

FitNOLA Spring Schedule - January 6 - May 24

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 Nation	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
Shaolin Institute	Advanced Kung Fu	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY /FRIDAY	6:30 PM	7:20 PM	Lyons	MTP (front near hall)	Active People, Healthy Nation			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
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 Nation	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
Shaolin Institute	Tai Chi	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Saturday	10:00 AM	10:50 AM	Lyons	MTP (front near hall)	Active People, Healthy Nation	BEGINNER	LIGHT	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 health promotion and rehabilitation.	Jan 6	May 24
Shaolin Institute	Kung Fu Instructor Training	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Saturday	11:15 AM	12:15 PM	Lyons	MTP (front near hall)	Active People, Healthy Nation	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
Pole Perfect Fitness	Chair Yoga	55+	MONDAY/WEDNESDAY	9:00 AM	9:50 AM	Lyons	MTP (front near hall)	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 needed.	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	MTP	Active People, Healthy Nation	BEGINNER	LIGHT	Pilates 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.	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 Nation	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)	Active People, Healthy Nation	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
Derwin May	Hip-Hop Cardio	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)	Active People, Healthy Nation	BEGINNER	LIGHT	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
ANEW Fitness	Line Dancing	55+	MONDAY/WEDNESDAY	11:00 AM	11:50 AM	Sanchez	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.	Jan 6	May 24
ANEW Fitness	Chair Yoga	55+	MONDAY	10:00 AM	10:50 AM	Sanchez	MTP	Healthy Aging	BEGINNER	LIGHT	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 needed.	Jan 6	May 24

						Florida/Desire					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.	Jan 6	May 24		
KWL Steppers	Beginner Line Dancing	55+	TUESDAY/THURSDAY	11:00 AM	11:50 AM		MTP	Healthy Aging	BEGINNER	LIGHT					
						Florida/Desire					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.	Jan 6	May 24		
KWL Steppers	Beginner Line Dancing	55+	TUESDAY/THURSDAY	12:00 PM	12:50 PM		MTP	Healthy Aging	BEGINNER	LIGHT					
						Florida/Desire					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		
Footprints to Fitness	Cardio Sculpt	55+	MONDAY/WEDNESDAY	9:30 AM	10:20 AM		MTP	Active People, Healthy	BEGINNER	LIGHT					
						Florida/Desire					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	Guided Meditation/Stretching	55+	MONDAY/WEDNESDAY	10:30 AM	11:20 AM		MTP	Healthy Aging	BEGINNER	LIGHT					
						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 get you lean, toned, and fit	Jan 6	May 24		
ANEW Fitness	Healthy Aging Resistance Training	55+	TUESDAY/THURSDAY	9:30 AM	10:20 AM		GYM	Healthy Aging	ADAPTIVE	ADAPTIVE					
						GERNON BROWN					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		
Footprints to Fitness	Dance Cardio	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					
						GERNON BROWN					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	Guided Meditation/Stretching	55+	TUESDAY/THURSDAY	11:00 AM	11:50 AM		MTP	Healthy Aging	BEGINNER	LIGHT					
						GERNON BROWN					Pilates 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.	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		MTP	Active People, Healthy	BEGINNER	LIGHT					
						Gernon Brown					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 needed.	Jan 6	May 24		
Pole Perfect Fitness	Chair Yoga	55+	MONDAY/WEDNESDAY	9:00 AM	9:50 AM		MTP (front near hall)	Healthy Aging	ADAPTIVE	ADAPTIVE					
						GERNON BROWN					Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness	Jan 6	May 24		
EMS NOLA	Zumba	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY	6:50 PM	7:40 AM		MTP	Active People, Healthy	BEGINNER	LIGHT					
						Rosenwald Annex					concentrating on something, your attention is open and remains aware of everything that is happening. Instead of getting caught up in thoughts or feelings, during this type of meditation	Jan 6	May 24		
Fit NOLA	Open Meditation	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY-FRIDAY	8:00 AM	8:50 AM		DANCE ROOM	Adaptive	ADAPTIVE	ADAPTIVE					

