch*

Spinning: Power Cycle is a stationary bike workout that offers all the cardiovascular benefits and none of the impact associated with aerobics and running programs. The session is 45 minutes consisting of approximately a 5 minute "warm up" period, a 35 minute "work" period, and a 5 minute "cool down" period. It is perfect for members who are looking to take their athletic conditioning to a higher level. *Various Instructors*

Pilates Mat: Pilates works to strengthen deep abdominal musculature, lengthen the spine, increase body awareness, build muscle tone and gain flexibility. At the same time, it challenges the mind for concentration, precision and breathing. Classes focus on fundamentals to gain an insight into proper muscle usage, and then move into a variety of exercises. Beginner to advanced levels *Various Instructors*

Instructor: Wendell Bullock

Cardio Interval: Monday - medium weights Wednesday - high and low impact with heavier weights

Boot Camp: Provides a high intensity cross training class alternating intense, repetitive aerobic activity with a variety of muscle-toning activities using resistance weights and a variety of exercises to focus on toning.

Cardio Kickboxing: Experience power and energy in this action packed cardiovascular workout performed on a step with risers. Set to upbeat music to help participants strengthen leg muscles and cardiovascular endurance. Weights and floor work incorporated as well.

Intervals: High intensity weights with cardio interval class. It includes kickboxing, core work, and more. All levels welcome.

Instructor: Tony Cangelosi

Hard Bodies: This class is designed to give a toning workout that is geared for the beginner, intermediate, and advance participant. Intensity is achieved by varying the weight size along with a number of repetitions. In addition, various exercises are used for the same muscle group to achieve proportionate muscle development. The class is centered on toning the major muscle groups with an emphasis on form and technique.

Sprint Step Three: Combines the cardio benefits of aerobic activity (while maintaining target heart rate) with the bench stepping benefits of toning and strengthening the lower-body muscle groups. Maintaining target heart rate is encouraged through the use of fast temp audio. Toning and strengthening are achieved through the use of repetitive movements while engaging the step and the use of power moves, respectively.

Step Challenge: A classic, high intensity fat burning class using adjustable platform. Moderate to high impact moves.

Elaine's Yoga Classes: Elaine is a yoga 'grandmother' certified by the Yoga Alliance at the highest level and has been teaching since 1971. She is familiar with the major styles of yoga and tai chi chuan / chi kung and teaches from her experience with many masters. Her yoga emphasizes the most important yoga poses, movements and meditations taught by her Asian teachers and verified by American research. This yoga is designed to produce the best strength, flexibility, balance, coordination, endurance, relaxation and enlightenment in the body and the mind. Classes are open to all levels. Practitioners are encouraged to practice mindfully according to the strengths and limitations of their own body while contributing to the class consciousness of calm, peace and love. *Instructor: Elaine Agamy*

Vinyasa Flow: The word Vinyasa means "breath-synchronized movement." The teacher will instruct you to move from one pose to the next on an inhale or an exhale. *Instructor: Thomas Williams*

Jivamukti Yoga/Flow Yoga: A challenging and rigorous form of vinyasa flow based asana where original scriptures are cited through spoken word, Sanskrit is chanted, and an inspiring musical soundtrack is a part of every class. Jivamukti is translated as a free soul living upon the earth. The practice of ahimsa, or non-harming to others, is also a strong foundation. Certified and taught with permission by founders Sharon Gannon and David Life. Levels vary from I-III. Level I accommodates best to all beginners and those beginning again, or to those with special needs. Level II will have a few challenging variations within an accessible and generally suited practice, and Level III will accommodate to experienced practitioners. Some classes are mixed levels, and some classes are all levels, meant to accommodate to all yogis with any variety of experience. *Various Instructors*

Gumbo Yoga: Multi-style yoga-based from many traditions, Jon uses her background in acupuncture and massage therapy to infuse postural alignment, somatic awareness, mobilization vs. stabilization in the connective tissue, myo-facial meridians, acupuncture meridians, anatomy training, and breath awareness (pranayama). *Instructor: Jon Kemp*

Zumba: A fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. *Instructor: Claudia Vallejo*