

GROUP FITNESS SCHEDULE

Monday

Time	Class / Instructor	Location
10:30-11:30	Minute to Win It / Paula	MP 1
5:15-6:15	Water Aerobics / Robin	Pool

Tuesday

Time	Class / Instructor	Location
12:30-1:30	Mat Pilates / Katie	MP1
3:45-4:45	Karate / Masashi	MP 1
5:00-6:00	Zumba / Shae	MP 1

Wednesday

Time	Class / Instructor	Location
10:30-11:30	20/20/20 / Paula	MP 1
5:00-6:00	Vinyasa Yoga / Connor	MP1
5:15-6:15	Water Aerobics / Robin	Pool

Thursday

Time	Class / Instructor	Location
11:00-11:45	HIIT/ Kim	MP 1
12:30-1:30	Mat Pilates / Katie	MP1
3:45-4:45	Karate / Kellan	MP 1
5:00-6:00	Zumba / Shae	MP 1
6:15-7:15	Step & Weights/Paula	MP 1
7:30-8:30	Brazilian JiuJitsu/ Rusty	MP 1

Friday

Time	Class / Instructor	Location
10:30-11:30	Total Body / Paula	MP 1
5:15-6:15	Water Aerobics / Robin	Pool

Saturday

8:30-9:30	Cycle & Strength / Jenny	MP 1
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Class Locations:

MP 1 - Multipurpose Room 1

Hours of Operation

Monday-Thursday 6 AM - 9 PM

Friday 6 AM - 8 PM

Saturday 8 AM - 3 PM

Sunday 10 AM - 3 PM

Looking for a fun way to stay active and fit? UNO's Fitness Center offers a variety of group fitness classes, free for students, faculty, and gym members. With classes available Monday through Saturday, there's something for everyone. Join in on the fun and sweat it out together - let's get moving!

The University of New Orleans
Department of Recreation and
Intramural Sports
2000 Lakeshore Drive New
Orleans, LA 70148

A class may be canceled if less than 5 participants are present at the scheduled class time

Class Schedule is subject to change

CLASS DESCRIPTIONS

Zumba - Takes the “work” out of workout. by mixing low-intensity moves for an interval-style, calorie burning dance fitness party.

Step & Weights - Using steps and weights, cardio movements are performed with strength training for a total body workout

20/20/20 - Cardio, Weights, and Lower Body

Total Body - High-Intensity, low-impact class that focuses on endurance and strength

Minute to Win it - Using a hybrid of interval training and circuits, participants will complete a series of times exercises to get a total body workout

Splash - Enjoy the water! Sculpt your muscles with a variety of cardiovascular exercises using various props.

Karate - Karate is a traditional Japanese martial art and self-defense system, using blocks, punches, strikes and kicks to defend against an opponent. Through training, practitioners develop their physical condition, learn self-defense & develop their character through training mental focus, self-discipline and perseverance.

HIIT - A type of interval training exercise. It incorporates several rounds that alternate between several minutes of high-intensity movements to increase the heart, followed by short periods of lower-intensity movements.

Brazilian JiuJitsu - Self-defense martial art and combat sport based on grappling, ground fighting, and submission holds

Vinyasa Yoga - A faster-paced yoga that focuses on connecting breath with movement. Each class is a full-body workout with an incorporation of mindfulness and breathwork

Please be prompt for classes. Exercise demonstration, instructions, and warm-ups performed at the beginning of class are very important! We want everyone to have a safe and fun workout experience.