

FRANCO'S GX

ALL CLASSES INCLUDED WITH MEMBERSHIP

TIMES	MONDAY
5:15	BODYCOMBAT™
7:30am	BODYCOMBAT™
	GENTLE YOGA
8:30am	AQUA FITNESS
	POWER CIRCUIT
9:00am	CHISEL
9:35am	BODYPUMP™
11:00am	SILVERSNEAKERS®
	PILATES MAT
5:00pm	BODYPUMP™
5:30pm	STUDIO CYCLING
6:30pm	BODYCOMBAT™

TIMES	TUESDAY
5:30am	BODYPUMP™
6:30am	SPRINT™
8:00am	YOGA STRETCH
8:30am	AQUA FITNESS
7:30am	ZUMBA
8:30am	TOTAL BODY HIIT
9:00am	STUDIO CYCLING
9:30am	BLAST & BURN
	BARRE
10:15am	CORE™
11:00am	TAI CHI
	YOGA SCULPT
12:05pm	BODYPUMP™
4:30pm	CORE & MORE
5:30pm	TOTAL BODY HIIT
	YOGA
6:00pm	SPRINT™

TIMES	WEDNESDAY
5:15am	BODYCOMBAT™
8:30am	YOGA STRETCH
	SCULPT
	AQUA FITNESS
9:00am	HIIT CYCLE
9:35am	BODYCOMBAT™
10:00am	NEW! PILATES FUSION
11:00am	SILVERSNEAKERS®
11:am	YOGA
5:00pm	BODYPUMP™
6:30pm	BODYCOMBAT™

TIMES	FRIDAY
5:30am	SPRINT™
7:30am	BODYCOMBAT™
	YOGA
8:30am	ZUMBA®
	AQUA FITNESS
9:00am	30 MIN HIIT CYCLE
	CHISEL
9:35am	BODYPUMP™
11:00am	SILVERSNEAKERS®

TIMES	THURSDAY
5:30am	BODYPUMP™
6:30am	SPRINT™
8:15am	STEP EXPRESS
8:30am	YOGA STRETCH
	AQUA FITNESS
9:00am	CUTS & CURVES
	STUDIO CYCLING
9:30am	TOTAL BODY CONDITIONING
	BARRE
10:15am	CORE™
11:00am	CARDIO DANCE BLAST
1:00pm	PARKINSON'S MOVEMENT
4:30pm	POWER HOUR
5:30pm	YOGA
6:00pm	SPRINT™

TIMES	SATURDAY
8:00am	BOOT CAMP
8:15am	YOGA- POWER FLOW
	SPRINT™
9:00am	BODYPUMP™
9:00am	STUDIO CYCLING
10:05am	BODYCOMBAT™
10:15am	PILATES MAT

TIMES	SUNDAY
9:05am	BODYCOMBAT™
9:30am	STUDIO CYCLING
10:15am	BODYPUMP™

Schedule Effective August 18, 2025



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: 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 assistance, call [985.792.0200](tel:985.792.0200) or email tsmith@myfrancos.com or info@myfrancos.com.