						FitNOLA Spring Schedi	ıle - January 6 - Ma							
Instructor	Class Name	AGE	Day	Start Time	End Time	Program Location	Room	FitNOLA Designation	DIFFICULTY	INTENSITY	DESCRIPTION	START	END	
Shaolin Institute	Beginner Kung Fu (Donation Requested)	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY /FRIDAY	5:30 PM	6:20 PM	Lyons	MTP (front near hall)	Active People, Healthy N	Beginner	Light	kung fu, a martial art, both a form of exercise with a spiritual dimension stemming from concentration and self- discipline and a primarily unarmed mode of personal combat	Jan 6	May 24	
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend	MONDAY/WEDNESDAY			Lyons					kung fu, a martial art, both a form of exercise with a spiritual dimension stemming from concentration and self- discipline and a primarily unarmed mode of			
Shaolin Institute	Advanced Kung Fu	unaccompanied.	/FRIDAY	6:30 PM	7:20 PM		MTP (front near hall)	Active People, Healthy I	Vation		personal combat	Jan 6	May 24	
Shaolin Institute	Sanda Kickboxing	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY /FRIDAY	7:30 PM	8:20 PM	Lyons	MTP (front near hall)	Active People, Healthy N	Advanced		Sanda is the official Chinese boxing full- contact combat sport. This class focuses on proper Sanda technique, including hand strikes, elbows and knees, kicks and throws.	Jan 6	May 24	
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend				Lyons					Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on			
Shaolin Institute	Tai Chi	unaccompanied.  Ages 10-14 may attend with	Saturday	10:00 AM	10:50 AM	Lyons	MTP (front near hall)	Active People, Healthy !	BEGINNER	LIGHT	health promotion and rehabilitation.  kung fu, a martial art, both a form of exercise with a spiritual dimension	Jan 6	May 24	
Shaolin Institute	Kung Fu Instructor Training	parent/guardian. Ages 15+ may attend unaccompanied.	Saturday	11:15 AM	12:15 PM	Lyons	MTP (front near hall)	Active People, Healthy	BEGINNER	LIGHT	stemming from concentration and self- discipline and a primarily unarmed mode of personal combat	Jan 6	May 24	
						Lyons					Center your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. No equipment			
Pole Perfect Fitness	Chair Yoga	55+	MONDAY/WEDNESDAY	9:00 AM	9:50 AM		MTP (front near hall)	Healthy Aging	ADAPTIVE	ADAPTIVE	needed. Pilates is a low-intensity muscle-	Jan 6	May 24	
Pole Perfect Fitness	Pilates	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY/THURSDAY	9:00 AM	9:50 AM	Lyons	мтр	Active People, Healthy	BEGINNER	LIGHT	strengthening workout that focuses heavily on building strong core muscles. Pilates can promote flexibility, mobility, and posture. Please bring mats, a towel and a water bottle.	Jan 6	May 24	
Tekrema	Healthy Start Baby Bounce	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	First and Third Tuesdays of the month	5:30 PM	7:00 PM	Lyons	MTP (front near hall)	Active People, Healthy	BEGINNER	LIGHT	Baby Bounce, a creative movement class for families with babies 2-18 months.	Jan 6	May 24	
_ANEW Fitness	Spin Class	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Thursday	6:00 PM	6:50 PM	Lyons	MTP (furthest away from	l Active People, Healthy	BEGINNER	LIGHT	An indoor cycling workout that focuses on endurance, strength, intervals and high intensity work. Energizing music and challenging terrain will motivate you and leave you wanting more at the end of class. This class is for all levels.	Jan 6	May 24	
Denwin May		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAYS	10:00 AM	10:50 AM	Lyons	MTP (furthest away from			LIGHT	Hip Hop Cardio is a fun and engaging way to achieve the ultimate cardio workout. Enjoy dancing to some of your flavorite music with signature hip hop moves working everything from legs and glutes to arms and core. You do not need to be a dancer or know how to dance to enjoy this class and get the best cardio workout.	Jan 6		
Derwin way	Hip-Hop Cardio	unaccompanied.	SATURDATS	10:00 AM	10:50 AM		ivite (turthest away from	Active People, Healthy	BEGINNER	EIGHT	ciass and get the best cardio workout.	Jan 6	May 24	
ANEW Fitness	Line Dancing	55+	MONDAY/WEDNESDAY	11:00 AM	11:50 AM	Sanchez	МТР	Healthy Aging	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is a fet to exercise.	Jan 6	May 24	
