

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.



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



franco's
MANDEVILLE

Group Exercise Schedule

New Year 2023

Effective 1.9.2023

Effective 1.9.2023

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 Studio1, 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	9:05am	BODYCOMBAT™ 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	<div>BOOK CLASSES</div> <p>Visit your online membership account at francosmandeville.com Member Log-In page - Register for Classes. Or on the Franco's App under Classes.</p> <p>Haven't set up your Online Account Access yet? Go to https://francos.clubautomation.com/, hit Access My Account.</p> <p>For assistance email info@myfrancos.com or call the Front Desk to enroll you into a class at 985-792-0200.</p> <p>Classes can be booked up to 48 hours in advance.</p> <p>Childcare Hours: Mon - Thu 7:30am - 7:30pm, Fri 7:30am - 7pm, Saturday 8am - 1pm. Hangout (ages 5+ open at 3:30pm)</p>		9:30am	Studio Cycling Cycle Studio
NEW TIME! 5:00pm	BODYPUMP™ Studio 1	10:15am	CORE™ MFT Studio, 30-min	NEW TIME! 5:00pm	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				
<div>Next LES MILLS LAUNCH EVENT</div> <div>Saturday, January 21</div>		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								

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985-792-0200