





















MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:30am	BODYCOMBAT™ (50 min)	5:00am	 Studio Cycling	5:15am	BODYCOMBAT™	5:00am	 Studio Cycling	7:30am	BODYCOMBAT™ (45 min)	8:00am	Total Body HIIT (45 min)
7:30am	**Gentle Yoga <i>by reservation only, no walk-ins</i>	5:30am	BODYPUMP™	7:30am	BODYPUMP™ (50 min)	7:30am	Total Body HIIT	7:30am	**Yoga <i>by reservation only, no walk-ins</i>	8:15am	 Yoga
8:30am	**Power Circuit <i>by reservation only, no walk-ins</i>	7:30am	Zumba®	<i>Earlier Time!</i> 8:00am	**Yoga <i>by reservation only, no walk-ins</i>	8:15am	**Yoga Stretch <i>by reservation only, no walk-ins</i>	8:30am	Zumba®	8:15am	 SPRINT™
8:30am	Aqua Fitness	8:00am	**Yoga Stretch <i>by reservation only, no walk-ins</i>	8:30am	**Sculpt <i>by reservation only, no walk-ins</i>	8:15am	 SPRINT™	8:30am	Aqua Fitness	9:00am	 Studio Cycling
9:00am	 Studio Cycling	8:00am	 SPRINT™	8:30am	Aqua Fitness	8:30am	PiYo Studio 1	9:00am	 HIIT Cycle (30 min)	9:00am	BODYPUMP™
9:30am	**Barre Fusion <i>by reservation only, no walk-ins</i>	8:30am	**Total Body HIIT <i>by reservation only, no walk-ins</i>	9:00am	 HIIT Cycle (30 min)	8:30am	Aqua Fitness	9:30am	**Barre Fusion <i>by reservation only, no walk-ins</i>	10:05am	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>
9:35am	BODYPUMP™	8:30am	Aqua Fitness	9:35am	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>	9:00am	 Studio Cycling	9:35am	BODYPUMP™	10:15am	Pilates Mat
11:00am	SilverSneakers®	9:00am	 Studio Cycling	10:00am	Pilates Mat	9:35am	**Total Body Condng <i>by reservation only, no walk-ins</i>	11:00am	SilverSneakers®	SUNDAY	
11:00am	NEW CLASS ADDED! PiYo <i>Yoga Studio</i>	9:35am	STRONG®	11:15am	Yoga Studio 1	9:45am	**Barre <i>by reservation only, no walk-ins</i>	9:05am	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>		
12:15pm	Cardio Dance Blast	9:45am	**Barre <i>by reservation only, no walk-ins</i>	11:30am	**Barre <i>by reservation only, no walk-ins</i>	10:15am	CORE™ (30 min / MFT Studio)	9:30am	 Studio Cycling		
5:15pm	BODYPUMP™	10:15am	CORE™ (30 min / MFT Studio)	12:15pm	SilverSneakers®	11:00am	Cardio Dance Blast	10:15am	BODYPUMP™		
5:30pm	 Studio Cycling	11:00am	Cardio Dance Blast	<i>New Earlier time!</i> 1:30pm	Parkinson's Integrated Movement Class	11:00am	NEW CLASS ADDED! Yoga Therapy				
6:00pm	Aqua Zumba®	11:00am	Tai Chi	5:15pm	BODYPUMP™	4:30pm	Zumba®				
6:30pm	**BODYCOMBAT™ <i>by reservation only, no walk-ins</i>	12:05pm	BODYPUMP™	5:45pm	 Yoga	5:30pm	Total Body HIIT				
		4:30pm	NEW CLASS ADDED! Sculpt	6:30pm	**BODYCOMBAT™ <i>by reservation only</i>	5:30pm	 Yoga				
		5:30pm	Total Body HIIT (30 min)	BOOK		6:00pm	 SPRINT™				
		5:30pm	 Yoga								
		6:00pm	 SPRINT™								
		6:00pm	CORE™ 30 min / Studio 1								

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

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 985-792-0200. Classes can be booked up

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 & Senior friendly. Please bring a mat.*

YOGA THERAPY

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® 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:

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.

MONDAY

TUESDAY

Franco's Mandeville

WEDNESDAY

francosmandeville.com

THURSDAY

FRIDAY

985-792-0200

SATURDAY