			TOTAL STEERING STEERING	ALIVO OW	- XX30 OW	Sanchez					Lenter your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. No	- Var (		
ANEW Fitness	Chair Yoga	DD+	IMUNDAY	10:00 AM	10:50 AM		IMIL	Healthy Aging	BEGINNER	LIGHT	equipment needed.	Jan 6	May 24	1

By Our Hands	Adaptive Dance Cardio	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	THURSDAY	10:00 AM	10:50 AM	Sanchez	Gym	Adaptive	ADAPTIVE AD		Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk. This class is adaptive and adheres to the Unified Physical Education Curriculum for persons with disabilities.  Dance Cardio is a low impact dance	Jan 6	May 24	
Dy Our Hondo	Adoptive Dance Cordio	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	THURSDAY	11:00 AM	11:50 AM	Sanchez	Com	Adoptivo	ADAPTIVE AD		partice cardio is a row impact darice cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk. This class is adaptive and adheres to the Unified Physical Education Curriculum for persons with disabilities.	Jan 6	May 24	
By Our Hands	Adaptive Dance Cardio	unaccompanied.	THURSDAY	11:00 AM	11:50 AM		Gym	Adaptive	ADAPTIVE AD	APTIVE	persons with disabilities.	Jan 6	May 24	
ANEW Fitness	Line Dancing	18+	TUESDAY	5:30 PM	6:20 PM	Cut-Off	мтр	Healthy Aging	BEGINNER LIG		Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our speak are to ensure that you are able to dance, and have the most user as the to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyon is safe to exercise.	Jan 6	May 24	
ANEW Fitness		18+	THURSDAY	10:00 AM	10:50 AM	Cut-Off	МТР		BEGINNER LIG		In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration).	lan 6	May 24	
ANEW Fitness	Healthy Aging w/ ANEW Fitness	18+	THURSDAY	10:00 AM	10:50 AM		MIP	Healthy Aging	BEGINNER LIG	н	integration).	Jan 6	May 24	
Footprints to Fitnes:	Dance Cardio	18+	TUESDAY/THURSDAY	9:30 AM	10:20 AM	Milne	GYM	Healthy Aging	BEGINNER LIG		Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.	Jan 6	May 24	
			TUESDAY/THURSDAY	10:30 AM	11:20 AM	Milne	МТР		BEGINNER LIG		In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to lake these techniques into everyday life. (This is the integration).	Jan 6		
	Guided Meditation/Stretching  Adaptive Functional Fitness	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	WEDNESDAY/FRIDAY	10:30 AM	11:20 AM	Milne	GYM	Healthy Aging  Adaptive			This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional fitness, resistance training, and body weight exercises. This class is adaptive and adheres to the Unified Physical Education Curriculum for persons with disabilities.	Jan 6	May 24	
	Healthy Aging Resistance Training	55+	WEDNESDAY/FRIDAY	10:00 AM	10:50 PM	Milne	GYM	Healthy Aging			A full-body workout using weight plates, barbells, resistance bands, and steps combined with bodyweight exercises to create compound and isolation exercises to get you lean, toned, and fit	Jan 6	May 24	
	Intermediate Line Dancing	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	WEDNESDAY	6:00 PM	6:50 PM	Milne	мтр	Healthy Aging			Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able of the pack on the positive and the at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is safe to evercise.	Jan 6	May 24	
ANEW Fitness	Cardio Boot Camp	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAY	10:00 AM	10:50 AM	Milne	GYM	Active People, Healthy I	INTERMEDIATE MC		Cardio Boot Camp blends high energy and great music for an upbeat workout. This group fitness class includes elements of cardio, stretching, pilates, meditation, aerobic dance, strength training, abs and glutes. All you need is to come with a yoga mat and a smile	Jan 6	May 24	
Fit NOLA	Adaptive Free Play	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend	MONDAY-FRIDAY	10:00 AM	10:50 AM	Morris Jeff	Gymnasium	Adaptive	ADAPTIVE AD		Adaptive Play is games and toys that work for individuals with unique physical or mental capacities. Special ways to play pretend, build with blocks, make up games	Jan 6	May 24	
	·													

Florida/Desire    KWL Steppers   Beginner Line Dancing   55+ TUESDAY/THURSDAY   11:00 AM   11:50 AM   MTP   Healthy Aging   BEGINNER   LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is safe to exercise.	