		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY				ROSENWALD						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		
CrossFit NOLA	Adaptive Functional Fitness				10:00 AM	10:50 AM		GYM	Adaptive	ADAPTIVE	ADAPTIVE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY-FRIDAY				ROSENWALD						Adaptive may be games and other work for individuals with unique physical or mental capacities. Special ways to play pretend, build with blocks, make up	Jan 6	May 24		
Fit NOLA	Adaptive Play				11:00 AM	11:50 AM		Gymnasium	Adaptive	ADAPTIVE	ADAPTIVE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY				Brake Tag Station						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 performance training tool that leverages gravity and the user's body weight to complete the exercises. Our classes will move you. Our instructors will inspire you. Modifications are always welcomed in any class.	Jan 6	May 24		
CrossFit NOLA	TRX Circuit				6:00 PM	6:50 PM		BRAKE TAG	Active People, Healthy	INTERMEDIATE	MODERATE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY/THURSDAY				Brake Tag Station						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. Please bring mats and water. Mats are not provided at this location.	Jan 6	May 24		
Footprints to Fitness	Gentle Yoga				7:30 AM	8:20 AM		BRAKE TAG	Active People, Healthy	BEGINNER	LIGHT						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	WEDNESDAY				Brake Tag Station						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 in a high intensity format.	Jan 6	May 24		
CrossFit NOLA	Boot Camp				6:30 PM	7:20 PM		BRAKE TAG	Active People, Healthy	INTERMEDIATE	MODERATE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	THURSDAY				Brake Tag Station						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 in a high intensity format.	Jan 6	May 24		
CrossFit NOLA	Boot Camp				6:00 PM	6:50 PM		BRAKE TAG	Active People, Healthy	INTERMEDIATE	MODERATE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAY				Brake Tag Station						Cardio Blast 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		
Footprints to Fitness	Cardio Blast				10:00 AM	10:50 AM		BRAKE TAG	Active People, Healthy	INTERMEDIATE	MODERATE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	THURSDAY/FRIDAY				Joe W. Brown						This class 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		
Footprints to Fitness	Adaptive Strength & Cardio				10:00 AM	10:50 AM		Practice Gym	Adaptive	ADAPTIVE	ADAPTIVE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	THURSDAY/FRIDAY				Joe W. Brown						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 needed.	Jan 6	May 24		
Footprints to Fitness	Adaptive Chair Yoga				11:00 AM	11:50 AM		MTP	Healthy Aging	ADAPTIVE	ADAPTIVE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAYS				Joe W. Brown						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		
ANEW Fitness	Hip-Hop Cardio				6:00 PM	6:50 PM		TEEN CENTER	Adaptive	ADAPTIVE	ADAPTIVE						
		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Wednesday				Joe W. Brown						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.	Jan 6	May 24		
KWL Steppers	Beginner Line Dancing				5:30 PM	6:20 PM		Practice Gym	Active People, Healthy	BEGINNER	LIGHT						

		Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/TUESDAY/WEDNESDAY/THURSDAY/FRIDAY	10:00 AM	10:50 AM	Keller					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	Dance Cardio						MTP	Healthy Aging	ADAPTIVE	ADAPTIVE					
Derwin May	Guided Stretching	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/TUESDAY/WEDNESDAY/THURSDAY/FRIDAY	11:00 AM	11:50 AM	Keller	MTP	Healthy Aging	BEGINNER	LIGHT	Stretching will improve your range of motion & flexibility, reduce pain and tension. So you can move - better.	Jan 6	May 24		
						Stallings					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		
Footprints to Fitness	Yoga	55+	TUESDAY/THURSDAY	10:00 AM	10:50 AM		MTP	Active People, Healthy	BEGINNER	LIGHT					
Footprints to Fitness	Guided Meditation/Stretching	55+	TUESDAY/THURSDAY	11:00 AM	11:50 AM		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).	Jan 6	May 24		
Footprints to Fitness	Yoga	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY	10:00 AM	10:50 AM		MTP	Adaptive	ADAPTIVE	ADAPTIVE	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		
	Active People, Healthy Nation	Whether you're in the middle of a fitness journey, you've taken a long break from exercise or you're just getting started, these low-to-moderate impact classes are the perfect place to begin. You'll establish an exercise routine with simple, straightforward workouts that progress from week to week.													
	Active People, Healthy Nation+	Want to take your fitness to the next level? Active People, Healthy Nation classes are high-energy fitness class with moves that cater to those who want a challenge. These classes combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats													
	Adaptive	FINOLA Immersion provides fitness classes for families and individuals with mental, physical, and cognitive challenge in a fun, engaging, and educated way.													
	Healthy Aging	Healthy Aging caters to the wellness, education, and socialization needs of community members age 55 and older. Whether you are recovering from surgery or just looking to stay fit and active, we have the experts and the class for your need.													