

# GROUP EXERCISE

S U M M E R 2 0 2 1

## MONDAY

8:00am

**Strength + Tone**  
Savannah  
Training Studio

5:00pm

**Cycle**  
Emma  
Training Studio

6:00pm

**TRX®**  
Bonni  
Cardio Loft

## TUESDAY

8:00am

**Yoga**  
Tess  
Dance Studio

5:00pm

**Strength + Tone**  
Preston  
Training Studio

6:00pm

**Barre**  
Lauren  
Dance Studio

## WEDNESDAY

8:00am

**Zumba®**  
Savannah  
Dance Studio

5:00pm

**Bootcamp**  
Bonni  
Training Studio

6:00pm

**Cycle**  
Emma  
Training Studio

## THURSDAY

8:00am

**Bootcamp**  
Savannah  
Training Studio

5:00pm

**Cajun Core**  
Bonni  
Training Studio

Virtual classes

Classes may be available virtually if requested at least 2 hours in advance (email [c00461699@louisiana.edu](mailto:c00461699@louisiana.edu)).

### DESCRIPTIONS

**Barre** - using elements of Pilates and ballet, enjoy a low impact workout that can build endurance, tone muscles, and improve flexibility

**Bootcamp** - work on cardio and muscular fitness through body weight and equipment-assisted exercises in this high intensity, fast-paced workout

**Cajun Core** - work your whole core: abdominals, obliques, glutes, and more while building strength, endurance, and stability of all the vital core muscles

**Cycle** - utilizing Technogym® stationary bikes, this no-impact class will challenge your cardiovascular and muscular strength and endurance

**Strength + Tone** - develop strength while increasing muscular endurance and form and technique of body weight and weighted exercises

**TRX®** - uses your own body weight to develop strength, balance, flexibility and core stability with the use of a suspension trainer

**Yoga** - increase your flexibility, mobility, stability, and mindfulness through poses built into sequences to calm your mind and enhance your health

**Zumba®** - this dance-based class is full of choreography that will increase your heart rate, strengthen your muscles and keep you enjoying every minute

## GENERAL INFO

- Schedule runs July 6th-July 29th
- Registration required for all classes on IMLeagues (opens 48 hours before class start)
- **FREE** for all UL Lafayette students, faculty, staff, and others with access to Bourgeois
- All classes are 45-minutes
- Individuals of all abilities and experience levels welcome

REGISTRATION  
[IMLEAGUES.COM/LOUISIANA](http://IMLEAGUES.COM/LOUISIANA)