Florida/Desire    KWL Steppers   Beginner Line Dancing   55+   TUESDAY/THURSDAY   12:00 PM   12:50 PM   MTP   Healthy Aging   BEGINNER   LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most tun. We move at the pace needed to ensure you are able to master the dances want of the standard, and the contraction of th	
KWL Steppers Beginner Line Dancing 55+ TUESDAY/THURSDAY 12:00 PM 12:50 PM MTP Healthy Aging BEGINNER LIGHT	everyone is safe to exercise. Jan 6 May 24  Cardio Sculpt blends high energy and	
Footprints to Fitness Cardio Sculpt 55+ MONDAY/WEDNESDAY 9:30 AM 10:20 AM MTP Active People, Healthy   BEGINNER LIGHT	great music for an upbeat workout. This group fitness class includes elements of cardio, stretching, pilates, meditation, aerobic dance, strength training, abs and glutes. All you need is to come with a yoga mat and a smile  Jan 6  May 24	
Florida/Desire  Florida/Desire  Florida/Desire  MTP Healthy Aging BEGINNER LIGHT	In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration).	
Florida/Desire	A full-body workout using weight plates, barbells, resistance bands, and steps combined with bodyweight exercises to create compound and isolation exercises to to get you lean, toned, and fit Jan 6 May 24	
	10, 2	
Ages 10-14 may		
attend with parent/guardian. Ages 15+ may attend unaccompanied. TUESDAY/THURSDAY 10:00 AM 10:50 AM MTP Healthy Aging BEGINNER LIGHT	Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.	
Footprints to Fitness Dance Cardio  Dance Ca	cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.  In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these techniques into everyday life. (This is the	
Footprints to Fitness Dance Cardio  Total Danc	cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.  In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these	
parent/guardian. Ages 15- may attend unaccompanied. TUESDAY/THURSDAY 10:00 AM 10:50 AM MTP Healthy Aging BEGINNER LIGHT	cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.  In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration).  Jan 6  May 24	
Footprints to Fitness Dance Cardio  Footprints to Fitness Guided Meditation/Stretching  SS+  TUESDAY/THURSDAY  10:00 AM  10:50 AM  GERNON BROWN  MTP  Healthy Aging  BEGINNER  LIGHT  GERNON BROWN  MTP  Healthy Aging  BEGINNER  LIGHT  Ages 10-14 may attend with parent/guardian. Ages 15- may attend unaccompanied.  Pole Perfect Fitness  Pilates  TUESDAY/THURSDAY  9:00 AM  9:50 AM  GERNON BROWN  MTP  Active People, Healthy BEGINNER  LIGHT  GERNON BROWN  MTP  Active People, Healthy BEGINNER  LIGHT	cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.  In a guisded meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice), Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration).  Pilites is a low-intensity muscle-strengthening workout that focuses heavily on building strong core muscles. Pilates can promote flexibility, mobility, and posture. Please bring mats, a towel and a water bottle.  Center your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Chair yough as a gentle form of yoga that's done while seated or using a chair for balance. No equipment	
Footprints to Fitness Dance Cardio  Footprints to Fitness Guided Meditation/Stretching  Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.  Footprints to Fitness Pilates  Footprints to Fitness Pilates  TUESDAY/THURSDAY  10:00 AM  10:50 AM  MTP  Healthy Aging  BEGINNER  LIGHT  GERNON BROWN  11:50 AM  GERNON BROWN  GERNON BROWN  GERNON BROWN  Active People, Healthy BEGINNER  LIGHT  GERNON BROWN  GERNON BROWN  MTP  Active People, Healthy BEGINNER  LIGHT  GERNON BROWN  GERNON BROWN  MTP  Active People, Healthy BEGINNER  LIGHT	cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.  In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration.)  Pillates is a low-intensity muscles remaining workout that focuses heavily on building strong core muscles. Pilates can promote flexibility, mobility, and posture. Please bring mats, a towel and a water bottle.  Center your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, locusing on breath, alignment, and inner strength. Chair yoga is a gentle form of yoga that's done while seated or UE ing a chair for balance. No equipment teneded.  Jan 6 May 24	
