

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

Various & Unique Styles of Light Yoga with gentle movements and stretching. *Beginner & Senior friendly. Please bring a mat.*

POWER FLOW

A yoga flow practice that has an even dose of strength, flexibility, stamina & balance. *All fitness levels.*

ROLL & RELEASE

A self-care class to reduce pain, inflammation & stiffness. It increases hydration to the tissues for a better quality of life! *All levels!*

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, CORE + more

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

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

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|--|--|---------|---|-----------|---|----------|--|---------------------|--|---------------|---|
| 5:15am | BODYCOMBAT™ Studio 1 | 5:00am |  Studio Cycling Cycle Studio | 5:15am | BODYCOMBAT™ Studio 1 | 5:00am |  Studio Cycling Cycle Studio | 5:30am |  SPRINT™ Cycle Studio, 30 min | 8:00am | Boot Camp Studio 1, 45 min |
| 7:30am | BODYCOMBAT™ (Studio 1, 50 min) | 5:30am | BODYPUMP™ Studio 1 | 7:00am | BODYPUMP™ Studio 1 | 5:30am | BODYPUMP™ Studio 1 | 7:30am | BODYCOMBAT™ Studio 1 | 8:15am |  Yoga - Power Flow Mind/Body Studio |
| 7:30am |  Gentle Yoga | 6:30am |  SPRINT™ Cycle Studio, 30-min | 8:15am |  Roll & Release Mind/Body Studio | 6:30am |  SPRINT™ Cycle Studio, 30-min | 7:30am |  Yoga Mind/Body Studio | 8:15am |  SPRINT™ Cycle Studio, 30 min |
| 8:30am | Power Circuit Studio 1 | 7:30am | Zumba® Studio 1 | 8:30am | Sculpt Studio 1 | 8:15am |  Yoga Stretch Mind/Body Studio | 8:30am | Zumba® Studio 1 | 9:00am |  Studio Cycling Cycle Studio |
| 8:30am | Aqua Fitness | 8:00am |  Yoga Stretch Mind/Body Studio | 8:30am | Aqua Fitness | 8:30am | Aqua Fitness | 8:30am | Aqua Fitness | 9:00am | BODYPUMP™ Studio 1 |
| 9:30am |  "MisFit" Cycle (Reservation Only via Franco's App / online) | 8:30am | Total Body HIIT Studio 1 | 9:30am |  HIIT Cycle Cycle Studio, 30 min | 9:00am | Cuts & Curves Studio 1, 30-min | 9:00am |  "MisFit" Cycle (Reservation Only via Franco's App / online) | 10:05am | BODYCOMBAT™ Studio 1 |
| 9:30am | Chisel Mind/Body Studio | 8:30am | Aqua Fitness | 9:35am | BODYCOMBAT™ Studio 1 | 9:00am |  Studio Cycling Cycle Studio | 9:30am | Chisel Mind/Body Studio | 10:15am | Pilates Mat Mind/Body Studio |
| 9:35am | BODYPUMP™ Studio 1 | 9:00am |  Studio Cycling Cycle Studio | 10:00am | Pilates Mat Mind/Body Studio | 9:35am | Total Body Condtnng Studio 1 | 9:35am | BODYPUMP™ Studio 1 | SUNDAY | |
| 11:00am | SilverSneakers® Studio 1 | 9:35am | Blast & Burn Studio 1 | 11:00am | SilverSneakers® Studio 1 | 9:45am | Barre Mind/Body Studio | 11:00am | SilverSneakers® Studio 1 | | |
| 11:00am | Pilates Mat Mind/Body Studio | 9:45am | Barre Studio 1 | 11:15am |  Yoga Mind/Body Studio | 10:15am | CORE™ MFT Studio, 30-min | BOOK CLASSES | | 9:30am |  Studio Cycling Cycle Studio |
| 5:15pm | BODYPUMP™ Studio 1 | 10:15am | CORE™ MFT Studio, 30-min | 5:15pm | BODYPUMP™ Studio 1 | 11:00am |  Gentle Yoga Mind/Body Studio | | | 10:15am | BODYPUMP™ Studio 1 |
| 5:30pm |  Studio Cycling Cycle Studio | 11:00am | Cardio Dance Blast Studio 1 | 5:45pm |  Yoga - Power Flow Mind/Body Studio | 11:00am | Cardio Dance Blast Studio 1 | | | | |
| 6:30pm | BODYCOMBAT™ Studio 1 | 11:00am |  Tai Chi Mind/Body Studio | 6:30pm | BODYCOMBAT™ Studio 1 | 1:00pm | Parkinson's Movement Class Studio 1 | | | | |
| CLASSES CANCELLED: Thursday 7:30am Zumba & 8:15am HIIT Cycle Next LES MILLS LAUNCH EVENT TBA Saturday in January | | 12:05pm | BODYPUMP™ Studio 1 | | | 5:30pm |  Yoga Mind/Body Studio | | | | |
| | | 4:30pm | Core + More Studio 1 | | | 6:00pm |  SPRINT™ Cycle Studi, 30 min | | | | |
| | | 5:30pm | Total Body HIIT Studio 1, 30 min | | | 6:30pm | BODYPUMP™ Studio 1 | | | | |
| | | 5:30pm |  Yoga Mind/Body Studio | | | | | | | | |
| | | 6:00pm |  SPRINT™ Cycle Studio, 30 min | | | | | | | | |

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**.

Childcare Hours: Mon - Thu 7:30am - 7:30pm, Fri 7:30am - 7pm, Saturday 8am - 1pm. Hangout (ages 5+ open at 3:30pm)