franco's MANDEVILLE

Group Exercise Schedule

June 2021

schedule subject to change, check the app or online portal for current class schedule

MONDAY

7:30am	BODYCOMBAT™ *(50 min)*
7:30am	**Gentle Yoga *by reservation only, no walk-ins*
8:30am	**Power Circuit *by reservation only, no walk-ins*
8:30am	Aqua Fitness
9:00am	Studio Cycling
9:35am	**Barre *by reservation only, no walk-ins*
9:35am	BODYPUMP™
11:00am	SilverSneakers®
12:15pm	Cardio Dance Blast
5:15pm	PiYo *Mind/Body Studio*
5:15pm	BODYPUMP™
5:30pm	Studio Cycling
ADDED 6:00pm	*Starting Wed, June 7!* Aqua Zumba®
6:30pm	**BODYCOMBAT™ *by reservation only, no walk-ins*

TUESDAY

5:00am	Studio Cycling
5:30am	BODYPUMP™
7:30am	Zumba®
8:00am	**Yoga Stretch *by reservation only, no walk-ins*
8:00am	SPRINT™
8:30am	**Total Body HIIT *by reservation only, no walk-ins*
8:30am	Aqua Fitness
9:00am	Studio Cycling
9:35am	STRONG®
9:45am	**Barre *by reservation only, no walk-ins*
10:15am	CORE™ (30 min / MFT Studio)
11:00am	Cardio Dance Blast
11:00am	Tai Chi
NEW TIME! 12:05pm	BODYPUMP™
5:30pm	Total Body HIIT *(30 min)*
5:30pm	Yoga
6:00pm	SPRINT™
6:00pm	CORE™ *30 min / Studio 1*
6:30pm	Boot Camp

WEDNESDAY

5:15am	BODYCOMBAT™
7:30am	BODYPUMP™ *(50 min)*
8:15am	**Yoga *by reservation only, no walk-ins*
8:30am	**Sculpt *by reservation only, no walk-ins*
8:30am	Aqua Fitness
9:00am	HIIT Cycle *(30 min)*
9:35am	**BODYCOMBAT™ *by reservation only, no walk-ins*
10:00am	Pilates Mat
11:15am	Yoga *Studio 1*
11:30am	**Barre *by reservation only, no walk-ins*
12:15pm	SilverSneakers®
ADDED 3:00pm	Parkinson's Integrated Movement Class
4:30pm	PiYo *Mind/Body Studio*
5:15pm	BODYPUMP™
5:45pm	Yoga
6:30pm	**BODYCOMBAT™ *by reservation only*

THURSDAY

5:00am	Studio Cycling
7:30am	Total Body HIIT
8:15am	**Yoga Stretch *by reservation only, no walk-ins*
8:15am	SPRINT™
8:30am	PiYo *Studio 1*
8:30am	Aqua Fitness
9:00am	Studio Cycling
9:35am	**Total Body Condtng *by reservation only, no walk-ins*
9:45am	**Barre *by reservation only, no walk-ins*
ADDED 10:15am	CORE™ (30 min / MFT Studio)
11:00am	Cardio Dance Blast
4:30pm	Zumba®
5:30pm	Total Body HIIT
5:30pm	Yoga
6:00pm	SPRINT™

FRIDAY

7:30am	BODYCOMBAT™ *(45 min)*
7:30am	**Yoga *by reservation only, no walk-ins*
8:30am	Zumba®
8:30am	Aqua Fitness
9:00am	HIIT Cycle *(30 min)*
9:35am	Barre
9:35am	BODYPUMP™
11:00am	SilverSneakers®

SATURDAY

8:00am	Total Body HIIT *(45 min)*
8:15am	Yoga
NEW TIME! 8:10am - 8:40am	SPRINT™
8:45am	Studio Cycling
9:00am	BODYPUMP™
10:00am	Pilates Mat
NEW TIME! 10:05am	**BODYCOMBAT™ *by reservation only, no walk-ins*

SUNDAY

9:05am	**BODYCOMBAT™ *by reservation only, no walk-ins*
9:30am	Studio Cycling
10:15am	BODYPUMP™

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**: Member Log-In page - Register for Classes.
Or on the Franco's App under Classes. Haven't set up your Online Account Access yet?
Go to https://francos.clubautomation.com/, hit Access My Account.
For assistance email info@myfrancos.com or call the Front Desk to enroll you into a class at 985-

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.*

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.*

TAI CHI Improves focus, balance, flexibility, coordination, strength, posture, and endurance with gentle movements & stretching. *Beginner friendly.*

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.*

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*

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*

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.*

PARKINSON'S MOVEMENT CLASS Integrated movement to improve vocalization, coordination, strength & balance. Free to members. All levels 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 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.