


MONDAY Sept. 28		TUESDAY Sept. 29		WEDNESDAY Sept. 30		THURSDAY Oct. 1		FRIDAY Oct. 2		SATURDAY Oct. 3	
5:00am	Studio Cycling Nancy	5:00am	Studio Cycling Fernanda	7:00am	BODYPUMP™ Leslee	5:00am	Studio Cycling Sarah H.	7:00am	BODYCOMBAT™ Sarah B	7:30am	SPRINT™ Cycle Liza
7:00am	BODYCOMBAT™ Courtney	5:30am	BODYPUMP™ Wendy	8:15am	Yoga Laurie K.	7:00am	Total Body HIIT Sarah H.	7:30am	Yoga Connie	8:00am	Total Body HIIT Rebecca C
7:30am	Gentle Yoga Virginia	8:00am	Yoga Stretch Connie	8:15am	Sculpt Tracy	8:15am	Yoga Stretch Patti	8:15am	Zumba Gretchen	8:15am	Yoga Monique
8:15am	Power Circuit Tracy	8:15am	Total Body HIIT Misty	8:30am	Aqua Fitness Lori	8:15am	PIYo® (S1) Laurie	8:30am	Aqua Fitness Lori	8:30am	Studio Cycling Fernanda
8:30am	Aqua Fitness Lori sub	8:30am	Aqua Fitness sub	9:00am	HIIT 30-min Cycle Elizabeth	8:30am	Aqua Fitness Tracy sub for Alice	9:00am	HIIT Cycle 30 min Laura K	9:00am	BODYPUMP™ Lori D
9:00am	Studio Cycling Laurie K	9:00am	Studio Cycling Lori D.	10:00am	Pilates Mat Heather	9:00am	Studio Cycling Lori D.	9:35am	Barre Aimee	10:15am	BODYCOMBAT™ Misty / Rebecca P
9:35am	Barre Aimee	9:45am	Barre Libby	9:45am	BODYCOMBAT™ Misty/Aimee	9:45am	Barre Libby	9:45am	BODYPUMP™ Elizabeth	SUNDAY, Oct. 4	
9:45am	BODYPUMP™ Leslee	9:45am	STRONG® Emily	11:20am	Yoga Heather in Studio 1	9:45am	Total Body Conditioning Tracy	9:05am	BODYCOMBAT™ Rebecca P		
5:15pm	PIYo® (S1) Laurie	11:00am	Cardio Dance Blast Gina	11:30am	Barre Kim W.	11:00am	Cardio Dance Blast Lori	<div style="border: 2px solid red; padding: 5px;"> <p>LAUNCH! Les Mills Launch Classes coming Sat, Oct. 10 New Music & Choreography</p> </div>		9:30am	Studio Cycling Nancy
5:30pm	Aqua Zumba® Jennifer K	5:30pm	Total Body HIIT Rebecca C	4:30pm	PIYo® Laurie - Yoga Studio	4:15pm	NEW Cardio Hip Hop Rachel			10:15am	BODYPUMP™ Courtney
5:30pm	Studio Cycling Fernanda	5:30pm	Yoga Aileen	5:15pm	BODYPUMP™ Shiela	5:15pm	CXWORX™ Lori D sub (MFT Studio)	<div style="border: 2px solid red; padding: 5px;"> <p>NEW Cardio Hip Hop 4:15pm Thu</p> </div>		<div style="border: 2px solid red; padding: 5px;"> <p>NEW CLASSES ADDED NEXT WEEK! Tue 8am SPRINT, 12:15pm & 4:15pm BODYPUMP, Wed 5:15am BODYCOMBAT & 5:30am Yoga, Thu 8:15am SPRINT, 4:15pm Cardio Hip Hop, Sat 10am Pilates Mat</p> </div>	
6:30pm	BODYCOMBAT™ Rebecca C / Rebecca P	6:00pm	SPRINT™ Cycle Kaylee	5:30pm	Aqua Zumba® Jennifer K	5:30pm	Total Body HIIT Sarah B				
<p>Childcare OPEN: Monday - Friday 7:45am -9:15am 9:30am -11am 11:15am -12:45pm 2pm -3:30pm 3:45pm -5:15pm 5:30pm -7pm (not available Fri)</p>		6:30pm	Zumba® Gretchen	6:30pm	BODYCOMBAT™ Rebecca P / Sarah B	5:30pm	Yoga Gina	<div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>CARDIO / WEIGHT CLASS</p> </div>		<div style="border: 1px solid black; padding: 5px; background-color: #e6e6fa;"> <p>CYCLING CLASS</p> </div>	
				<p>! New Class or Time</p>		<p> Available on our Vimeo & YouTube Channel via francosmandeville.com</p>		<div style="border: 1px solid black; padding: 5px; background-color: #d9ead3;"> <p>MIND/BODY CLASS</p> </div>		<div style="border: 1px solid black; padding: 5px; background-color: #d9ead3;"> <p>AQUA CLASS</p> </div>	

Saturday 8am - 9:30am,
9:45am - 11:15am,
11:30 - 1pm

BOOK

Visit your online membership account at francosmandeville.com: Member Log-In page - Group Exercise. Or on the Franco's App / Classes. Haven't set up your Online Account Access yet? Email info@myfrancos.com to get credentials to log in or call the Front Desk to enroll you into a class at 985-792-0200.



LES MILLS BODYPUMP™ 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.



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



LES MILLS BODYCOMBAT™ A non-contact, martial arts-based fitness program providing fast fitness results. *All levels.*

SCULPT

Strengthen and define each muscle group by using dumbbells and bands. *Beginner to Advanced.*

YOGA

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

GENTLE YOGA & YOGA STRETCH

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



PiYo® is a combination of the muscle-sculpting, core-firming benefits of Pilates and the strength and flexibility advantages of yoga. *Beginner friendly.*

PILATES MAT

Pilates is a series of controlled movements designed to enhance strength, flexibility, control, balance and fluid movement. *All levels. Please bring mat.*

BARRE

A fusion of ballet, Pilates, yoga and weights to burn fat and tone muscles. *Beg-adv. Please bring a mat.*

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STRONG™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music.



Zumba®'s 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.*

TOTAL BODY HIIT / CONDITIONING

Intervals of Cardio and Weight movements. Varied workouts by Franco's Rock Star Instructors! *Intermediate to advanced.*

POWER CIRCUIT

A metabolic workout using weights and a bar. Class is done in timed intervals with short segments of cardio. *Beginner to advanced.*



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike in an intense style of training.

STUDIO CYCLING / HIIT Cycle (30-min)

Indoor Cycling Class on Spinner® Chrono™ bikes. Focus on endurance, strength, intervals, high intensity and recovery. *All levels*



Aqua Zumba® combines some of the traditional elements of aqua fitness classes with the upbeat, Latin-infused dance moves. *Waterslide Pool.*

AQUA FITNESS

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

CARDIO DANCE BLAST

"Dancin' to the Oldies" class designed to move and groove to your favorite classic tunes. Easy to follow floor choreography. *All ages & levels*



Silver Sneakers Classic® is a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. *All ages and members welcome.*