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7:30am	BODYCOMBAT™ (50 min)	5:00am	 Studio Cycling	5:15am	BODYCOMBAT™	5:00am	 Studio Cycling	7:30am	BODYCOMBAT™ (45 min)	8:00am	 SPRINT™
7:30am	<b>**Gentle Yoga</b> <i>by reservation only, no walk-ins</i>	5:30am	BODYPUMP™	7:30am	BODYPUMP™ (50 min)	7:30am	Total Body HIIT	7:30am	<b>**Yoga</b> <i>by reservation only, no walk-ins</i>	8:00am	Total Body HIIT (50 min)
8:30am	<b>**Power Circuit</b> <i>by reservation only, no walk-ins</i>	8:00am	<b>**Yoga Stretch</b> <i>by reservation only, no walk-ins</i>	8:15am	<b>**Yoga</b> <i>by reservation only, no walk-ins</i>	8:15am	<b>**Yoga Stretch</b> <i>by reservation only, no walk-ins</i>	8:30am	Zumba®	8:15am	 Yoga
8:30am	Aqua Fitness	8:00am	 SPRINT™	8:30am	<b>**Sculpt</b> <i>by reservation only, no walk-ins</i>	8:15am	 SPRINT™	8:30am	Aqua Fitness	8:45am	 Studio Cycling
9:00am	 Studio Cycling	8:30am	<b>**Total Body HIIT</b> <i>by reservation only, no walk-ins</i>	8:30am	Aqua Fitness	8:30am	PiYo Studio 1	9:00am	 HIIT Cycle (30 min)	9:00am	BODYPUMP™
9:35am	<b>**Barre</b> <i>by reservation only, no walk-ins</i>	8:30am	Aqua Fitness	9:00am	 HIIT Cycle (30 min)	8:30am	Aqua Fitness	9:35am	Barre	10:00am	Pilates Mat
9:35am	BODYPUMP™	9:00am	 Studio Cycling	10:00am	Pilates Mat	9:00am	 Studio Cycling	9:35am	BODYPUMP™	10:15am	<b>**BODYCOMBAT™</b> <i>by reservation only, no walk-ins</i>
11:00am	SilverSneakers® Classic	9:45am	<b>**Barre</b> <i>by reservation only, no walk-ins</i>	9:35am	<b>**BODYCOMBAT™</b> <i>by reservation only, no walk-ins</i>	9:35am	<b>**Total Body Condng</b> <i>by reservation only, no walk-ins</i>	11:00am	SilverSneakers® Classic	<b>SUNDAY</b>	
5:15pm	PiYo Mind/Body Studio	9:35am	STRONG®	11:20am	 Yoga Studio 1	9:45am	<b>**Barre</b> <i>by reservation only, no walk-ins</i>	9:05am	<b>**BODYCOMBAT™</b> <i>by reservation only, no walk-ins</i>		
5:30pm	 Studio Cycling	11:00am	Cardio Dance Blast	11:30am	<b>**Barre</b> <i>by reservation only, no walk-ins</i>	11:00am	Cardio Dance Blast	9:30am	 Studio Cycling		
6:30pm	<b>**BODYCOMBAT™</b> <i>by reservation only, no walk-ins</i>	12:15pm	BODYPUMP™	4:30pm	PiYo Mind/Body Studio	5:30pm	Total Body HIIT	10:15am	BODYPUMP™		
		4:30pm	BODYPUMP™ (50 min)	5:15pm	BODYPUMP™	5:30pm	 Yoga				
		5:30pm	Total Body HIIT (45 min)	5:45pm	 Yoga	6:00pm	 SPRINT™				
		5:30pm	 Yoga	6:30pm	<b>**BODYCOMBAT™</b> <i>by reservation only, no walk-ins</i>						
		6:00pm	 SPRINT™								
		6:30pm	SAME CLASS/NEW NAME! CORE™ (30 min)								
		6:30pm	NEW CLASS! Boot Camp								

**LEGEND: CLASS TYPE & LOCATION**

**CARDIO / WEIGHT CLASS**  
in Studio 1 main floor

**MIND / BODY CLASS** in the  
Mind / Body (Yoga)  
Studio upstairs

**CYCLING CLASS**   
in the Cycling Studio

**AQUA CLASS** in 6-lane  
swimming pool

## BOOK CLASSES ONLINE

Visit your online membership account at [francosmandeville.com](http://francosmandeville.com): Member Log-In page - Register for Classes.  
Or on the Franco's App under Classes. Haven't set up your Online Account Access yet?  
Email [info@myfrancos.com](mailto:info@myfrancos.com) to receive a link to log in or call the Front Desk to enroll you into a class at 985-792-0200.

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## FRANCO'S Les Mills & Zumba Classes:



LES MILLS BODYPUMP™ is the original barbell class that strengthens your entire body using weight-room exercises like squats, presses, lifts and curls.



LES MILLS CORE™ 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.*



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.*

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## FRANCO'S Mind/Body Classes in our Yoga Studio:

### 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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## FRANCO'S Signature & Original Free-Style Classes:

### SCULPT

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

### TOTAL BODY HIIT CONDITIONING BOOT CAMP

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.*

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## FRANCO'S Studio Cycling Classes:

### STUDIO CYCLE 55-min HIIT Cycle 30-min

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



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

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## FRANCO'S Aqua Classes in our Heated Pool:



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*

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## FRANCO'S Senior-Friendly Classes:

### CARDIO DANCE BLAST

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



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](http://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](mailto:info@myfrancos.com) for login info or call the Front Desk to enroll you into a class at 985-792-0200. Reserve your spot in class up to **48 hours in advance**. Sorry, no walk-ins at this time.