






| MON  |   | TUE     |  | WED  |  | THU  |  | FRI   |  | SAT                    |   |   |
|--|---|---------|--|--|--|--|--|---|--|------------------------|---|---|
| 5:15am   | <b>BODYCOMBAT™</b><br>Studio 1  | 5:15am  | <b>Studio Cycling</b><br>Cycle Studio  | 5:15am   | <b>BODYCOMBAT™</b><br>Studio 1   | 5:30am   | <b>BODYPUMP™</b><br>Studio 1                 | 5:30am  | <b>SPRINT™</b><br>Cycle Studio   | 8:00am                 | <b>Boot Camp</b><br>Studio 1              |   |
| <small>BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 570 calories** in a class.</small> |   | 5:30am  | <b>BODYPUMP™</b><br>Studio 1   | <i>ALL CLASSES INCLUDED IN YOUR MEMBERSHIP!</i>  |  | <small>BODYPUMP™ is a full-body workout that uses barbells, light to moderate weights, and high repetitions to help you get lean and toned</small> |  | <small>LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results</small> |  | 8:15am                 | <b>Yoga Power Flow</b><br>MindBody Studio |   |
| 7:30am   | <b>BODYCOMBAT™</b><br>Studio 1, 50 min  | 6:30am  | <b>SPRINT™</b><br>Cycle Studio   |  |  | 6:30am   | <b>SPRINT™</b><br>Cycle Studio               | 7:30am  | <b>BODYCOMBAT™</b><br>Studio 1   | 8:15am                 | <b>SPRINT™</b><br>Cycle Studio            |   |
|  | <b>Gentle Yoga</b><br>MindBody Studio   | 7:30am  |  <b>ZUMBA</b><br>Studio 1 |  | <b>Yoga Stretch</b><br>MindBody Studio   | 8:15am   | <b>Step Express</b><br>Studio 1, 30-min      |   | <b>Yoga</b><br>MindBody Studio   | 9:00am                 | <b>BODYPUMP™</b><br>Studio 1              |   |
| 8:30am   | <b>Power Circuit</b><br>Studio 1  | 8:00am  | <b>Yoga Stretch</b><br>MindBody Studio   | 8:30am   | <b>Sculpt</b><br>Studio 1  |  | <b>Yoga Stretch</b><br>MindBody Studio       | 8:30am  |  <b>ZUMBA</b><br>Studio 1 | <b>NEW TIME 9:15am</b> | <b>Studio Cycling</b><br>Cycle Studio     |   |
|  | <b>Aqua Fitness</b><br>6 lane pool  |         | <b>Aqua Fitness</b><br>6 lane pool   |  |  | <b>Aqua Fitness</b><br>6 lane pool   |  |   | <b>Aqua Fitness</b><br>6 lane pool   |                        | <b>Aqua Fitness</b><br>6 lane pool        | 10:00am   |
| 9:00am   | <b>Chisel</b><br>MindBody Studio  | 8:30am  | <b>Total Body HIIT</b><br>Studio 1   | 9:00am   | <b>HIIT Cycle</b><br>Cycling Studio  |  | <b>Cuts &amp; Curves</b><br>Studio 1, 30-min | 9:00am  | <b>30 MIN HIIT Cycle</b><br>Cycling Studio - 30 min  | 10:15am                | <b>Pilates Mat</b><br>MindBody Studio     |   |
| 9:35am   | <b>BODYPUMP™</b><br>Studio 1  |         | 9:00am   | <b>Studio Cycling</b><br>Cycle Studio  | 9:35am   | <b>BODYCOMBAT™</b><br>Studio 1   | 9:00am                                       |   | <b>Studio Cycling</b><br>Cycle Studio  | 9:00am                 | <b>Chisel</b><br>MindBody Studio          | <i>Did You Know? You can RENT out our STUDIOS for a small fee?</i>  |
| 11:00am  | <b>Pilates Mat</b><br>MindBody Studio   | 9:30am  | <b>Barre</b><br>MindBody Studio  | 10:00am  | <b>NEW! Pilates Fusion</b><br>MindBody Studio  |  | <b>Barre</b><br>MindBody Studio              | 9:35am  | <b>BODYPUMP™</b><br>Studio 1   | <b>SUN</b>             |   |   |
|  |  <b>SilverSneakers</b><br>Studio 1 |         | <b>Blast &amp; Burn</b><br>Studio 1  | 11:00am  |  <b>SilverSneakers</b><br>Studio 1 | 9:30am   | <b>Total Body Conditioning</b><br>Studio 1   |   | 11:00am  |                        |   |  <b>SilverSneakers</b><br>Studio 1 |
| <small>Don't forget to supplement your favorite group exercise classes with Zone30 or weightlifting for BEST results!</small>  |   | 10:15am | <b>CORE™</b><br>MFT Boxing Studio, 30-min  | 11:15am  | <b>Yoga</b><br>MindBody Studio   | 10:15am  | <b>CORE™</b><br>MFT Boxing Studio, 30-min    |   |  | 9:30am                 | <b>Studio Cycling</b><br>Cycle Studio     |   |
| 5:00pm   | <b>BODYPUMP™</b><br>Studio 1  | 11:00am | <b>Tai Chi</b><br>MindBody Studio  | 5:00pm   | <b>BODYPUMP™</b><br>Studio 1   | 11:00am  | <b>Cardio Dance Blast</b><br>Studio 1        |   |  | 10:15am                | <b>BODYPUMP™</b><br>Studio 1              |   |
| 5:30pm   | <b>Studio Cycling</b><br>Cycling Studio   |         | <b>Yoga Sculpt</b><br>Studio 1   | 6:30pm   | <b>BODYCOMBAT™</b><br>Studio 1, 50 min   | 1:00pm   | <b>Parkinson's Movement</b><br>Studio 1      |   |  |                        |   |   |
| 6:30pm   | <b>BODYCOMBAT™</b><br>Studio 1  | 12:05pm | <b>BODYPUMP™</b><br>Studio 1   | <b>Club Hours:</b><br>Mon - Thu 4:45am - 9pm<br>Fri 4:45am - 8pm<br>Sat 6am - 7pm<br>Sun 9am - 6pm<br><br><b>Childcare Hours:</b><br>Mon - Thu 7:30am - 7:30pm<br>Fri 7:30am - 7pm<br>Saturday 8am - 1pm<br>Hangout (ages 5+ open at 3:30pm) |  | 4:30pm   | <b>Power 1/2</b><br>Studio 1, 30-min         |   |  |                        |   |   |
| <b>Schedule Changes:</b><br>MON 9am Studio Cycling - Canceled<br>WED 6pm & 6:30pm Yoga - Canceled<br>SAT 9:00am Yoga - moved 15 minutes later to 9:15am starting March 1           |   | 4:30pm  | <b>Core &amp; More</b><br>Studio 1   |  |  | 5:00pm   | <b>Butt &amp; Gut</b><br>Studio 1, 30-min    |   |  |                        |   |   |
|  |   | 5:30pm  | <b>Total Body HIIT</b><br>Studio 1, 30-min   |  |  | 5:30pm   | <b>Yoga</b><br>MindBody Studio               |   |  |                        |   |   |
|  |   | 6:00pm  | <b>SPRINT™</b><br>Cycle Studio   |  |  | 6:00pm   | <b>SPRINT™</b><br>Cycle Studio               |   |  |                        |   |   |