Footprints to Fitness Dance Cardio  Footprints to Fitness Guided Meditation/Stretching  SS+  TUESDAY/THURSDAY  10:00 AM  10:50 AM  GERNON BROWN  MTP  Healthy Aging  BEGINNER  LIGHT  GERNON BROWN  MTP  Healthy Aging  BEGINNER  LIGHT  Ages 10-14 may attend with parent/guardian. Ages 15- may attend unaccompanied.  Pole Perfect Fitness  Pilates  TUESDAY/THURSDAY  9:00 AM  9:50 AM  GERNON BROWN  MTP  Active People, Healthy BEGINNER  LIGHT  GERNON BROWN  MTP  Active People, Healthy BEGINNER  LIGHT	cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.  In a guisded meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice), Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration).  Pilites is a low-intensity muscle-strengthening workout that focuses heavily on building strong core muscles. Pilates can promote flexibility, mobility, and posture. Please bring mats, a towel and a water bottle.  Center your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Chair yough as a gentle form of yoga that's done while seated or using a chair for balance. No equipment	
Policy Perfect Fitness Pilotes Chair Yoga Set Month Show Material Set Month Sh	cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.  In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may sopelan how to take these teachriques. (This is the practice), Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration).  Pilites is a low-intensity muscle-strengthening workout that focuses heavily on building strong core muscles. Pilates can promote flexibility, mobility, and posture. Please bring mats, a towel and a water bottle.  Center your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Chair yough as a gentle form of yogs that's done while seated or using a chair for balance. No equipment VE needed.  Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routhes incorporate interval training — alternating fast and slow mythms— to help improve	

										This class combines both strength and			
										cardiovascular training to give participants a challenging, but rewarding, full-body			
		Ages 10-14 may	MONDAY/WEDNESDAY			ROSENWALD				workout. It incorporates functional fitness,			
		attend with	,							resistance training, and body weight			
		parent/guardian. Ages 15+ may attend								exercises. This class is adaptive and adheres to the Unified Physical Education			
CrossFit NOLA	Adaptive Functional Fitness	unaccompanied.		10:00 AM	10:50 AM		GYM	Adaptive	ADAPTIVE ADAPTIVE	Curriculum for persons with disabilities.	Jan 6	May 24	
		attend with								work for individuals with unique physical			
		parent/guardian. Ages				ROSENWALD				or mental capacities. Special ways to			
Fit NOLA	Adaptive Play	15+ may attend	MONDAY-FRIDAY	11:00 AM	11:50 AM		Gymnasium	Adaptive	ADAPTIVE ADAPTIVE	play pretend, build with blocks, make up	Jan 6	May 24	+
										TRX is a form of suspension training that			+
										uses body weight exercises to develop			
										strength, balance, flexibility and core stability simultaneously. It requires the use			
										of the TRX Suspension Trainer, a			
		Ages 10-14 may				Brake Tag Station				performance training tool that leverages gravity and the user's body weight to			
		attend with								complete the exercises. Our classes will			
		parent/guardian. Ages 15+ may attend								move you. Our instructors will inspire you.			
