

NEW ORLEANS ATHLETIC CLUB

GROUP EXERCISE SCHEDULE

- SPIN
- YOGA
- PILATES
- AEROBIC SCULPT

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

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|--|--|--|
| 6:00am | | | Spinning 6:00 - 7:00 AM Jessica/SpinRm/Int, Adv | | Spinning 6:00 - 7:00 AM Tracie/ SpinRm/ Int, Adv | | |
| 7:00 am | | | | | HIIT 7:15 - 8:15 AM Tim/Ballroom/ All | | |
| 9:00am | | | Interval/Low Impact 9:00 - 9:45 AM Wendell / Ballroom / All | Cardio Interval 9:00 - 10:00 AM Wendell / Ballroom / All | | Cardio Kickboxing 9:00 - 10:00 AM Wendell / Ballroom/All | Spinning 9:00 - 10:00 AM T-Spin/ Spin Rm/ Int, Yoga 9:00 - 10:30 AM Elaine / Ballrm / All |
| 10:00 am | Spinning 10:00 - 11:00 AM T-Spin/ Spin Rm/ Int, | | Yoga 10:00 - 11:15 AM Elaine / Ballrm / All | Flow Yoga 10:15 - 11:30 AM Lisa/Ballroom/All | | | Aqua Aerobics 10:00 - 11:00 AM Annette/Pool/Beg, Int |
| 11:00 am | Zumba! 11:00 am - 12:00 PM Claudia/ Ballroom/All | | | | | | Vinyasa Flow 11:00 am - 12:15 PM Thomas/Ballroom/I, II |
| 12:00 pm 1:00 pm 1:30 pm | | Pilates Xpress 12:15 - 1:00 PM Lilah / Ballroom / All | Flow Yoga 12:00 - 1:15 PM Michael/ Ballm / Level II | Pilates Xpress 12:15 - 1:00 PM Robin / Ballroom / All | Vinyasa Flow 12:00 - 1:15 PM Giselle/ Ballroom / Level III | Pilates Xpress 12:15 - 1:00 PM Jennifer/Ballroom/Int | Pilates Mat 12:00 - 1:00 PM Jess / Roof / All |
| | | Cardio Interval 1:30 - 2:30 PM Wendell / Ballroom / All | | Cardio Interval 1:30 - 2:30 PM Wendell / Ballroom / All | Cardio Cross Training 1:30 - 2:30 PM Wendell / Ballroom / All | | Boot Camp 1:00 - 2:00 PM Wendell / Ballroom / All |
| 4:00 pm 5:00 pm | | | | Gumbo Yoga 4:00 - 5:15 PM Caroline / Ballroom / All | Yoga On Wall 5:00 - 6:00 PM Elaine/Roof/ All | | |
| 5:30 pm 5:45 pm | | Boxercise 5:30 - 7:00 p PM Jose / Boxing / All | | | Boxercise 5:30 - 7:00 PM Jose / Boxing / All | Flow Yoga 5:30 - 7:00 PM Laura/Rooftop/Beg, Int | |
| | | Step Challenge 5:45 - 6:45 PM Tony/ Ballroom / Adv | Mini Boot Camp 5:30 - 6:15 PM Tony/ Ballroom / All | Sprint Step Three 5:45 - 6:30 PM Tony / Ballroom / All | Zumba! 5:30 - 6:15 PM Claudia/ Ballroom/All | Hard Bodies 5:30 - 6:30 PM Tony / Ballroom / All | |
| 6:00 pm 6:30 pm 6:45 pm 7:00 pm | | Spinning 6:00 - 7:00 PM T-Spin/ Spin Rm/ Beg, | Aqua Aerobics 6:00 - 7:00 PM Annette/Pool/Beg, Int | | Aqua Aerobics 6:00 - 7:00 PM Annette/Pool/Beg, Int | | |
| | | Yoga On Wall 6:30 - 7:45 PM Elaine/Rooftop/All | Pilates Mat 6:00 - 7:00 PM Jess / Roof / All | | Pilates Mat 6:00 - 7:00 PM Robin/ Roof / All | | |
| | | | Spinning 6:00 - 7:00 PM Tracie/ Spin Room/ All | Yoga 6:30 - 7:45 PM Elaine / Ballrm / All | Spinning 6:00 - 7:00 PM Christa/ Spin Room / All | | |
| | | Hard Bodies 6:45 - 7:45 PM Tony / Ballroom / All | Flow Yoga 6:30 - 8:05 PM Laura/Ballroom/ II | | | | |
| | | | Fencing 7:00 - 8:00 PM John/Bienville Room/ All | | | | |

Updated 01/16/2018

SCHEDULE ALSO AVAILABLE ONLINE @ WWW.NEWORLEANSATHLETICCLUB.COM

Aqua Aerobics: A fun deep and shallow water workout in the pool. 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*

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*

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*

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. 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 participants. 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.

Yoga:

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*

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. *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*