







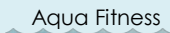


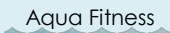






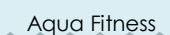
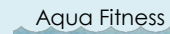











MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
7:30am	BODYCOMBAT™ (50 min)	5:00am	 Studio Cycling	5:15am	BODYCOMBAT™	5:00am	 Studio Cycling	7:30am	BODYCOMBAT™ (45 min)	8:00am	Total Body HIIT (45 min)	
7:30am	 Gentle Yoga	5:30am	BODYPUMP™	7:30am	BODYPUMP™ (50 min)			7:30am	 Yoga	8:15am	 Yoga	
8:30am	Power Circuit	7:30am	Zumba®	<b>NEW TIME</b> 8:15am	 Yoga Stretch	8:15am	 Yoga Stretch	8:30am	Zumba®	8:15am	 SPRINT™	
8:30am	 Aqua Fitness	8:00am	 Yoga Stretch	8:30am	Sculpt	8:15am	 SPRINT™	8:30am	 Aqua Fitness	9:00am	 Studio Cycling	
<b>NEW TIME!</b> 9:30am	 "MisFit" Cycle <i>Misty</i>	<b>NEW TIME!</b> 8:15am	 SPRINT™	8:30am	 Aqua Fitness	8:30am	starting Nov. 11 <b>NEW</b> <b>Cuts &amp; Curves</b> <i>Emily (30 min class)</i>	9:00am	 HIIT Cycle (30 min)	9:00am	BODYPUMP™	
9:30am	Barre Fusion	8:30am	Total Body HIIT	9:00am	 HIIT Cycle (30 min)	8:30am	 Aqua Fitness	9:30am	Barre Fusion	10:05am	BODYCOMBAT™	
9:35am	BODYPUMP™	8:30am	 Aqua Fitness	9:35am	BODYCOMBAT™	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	11:00am	SilverSneakers®	<b>SUNDAY</b>		
12:15pm	Cardio Dance Blast	9:35am	STRONG®	11:15am	Yoga <i>Studio 1</i>	9:45am	Barre		9:05am			BODYCOMBAT™
5:15pm	BODYPUMP™	9:45am	Barre	11:30am	Barre	10:15am	CORE™ (30 min / MFT Studio)		9:30am			 Studio Cycling
5:30pm	 Studio Cycling	10:15am	CORE™ (30 min / MFT Studio)	12:15pm	SilverSneakers®	11:00am	Cardio Dance Blast		10:15am			BODYPUMP™
6:30pm	BODYCOMBAT™	11:00am	Cardio Dance Blast	1:30pm	Parkinson's Integrated Movement Class	4:30pm	Zumba®					
<b>*cancelled classes:</b> 11am Mon PiYo 8:30am Thu PiYo 11am Thu Yoa Therapy		11:00am	Tai Chi	5:15pm	BODYPUMP™	5:30pm	Total Body HIIT					
		12:05pm	BODYPUMP™	5:45pm	 Yoga	5:30pm	 Yoga					
		4:30pm	Sculpt	6:30pm	BODYCOMBAT™	6:00pm	 SPRINT™					
		5:30pm	Total Body HIIT (30 min)	<b>BOOK CLASSES ONLINE</b>								
		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](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?  
 Go to <https://francos.clubautomation.com/>, hit Access My Account.  
 For assistance email [info@myfrancos.com](mailto:info@myfrancos.com) 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.

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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 & Senior friendly. Please bring a mat.*

### 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.

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.**

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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.*

### CUTS & CURVES

NEW 30-min that focuses on trimming and toning the CORE – abs, lower back, hips, glutes, thighs using resistance bands, body weight & dumbbells.

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## FRANCO'S Studio Cycling Classes:



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*

### "MisFit" Cycle

NEW! Experience a 45-minute high energy cycle sweat fest! Let go of all your stress and let the beat of the music drive you! Light 2-3lb weights and bands will occasionally be in the mix!

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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.*

### PARKINSON'S MOVEMENT CLASS

Integrated movement to improve vocalization, coordination, strength & balance. Free to members. All levels welcome