Crossfit NOLA	TRX Circuit	unaccompanied.	TUESDAY	6:00 PM	6:50 PM		BRAKE TAG	Active People, Healthy	INTERMEDIATE MODERATI	Modifications are always welcomed in any class.	Jan 6	May 24	
crossyn recen	The circuit		10235/11	0.001101	0.50 1 111		BIOTICE TAIG	rictive reopie, ricularly	INTERNIEDIA I E MODERA I	Center your body, mind, and spirit in this	Garre	may 2-1	+
		Ages 10-14 may								chair-based class designed for all levels of participants. Practice meditation through			
		attend with				Brake Tag Station				movement, focusing on breath, alignment,			
		parent/guardian. Ages				·				and inner strength. Please bring mats and			
Footprints to Fitness	s Gentle Your	15+ may attend unaccompanied.	TUESDAY/THURSDAY	7:30 AM	8:20 AM		BRAKE TAG	Active People, Healthy	BEGINNER LIGHT	water. Mats are not provided at this location.	Jan 6	May 24	
Tootprints to Titless	s dente roga	unaccompanica.	TOESDAT/THORSDAT	7.30 AIVI	8.20 AIVI		BITAKE TAG	Active reopie, riesiting	DEGINALK EIGHT		Jan o	May 24	+
		Ages 10-14 may								This class combines both strength and cardiovascular training to give participants			
		attend with				Brake Tag Station				a challenging, but rewarding, full-body			1 /
		parent/guardian. Ages				·				workout. It incorporates functional fitness,			
Crossfit NOLA	Boot Camp	15+ may attend unaccompanied.	WEDNESDAY	6:30 PM	7:20 PM		BRAKE TAG	Active People, Healthy	INTERMEDIATE MODERATI	resistance training, and body weight exercises in a high intensity format.	Jan 6	May 24	
Crossjii NOZN	Door camp		WEDITESDAT	0.50 1 101	7.20 1 111		BIOTICE TAIG	recive reopie, riedicity	INTERNIEDIA I		Garre	may 2-1	+ - 1
		Ages 10-14 may								This class combines both strength and cardiovascular training to give participants			
		attend with				Brake Tag Station				a challenging, but rewarding, full-body			
		parent/guardian. Ages								workout. It incorporates functional fitness,			
Crossfit NOLA	Boot Camp	15+ may attend unaccompanied.	THURSDAY	6:00 PM	6:50 PM		BRAKE TAG	Active People Healthy	INTERMEDIATE MODERATI	resistance training, and body weight exercises in a high intensity format.	Jan 6	May 24	
Crossjii NOZN	Door camp		monsom	0.001101	0.50 1 111		BIOTICE TAIG	rictive reopie, ricularly	INTERNIEDIA I	Cardio Blast blends high energy and great	our o	may 2-1	+
		Ages 10-14 may								music for an upbeat workout. This group fitness class includes elements of cardio.			
		attend with				Brake Tag Station				stretching, pilates, meditation, aerobic			
		parent/guardian. Ages								dance, strength training, abs and glutes.			
