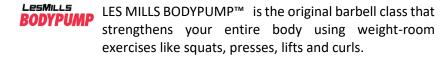


# August 2021

Effective Aug. 9, 2021

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		ective Aug. 9, 2021 SATURDAY
7:30am	BODYCOMBAT™ (50 min)	5:00am	送 Studio Cycling	5:15am	BODYCOMBAT™	5:00am	员 Studio Cycling	7:30am	BODYCOMBAT™ (45 min)	8:00am	Total Body HIIT (45 min)
7:30am	**Gentle Yoga by reservation only, no walk-ins	5:30am	BODYPUMP™	7:30am	BODYPUMP™ (50 min)	7:30am	Total Body HIIT	7:30am	**Yoga by reservation only, no walk-ins	8:15am	🛦 Yoga
8:30am	**Power Circuit by reservation only, no walk-ins	7:30am	Zumba <sup>®</sup>	Earlier Time! <b>8:00am</b>	**Yoga by reservation only, no walk-ins	8:15am	**Yoga Stretch by reservation only, no walk-ins	8:30am	Zumba®	8:15am	}र्द्ध SPRINT™
8:30am	Aqua Fitness	8:00am	**Yoga Stretch by reservation only, no walk-ins	8:30am	<b>**Sculpt</b> by reservation only, no walk-ins	8:15am	ي لي SPRINT™	8:30am	Aqua Fitness	9:00am	」 Studio Cycling
9:00am	员 Studio Cycling	8:00am	Jabel SPRINT™	8:30am	Aqua Fitness	8:30am	PiYo Studio 1	9:00am	HIIT Cycle (30 min)	9:00am	BODYPUMP™
9:30am	<b>**Barre Fusion</b> by reservation only, no walk-ins	8:30am	<b>**Total Body HIIT</b> by reservation only, no walk-ins	9:00am	HIIT Cycle (30 min)	8:30am	Aqua Fitness	9:30am	<b>**Barre Fusion</b> by reservation only, no walk-ins	10:05am	**BODYCOMBAT™ by reservation only, no walk-ins
9:35am	BODYPUMP™	8:30am	Aqua Fitness	9:35am	**BODYCOMBAT™ by reservation only, no walk-ins	9:00am	呉 Studio Cycling	9:35am	BODYPUMP™	10:15am	Pilates Mat
11:00am	SilverSneakers <sup>®</sup>	9:00am	员 Studio Cycling	10:00am	Pilates Mat	9:35am	**Total Body Conding by reservation only, no walk-ins	11:00am	SilverSneakers <sup>®</sup>		SUNDAY
11:00am	NEW CLASS ADDED! PiYo Yoga Studio	9:35am	strong <sup>®</sup>	11:15am	Yoga Studio 1	9:45am	<b>**Barre</b> by reservation only, no walk-ins			9:05am	**BODYCOMBAT™ by reservation only, no walk-ins
12:15pm	Cardio Dance Blast	9:45am	<b>**Barre</b> by reservation only, no walk-ins	11:30am	<b>**Barre</b> by reservation only, no walk-ins	10:15am	CORE <sup>TM</sup> (30 min / MFT Studio)			9:30am	Ы Studio Cycling
5:15pm	BODYPUMP™	10:15am	CORE <sup>TM</sup> (30 min / MFT Studio)	12:15pm	SilverSneakers®	11:00am	Cardio Dance Blast			10:15am	BODYPUMP™
5:30pm	兵 Studio Cycling	11:00am	Cardio Dance Blast	New Earlier time! 1:30pm	Parkinson's Integrated Movement Class	11:00am	<b>NEW CLASS ADDED!</b> Yoga Therapy				
6:00pm	Aqua Zumba®	11:00am	Tai Chi	5:15pm	BODYPUMP™	4:30pm	Zumba <sup>®</sup>		LEGEND: CL	ASS TYPE	& LOCATION
6:30pm	**BODYCOMBAT™ by reservation only, no walk-ins	12:05pm	BODYPUMP™	5:45pm	🛦 Yoga	5:30pm	Total Body HIIT		CARDIO / WEIGHT CLASS in Studio 1 main floor		CYCLING CLASS 5
		4:30pm	<b>NEW CLASS ADDED!</b> Sculpt	6:30pm	**BODYCOMBAT™ by reservation only	5:30pm	🔥 Yoga		MIND/BODY CLASS in the Mind / Body (Yoga) Studio upstairs		AQUA CLASS in 6-lane swimming pool
		5:30pm	Total Body HIIT (30 min)	BO	OK	6:00pm	र्म्स SPRINT™				
		5:30pm	🛦 <sup>Y</sup> oga	Visit you	ur online membership acc	count at <b>fr</b>	ancosmandeville.com:	Member L	.og-In page - Reaister for	Classes.	
		6:00pm	SPRINT™ CORE™	Or on th Go to h	ne Franco's App under C https://francos.clubautom	lasses. Ho nation.cor	aven't set up your Online n/, hit Access My Accour	Account nt.	Access yet?		
		6:00pm	30 min / Studio 1	For assis	stance email into@myfrai	ncos.com	or call the Front Desk to a	enroll you	into a class at 985-792-02	200. Class	es can be booked up

# FRANCO'S Les Mills & Zumba Classes:



**CORE** LES MILLS CORE<sup>™</sup> 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<sup>™</sup> A non-contact, martial artsbased fitness program providing fast fitness results. All levels.



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



Zumba<sup>®</sup>'s dance routine features fast and slow rhythms, combined to tone and sculpt your body. Add some Latin flavor and you've got Zumba<sup>®</sup>! Beginner friendly.

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

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

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



Combines the lengthening and relaxation benefits of yoga stretches with self-massage. By using everyday tools such as tennis balls and blocks, we can tune up the body's structural needs, mimicking the touch of a skilled massage therapist to allow better posture, improved circulation, reduced pain and physical imbalances

**PiYO** PiYo<sup>®</sup> 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.

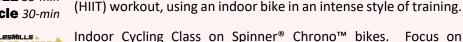
### FRANCO'S Signature & Original Free-Style Classes:

- Strengthen and define each muscle group by using SCULPT dumbbells and bands. Beginner to Advanced.
- TOTAL BODY HIIT, Intervals of Cardio and Weight movements. Varied workouts by CONDITIONING Franco's Rock Star Instructors! Intermediate to advanced. & BOOT CAMP **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



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

LES MILLS SPRINT<sup>™</sup> is a 30-minute High-Intensity Interval Training

# 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:**

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



Silver Sneakers Classic<sup>®</sup> 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Franco's Mandeville	francosmo	andeville.com	985-792-0200		