**ADD your classes to your calendar and app by booking online!**  
 Visit your online membership account at [francosmandeville.com](https://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 (top right button).

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.

**Want more specialized classes?** Try out our professionally trained Pilates Reformer and Zone30 Heart-rate Training Classes for an additional monthly fee!

## 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.* Chair Yoga utilizes a chair (in Studio 1)

### 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.*

### STRENGTH & CORE/PILATES MAT

Full body workout of integrative strength & conditioning exercises centered. Around the principles of core strength and stability. *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 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, \$5 guest fee for non-members.

## 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.

### BUTT & GUT CUTS & CURVES

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

### POWER 30

30-min blend of heart-pumping cardio and muscle-building resistance training!

## 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 CYCLING

Indoor Cycling Class on Spinner® Chrono™ bikes. Focus on endurance, strength, intervals, high intensity and recovery. All levels.

### HIIT CYCLE 30-MIN

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



Seasonal, summer class held in the Waterslide Pool (not heated, therefore held only in the summer). Aqua Zumba offers a fun but challenging, water-based, body-toning workout.

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? At [francosmandeville.com](http://francosmandeville.com)'s Member Login page put in your name and email address. For assistance, call [985.792.0200](tel:985.792.0200) or email [tsmith@myfrancos.com](mailto:tsmith@myfrancos.com) or [info@myfrancos.com](mailto:info@myfrancos.com).