Footprints to Fitness	s Cardio Blast	15+ may attend unaccompanied.	SATURDAY	10:00 AM	10:50 AM		BRAKE TAG	Active People, Healthy	INTERMEDIATE MODERATI	All you need is to come with a yoga mat and a smile	Jan 6	May 24	
		·								•			
										This class blends high energy and great			
		Ages 10-14 may								music for an upbeat workout. This group fitness class includes elements of cardio,			
		attend with				Joe W. Brown				stretching, pilates, meditation, aerobic			
		parent/guardian. Ages 15+ may attend								dance, strength training, abs and glutes. All you need is to come with a yoga mat			
Footprints to Fitnes	s Adaptive Strength & Cardio	unaccompanied.	THURSDAY/FRIDAY	10:00 AM	10:50 AM		Practice Gym	Adaptive	ADAPTIVE ADAPTIVE	and a smile	Jan 6	May 24	
										Center your body, mind, and spirit in this chair-based class designed for all levels of			
										participants. Practice meditation through			1 /
		Ages 10-14 may attend with				Joe W. Brown				movement, focusing on breath, alignment, and inner strength. Chair yoga is a gentle			1 /
		parent/guardian. Ages								form of yoga that's done while seated or			1 7
Footprints to Eire-	s: Adaptive Chair Yoga	15+ may attend unaccompanied.	THURSDAY/FRIDAY	11:00 AM	11:50 AM		MTP	Healthy Aging	ADAPTIVE ADAPTIVE	using a chair for balance. No equipment	Jan 6	May 24	1 7
i outprints to rithes	acadense chair 10ga	unaccompanied.	I I I ONODAT/FRIDAT	11:00 AM	MA UC.11		m F	ridalitiy Aylfig	ADAPTIVE ADAPTIVE		Jan 6	iviay 24	+
										Hip Hop Cardio is a fun and engaging way			1 7
										to achieve the ultimate cardio workout. Enjoy dancing to some of your favorite			1 /
		Ages 10-14 may				Joe W. Brown				music with signature hip hop moves			1 /
		attend with parent/guardian. Ages								working everything from legs and glutes to arms and core. You do not need to be a			1 /
		15+ may attend								dancer or know how to dance to enjoy this			1 /
ANEW Fitness	Hip-Hop Cardio	unaccompanied.	TUESDAYS	6:00 PM	6:50 PM		TEEN CENTER	Adaptive	ADAPTIVE ADAPTIVE		Jan 6	May 24	/
										Line dancing classes are for everyone.			1 /
										Our class is designed for people that have			1 7
										no experience line dancing, as well as for			1 /
										the most advanced dancers. Our style of teaching is patient, and positive. Our			1 7
						Joe W. Brown				goals are to ensure that you are able to			1 7
		Ages 10-14 may								dance, and have the most fun. We move at the pace needed to ensure you are able			1 7
		attend with								to master the dances we are teaching.			1 7
		parent/guardian. Ages								Our classes begin with a community			1 /
KWL Steppers	Beginner Line Dancing	15+ may attend unaccompanied.	Wednesday	5:30 PM	6:20 PM		Practice Gvm	Active People, Healthy I	BEGINNER LIGHT	building warm-up and stretching to ensure everyone is safe to exercise.	Jan 6	May 24	1 7
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KWL Steppers	Beginner Line Dancing	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied,	Wednesday	6:30 PM	7:20 PM	Joe W. Brown	Practice Gym	Active People, Healthy N	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is pelient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is after to exercise.	Jan 6	May 24	
ANEW Fitness	FitLot Circuit	attend with parent/guardian. Ages	Tuesday/Thursday	5:00:00 PM	5:50 PM	Joe W. Brown	FitLot	Healthy Aging	ADAPTIVE	ADARTIVE	These one-hour circuit training classes prov	Jan 6	May 24	
	Dance Cardio	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Thursday	6:00 PM	6:50 PM	Joe W. Brown	Practice Gym	Active People, Healthy		LIGHT	Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock,	Jan 6	May 24	
Fit NOLA	Adaptive Play	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY-FRIDAY	12:00 PM	12:50 PM	Joe W. Brown	Practice Gym	Adaptive	ADAPTIVE	ADAPTIVE	washive rays is games and toys that work for individualis with unique physical or mental capacities. Special ways to play pretend, build with blocks, make up games or explore sensory experiences can engage and support individuals with developmental delays, physical challenges, sight or hearing challenges, or significant emotional/behavioral	Jan 6	May 24	
