

Group Exercise Descriptions

Mind & Body

Mat Pilates

Stay true to the exercise developed by Joseph Pilates almost 90 years ago. Pilates is a great way to strengthen the core, build long lean muscles, and invigorate the mind and body.

Pilates and Yoga Fusion

This class is a mind/body workout that mixes yoga and pilates positioning with proper breathing techniques and stretching.

Power Yoga

A mat based class that combines strength and flexibility through yoga postures and movements.

Indoor Cycling

Indoor Cycle and Mid Day Cycle

Indoor group cycle class incorporates resistance and cardiovascular training. All in one!!

- **HR monitor highly recommended!!!**
- **For First time participants, please come early for bike set-up.**
- **BIKES CANNOT BE RESERVED UNTIL 15 MINUTES BEFORE CLASS.**

The group exercise room is open to all when classes are not in session.

Resistance Training

Lunch Crunch

A 30 minute workout designed to tone upper body (Tuesdays) and lower body (Thursdays).

This class is specifically for those of us who want to get a quick quality workout during lunch hours. All fitness levels are welcome.

Power Pump

This is a circuit class that combines strength and cardio. If you like a variety of intense movements in one class, then this is the class for you.

Tight n Tone

Tighten-and-Tone all the major muscle groups from head to toe using various fitness equipment!

Cardio/Sculpt

Boot Camp

Boot camp is a great total body workout. This class incorporates pushups, squats, lunges, agility drills, plyometrics, and mind and body core exercises. If you are looking for a cardio workout mixed with strength training in a fast paced atmosphere, this is the class for you!

CLASS CANCELLATIONS for SEPTEMBER:

Power Yoga will be cancelled Saturday, September 18th.

Bootcamp, Power Yoga, and TRX will be cancelled Saturday, September 4th.

Wellness Center hours Saturday, September 4th – 9:00 am – 1:00 pm.

The Wellness Center will be closed Monday, September 6th to observe Labor Day.

Have a Safe and Happy Holiday!

Questions, comments or concerns? Please email us at wellness@lsuhsc.edu or call 504-568-3700.