FRANCO'S HEALTH CLUB & SPA

# GROUP EXERCISE SCHEDULE

| TIMES | MONDAY |
|---|---|
| 5:15am | BODYCOMBAT™ Studio 1 |
| 6:00am | YOGA Mind & Body Studio |
| 7:30am | YOGA STRETCH Mind & Body Studio |
| | BODYCOMBAT™ Studio 1 |
| 8:30am | STRENGTH & DEFINITION Studio 1 |
| | AQUA FITNESS Pool |
| 9:00am | HIIT Mind & Body Studio |
| 9:35am | BODYPUMP™ Studio 1 |
| 11:00am | SILVERSNEAKERS® Studio 1 |
| | PILATES MAT Mind & Body Studio |
| 5:00pm | LES MILLS CORE™ Studio 1 |
| 5:30pm | BODYPUMP™ Studio 1 |
| | STUDIO CYCLING Spin Studio |
| 6:30pm | BODYCOMBAT™ Studio 1 |

| TIMES | TUESDAY |
|---|---|
| 5:30am | BODYPUMP™ Studio 1 |
| 6:30am | SPRINT™ Spin Studio |
| 7:30am | ZUMBA® Studio 1 |
| 8:00am | YOGA STRETCH Mind & Body Studio |
| 8:30am | HIIT Studio 1 |
| | AQUA FITNESS Pool |
| 9:15am | STUDIO CYCLING Spin Studio |
| 9:30am | HIIT Studio 1 |
| | CARDIO DANCE Mind Body studio |
| 10:30am | LES MILLS CORE™ MIND & BODY STUDIO |
| 11:00am | YOGA Studio 1 |
| 11:15am | TAI CHI Mind & Body Studio |
| 12:05pm | BODYPUMP™ Studio 1 |
| 4:30pm | STRENGTH & DEFINITION Studio 1 |
| 5:30pm | HIIT Studio 1 |
| | YOGA Mind & Body Studio |
| 6:00pm | SPRINT™ Spin Studio |
| 6:30pm | STRENGTH & DEFINITION Studio 1 |

| TIMES | WEDNESDAY |
|---|---|
| 5:15am | BODYCOMBAT™ Studio 1 |
| 8:30am | STRENGTH & DEFINITION Studio 1 |
| | YOGA STRETCH Mind & Body Studio |
| | AQUA FITNESS Pool |
| 9:00am | CYCLING INTERVALS Spin Studio |
| 9:35am | BODYCOMBAT™ Studio 1 |
| 10:00am | PILATES MAT Mind & Body Studio |
| 11:00am | YOGA MIND & BODY STUDIO |
| | SILVERSNEAKERS® Studio 1 |
| 5:30pm | BODYPUMP™ HEAVY Studio 1 |
| 6:00pm | CYCLING INTERVALS Spin Studio |
| 6:30pm | BODYCOMBAT™ Studio 1 |

| TIMES | THURSDAY |
|---|---|
| 5:30am | BODYPUMP™ Studio 1 |
| 6:30am | SPRINT™ Spin Studio |
| 8:15am | STEP EXPRESS Studio 1 |
| 8:30am | YOGA STRETCH Mind & Body Studio |
| | AQUA FITNESS Pool |
| 9:00am | FOUNDATIONAL POWER Studio 1 |
| 9:15am | STUDIO CYCLING Spin Studio |
| 9:30am | TOTAL BODY FUSION Studio 1 |
| | PILATES MATT Mind & Body Studio |
| 10:30am | LES MILLS CORE™ MIND & BODY STUDIO |
| 11:00am | CARDIO DANCE BLAST Studio 1 |
| 1:00pm | PARKINSON'S MOVEMENT Studio 1 |
| 4:30pm | TOTAL BODY FUSION Studio 1 |
| 5:30pm | YOGA Mind & Body Studio |
| 6:00pm | SPRINT™ Spin Studio |

CHECK OUR NEW Junior Fitness Classes

ALL CLASSES INCLUDED WITH MEMBERSHIP

| TIMES | FRIDAY |
|---|---|
| 5:15am | BODYPUMP™ HEAVY Studio 1 |
| 6:00am | SPRINT™ Spin Studio |
| 7:30am | YOGA STRETCH Mind & Body Studio |
| | BODY COMBAT Studio 1 |
| 8:30am | ZUMBA® Studio 1 |
| | AQUA FITNESS Pool |
| 9:00am | HIIT Mind & Body Studio |
| | STUDIO CYCLING 30 MIN Spin Studi |
| 9:35am | BODYPUMP™ Studio 1 |
| 11:00am | SILVERSNEAKERS® Studio 1 |

| TIMES | SATURDAY |
|---|---|
| 8:00am | HITT Studio 1 |
| 8:15am | YOGA- POWER FLOW Mind & Body Studio |
| | SPRINT™ Spin Studio |
| 9:00am | BODYPUMP™ Studio 1 |
| 9:00am | STUDIO CYCLING Spin Studio |
| 10:05am | BODYCOMBAT™ Studio 1 |
| 10:15am | PILATES MAT Mind & Body Studio |

| TIMES | SUNDAY |
|---|---|
| 9:05am | BODYCOMBAT™ Studio 1 |
| 9:30am | STUDIO CYCLING Spin Studio |
| 10:15am | BODYPUMP™ Studio 1 |

Group Exercise

## FRANCO'S Les Mills & Zumba Classes:

**LesMills BODYPUMP** — LES MILLS BODYPUMP™ is the original barbell class that strengthens your entire body using weight-room exercises like squats, presses, lifts and curls.

**LesMills CORE** — 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.

**LesMills BODYCOMBAT** — LES MILLS BODYCOMBAT™ A non-contact, martial arts-based fitness program providing fast fitness results. All levels.

**ZUMBA** — 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:

**STRENGTH & DEFINITION** — This strength-first class prioritizes compound movements and steady strength training. Build a powerful body through your instructor's signature workout, focusing on muscle definition and long-term strength to build lean muscle and keep your metabolism burning calories all day.

**TOTAL BODY FUSION** — The ultimate strength and cardio hybrid. Driven by your instructor's unique signature style, this freestyle conditioning class will keep you in the perfect heart rate zone through dynamic cardio movements and functional strength training, you'll build lean muscle and maximize calorie burn in a complete, expert-led wellness experience.

**FOUNDATIONAL POWER** — It's time to strengthen your center. We're targeting the core--your foundational strength from every angle, working the anterior and posterior chains to bridge the gap from glutes to guts. Improve your posture and mobility while building the lean muscle necessary to fire up your metabolism. Get stronger from the inside out!

## FRANCO'S Junior Fitness Classes: Ages 10 - 14

**Cycling, Sprint, Zumba & Body Combat**

These classes allow kids ages 10 and up to work out. Only the classes identified on this Junior Schedule are open to this age group. Kids under 15 must be with a parent unless they are 12-14 AND Youth Fitness Certified (YFC) and wearing their YFC shirt. Cycling height is 5 feet. Kids in these classes must respect the environment and participate to the best of their ability. The instructor may ask a child to leave if he or she is not behaving appropriately in class.

## FRANCO'S Studio Cycling Classes:

**LesMills sprint** — 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

**aqua ZUMBA** — 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 or email tsmith@myfrancos.com or info@myfrancos.com