

MONDAY Nov. 23		TUESDAY Nov. 24		WEDNESDAY Nov. 25 Close at 4pm		THANKSGIVING Thu, Nov. 26 OPEN 8-11am		FRIDAY Nov. 27		WEEKEND SAT, Nov. 28	
5:00am	Studio Cycling	5:00am	Studio Cycling	5:15am	BODYCOMBAT™	8:15am	BODYCOMBAT™ (90 min)	7:30am	BODYCOMBAT™ (45 min)	8:00am	SPRINT™ Cycle
7:30am	BODYCOMBAT™ (50 min)	5:30am	BODYPUMP™	7:30am	BODYPUMP™ (50 min)	9:00am	Studio Cycling	7:30am	**Yoga by reservation only, no walk-ins	8:00am	Total Body HIIT (50 min)
7:30am	**Gentle Yoga by reservation only, no walk-ins	8:00am	**Yoga Stretch by reservation only, no walk-ins	8:15am	**Yoga by reservation only, no walk-ins			8:30am	Zumba®	8:15am	Yoga
8:30am	**Power Circuit by reservation only, no walk-ins	8:00am	SPRINT™	8:30am	**Sculpt by reservation only, no walk-ins			8:30am	Aqua Fitness	8:45am	Studio Cycling
8:30am	Aqua Fitness	8:30am	**Total Body HIIT by reservation only, no walk-ins	8:30am	Aqua Fitness			9:00am	HIIT Cycle (30 min)	9:00am	BODYPUMP™
9:00am	Studio Cycling	8:30am	Aqua Fitness	9:00am	HIIT Cycle (30 min)			9:35am	*Barre by reservation only, no walk-ins	10:00am	Pilates Mat
9:35am	**Barre by reservation only, no walk-ins	9:00am	Studio Cycling	10:00am	Pilates Mat			9:35am	BODYPUMP™	10:15am	**BODYCOMBAT™ by reservation only, no walk-ins
9:35am	BODYPUMP™	9:45am	**Barre by reservation only, no walk-ins	9:35am	**BODYCOMBAT™ by reservation only, no walk-ins			11:00am	SilverSneakers® Classic		SUN, Nov. 29
11:00am	SilverSneakers® Classic	9:35am	STRONG®	11:20am	Yoga Studio 1					9:05am	**BODYCOMBAT™ by reservation only, no walk-ins
5:15pm	PiYo (S1) Studio 1	11:00am	Cardio Dance Blast	11:30am	**Barre by reservation only, no walk-ins					9:30am	Studio Cycling
5:30pm	Studio Cycling	12:15pm	BODYPUMP™							10:15am	BODYPUMP™
6:30pm	**BODYCOMBAT™ by reservation only, no walk-ins	4:15pm	BODYPUMP™								



FRANCO'S NEW APP!



**BOOK
CLASSES
ONLINE**

Visit the NEW online membership portal at francosmandeville.com to access your online account
 Download the NEW Franco's App (FRANCO'S Clubs & Spa) using the same credentials.
 Or you may call the Front Desk to enroll you into a class at 985-792-0200.
 **Classes with an asterik are by reservation only and can be booked up to 48 hours in advance.
 Roll is taken if participants exceed class # limits.

LEGEND: CLASS TYPE & LOCATION

CARDIO / WEIGHT CLASS in Studio 1 main floor	CYCLING CLASS in the Cycling Studio
MIND/BODY CLASS in the Mind / Body Studio upstairs	AQUA CLASS in 6-lane swimming pool



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.*



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.*

CARDIO HIP HOP

Cardio Hip Hop is a dance-based cardio class designed to get you moving to sweat out your stress with fun hip hop moves. You'll use dance to strengthen and sculpt your body all while having lots of fun! No dance experience necessary!

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 CYCLE (55-min) 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. Seasonal class late Spring – early Fall.*

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.*

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. Classes can be booked up to **48 hours in advance**. Sorry, no walk-ins at this time.