

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:15am	<i>Just Added!</i> BODYCOMBAT™	5:00am	Studio Cycling	5:15am	BODYCOMBAT™	5:00am	Studio Cycling	7:30am	BODYCOMBAT™ <i>(45 min)</i>	8:00am	Total Body HIIT <i>(45 min)</i>
7:30am	BODYCOMBAT™ <i>(50 min)</i>	5:30am	BODYPUMP™	7:30am	BODYPUMP™ <i>(50 min)</i>	5:30am	<i>Just Added!</i> BODYPUMP™	7:30am	Yoga	8:15am	Yoga
7:30am	Gentle Yoga	7:30am	Zumba®	8:15am	<i>New Name!</i> Yoga Fusion	7:30am	<i>Just Added!</i> Zumba®	8:30am	Zumba®	8:15am	SPRINT™
8:30am	Power Circuit	8:00am	Yoga Stretch	8:30am	Sculpt	8:15am	Yoga Stretch	8:30am	Aqua Fitness	9:00am	Studio Cycling
8:30am	Aqua Fitness	8:15am	SPRINT™	8:30am	Aqua Fitness	8:15am	SPRINT™	New Time New Class 9:00am	"MisFit" Cycle <i>(Reservation Only via Franco's App / online)</i>	9:00am	BODYPUMP™
9:30am	"MisFit" Cycle <i>(Reservation Only via Franco's App / online)</i>	8:30am	Total Body HIIT	9:00am	HIIT Cycle <i>(30 min)</i>	9:00am	<i>New Class & Time!</i> Cuts & Curves <i>30 min class</i>	9:30am	<i>New Name!</i> Chisel	10:05am	BODYCOMBAT™
9:30am	<i>New Name!</i> Chisel	8:30am	Aqua Fitness	9:35am	BODYCOMBAT™	8:30am	Aqua Fitness	9:35am	BODYPUMP™	10:15am	Pilates Mat
9:35am	BODYPUMP™	9:00am	Studio Cycling	10:00am	Pilates Mat	9:00am	Studio Cycling	11:00am	SilverSneakers®	SUNDAY	
11:00am	SilverSneakers®	9:35am	<i>New Class!</i> Blast & Burn	11:15am	Yoga Studio 1	9:35am	Total Body Condng	9:05am	BODYCOMBAT™		
12:15pm	Cardio Dance Blast	9:45am	Barre	11:30am	Barre	9:45am	Barre	9:30am	Studio Cycling		
5:15pm	BODYPUMP™	10:15am	CORE™ <i>(30 min / MFT Studio)</i>	12:15pm	SilverSneakers®	10:15am	CORE™ <i>(30 min / MFT Studio)</i>			10:15am	BODYPUMP™
5:30pm	Studio Cycling	11:00am	Cardio Dance Blast	5:15pm	BODYPUMP™	11:00am	Cardio Dance Blast				
6:30pm	BODYCOMBAT™	11:00am	Tai Chi	5:45pm	Yoga	1:00pm	<i>New Day & Time!</i> Parkinson's Movement Class				
		12:05pm	BODYPUMP™	6:30pm	BODYCOMBAT™	5:30pm	Yoga				
		4:30pm	Sculpt			6:00pm	SPRINT™				
		5:30pm	Total Body HIIT <i>(30 min)</i>			6:30pm	<i>Just Added, with Jan!</i> BODYPUMP™				
		5:30pm	Yoga								
		6:00pm	SPRINT™								
		6:00pm	CORE™ <i>30 min / Studio 1</i>								

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 985-792-0200. Classes can be booked up to **48 hours in advance**. Sorry, no walk-ins at this time.

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.*



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 FUSION

A blend of Yoga poses incorporating foam rollers, Pilates rings, tennis balls, straps, flex bands, fascia massage peanuts and (fascia massage) balls

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: Member Log-In page - Group Exercise. Or on the Franco's App / Classes. Haven't set up your Online Account Access yet? At francosmandeville.com's Member Login page put in your name and email address. For help email us at info@myfrancos.com. Reserve your spot in class up to **48 hours in advance**.

FRANCO'S Signature & Original Free-Style Classes:

BLAST & BURN

High energy class hits all components of fitness training, muscular strength, power and cardiovascular endurance and fat-burning. Uses free weights, resistance bands, barbells and more! *Beginner to Advanced.*

CHISEL

CHISEL your body and enhance your fitness level through core-focused strength training & cardiovascular intervals to round off this energetic class. *Beginner to Advanced.*

SCULPT

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

TOTAL BODY HIIT, TB 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.

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

Experience a 45-minute high energy cycle sweat fest. Light 2-3lb weights and bands will occasionally be in the mix!

FRANCO'S Aqua Classes in our Heated Pool:

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.

SILVERSNEAKERS® CLASSIC

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