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Footprints to Fitness	Beginner Line Dancing & Second Line Dancing	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY	9:15 AM	10:05 AM	Treme	GYM	Active People, Healthy N	BEGINNER	цент	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances wa are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is safe to exercise.	Jan 6	May 24	
Footprints to Fitness	Intermediate Line Dancing & Second Line Dancing	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY	10:15 AM	11:05 AM	Treme	GYM	Active People, Healthy N	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is a fet to exercise.	Jan 6	May 24	
Footprints to Fitness		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY/THURSDAY	9:00 AM	9:50 AM	Treme	мтр	Healthy Aging	ADAPTIVE	ADAPTIVE	Center your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. No equipment	Jan 6		
Footprints to Fitness		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY/THURSDAY	10:00 AM	10:50 AM	Treme	МТР	Healthy Aging	BEGINNER	LIGHT	Center your body, mind, and spirit in this class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Mats are not provided for this class.	Jan 6	May 24	
	Dance Fitness with NOAGE	65+	WEDNESDAYS	6:00 PM	6:50 PM	Treme	МТР	Healthy Aging	Beginner	Light	Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.	Jan 6	May 24	
By Our Hands	Adaptive Water Yoga	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY	11:00 AM	11:50 AM	Treme	GYM	Healthy Aging	Beginner	Light	Aqua Yoga is a low-impact aquatic exercise	Jan 6	May 24	
By Our Hands	Adaptive Water Yoga	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY	12:00 PM	12:50 PM	Treme	GYM	Adaptive	ADAPTIVE		Aqua Yoga is a low-impact aquatic exercise, performing yoga poses in water. Aqua Yoga poses help you develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. No you avereince is necessary.	Jan 6	May 24	
Sy Our ridilus	r www.ive vvalor roya	uooompariiou.	- OLODA I	12.00 FM	IE.JU FIN		. IWI	, wapuvo	NON TIVE	MENT TIVE	, - ga experience is necessary.	Jan 0	IVIGY 2-7	

Derwin May	Dance Cardio	15+ may attend	MONDAY/TUESDAY/W EDNESDAY/THURSDAY /FRIDAY	10:00 AM	10:50 AM	Keller	мтр	Healthy Aging	ADAPTIVE	ADAPTIVE	Hip Hop Cardio is a fun and engaging way to achieve the ultimate cardio workout. Enjoy dancing to some of your favorite music with signature hip hop moves working everything from legs and glutes to arms and core. You do not need to be a dancer or know how to dance to enjoy this class and get the best cardio workout.	Jan 6	May 24	
Derwin May	Guided Stretching	15+ may attend	MONDAY/TUESDAY/W EDNESDAY/THURSDAY /FRIDAY	11:00 AM	11:50 AM	Keller	МТР	Healthy Aging	BEGINNER I	LIGHT	Stretching will improve your range of motion & flexibility, reduce pain and tension. So you can move - better.	Jan 6	May 24	
Footprints to Fitness	.Yoga	55+	TUESDAY/THURSDAY	10:00 AM	10:50 AM	Stallings	МТР	Active People, Healthy	BEGINNER	LIGHT	Cardio Sculpt blends high energy and great music for an upbeat workout. This group fitness class includes elements of cardio, stretching, pilates, meditation, aerobic dance, strength training, abs and glutes. All you need is to come with a yoga mat and a smile	Jan 6	May 24	
Englishe to Eltrace	Guided Meditation/Stretching		THESDAY/THIBSDAY	11:00 AM	11:E0 AM	Stallings	MTP	Hoalthy Aring	BEGINNER	LIGHT	In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's fikely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these techniques into everyday life. (This is the	lon G	Mov 24	
Footprints to Fitness Footprints to Fitness		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY/THURSDAY  MONDAY/WEDNESDAY	11:00 AM	11:50 AM 10:50 AM	Stallings	МТР	Healthy Aging  Adaptive			integration). Center your body, mind, and spirit in this class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Mats are not provided for this class.	Jan 6	May 24 May 24	
	Active People, Healthy Nation Active People, Healthy Nation+ Adaptive Healthy Ading	Want to take your fitner FitNOLA Immersion pro	ss to the next level? Active F ovides fitness classes for fail	People, Healthy milies and individ	Nation classes a duals with menta	re high-energy fitness class with I, physical, and cognitive challen	moves that cater to those voge in a fun, engaging, and e	vho want a challenge. The ducated way.	ese classes combin	ne athletic m	olish an exercise routine with simple, straight overments like running, lunging and jumping we the experts and the class for your need.			