

# FitNOLA: FITNESS



Visit [nordc.org/activities/fitness](http://nordc.org/activities/fitness), call (504) 658-3027, or email [NORDCfitness@nola.gov](mailto:NORDCfitness@nola.gov)

## FITNOLA SUMMER SCHEDULE

Class Name	AGE	Day	Start Time	End Time	Location	Room	FINOLA Dsg.	DIFFICULTY	INTENSITY
Cardio Boot Camp	•	THURS	6:00 PM	6:50 PM	Annunciation	Field	APHN	INTERMEDIATE	MODERATE
Hip-Hop Cardio	•	SAT	10:00 AM	10:50 AM	Annunciation	MTP 1	APHN	Beginner	Light
Boot Camp	•	THURS	6:00 PM	6:50 PM	Brake Tag Station	BRAKE TAG	APHN	INTERMEDIATE	MODERATE
Cardio Blast	•	SAT	10:00 AM	10:50 AM	Brake Tag Station	BRAKE TAG	APHN	INTERMEDIATE	MODERATE
Gentle Yoga	•	TUE/THURS	7:00 AM	7:50 AM	Brake Tag Station	BRAKE TAG	APHN	BEGINNER	LIGHT
Spin Class	•	WED	6:00 PM	6:50 PM	Brake Tag Station	BRAKE TAG	APHN	BEGINNER	LIGHT
TRX Circuit	•	TUE	6:00 PM	6:50 PM	Brake Tag Station	BRAKE TAG	APHN	INTERMEDIATE	MODERATE
Healthy Aging Resistance Training	55+	WED	6:00 PM	6:50 PM	Cut-Off	MTP	Healthy Aging	ADAPTIVE	ADAPTIVE
Line Dancing	•	TUE	5:30 PM	6:20 PM	Cut-Off	MTP	Healthy Aging	BEGINNER	LIGHT
Beginner Line Dancing	55+	TUE/THURS	11:00 AM	11:50 AM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
Beginner Line Dancing	55+	TUE/THURS	12:00 PM	12:50 PM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
Cardio Sculpt	55+	M/W/F	9:30 AM	10:20 AM	Florida/Desire	MTP	APHN	BEGINNER	LIGHT
Healthy Aging Mobility and Core	55+	M/W	11:30 AM	12:20 PM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
Healthy Aging Nutrition Education	55+	TUES	1:00 PM	2:00 PM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
Healthy Aging Resistance Training	55+	TUE/THURS	9:30 AM	10:20 AM	Florida/Desire	GYM	Healthy Aging	BEGINNER	LIGHT
AfroBeats Dance Cardio	•	M/W	6:50 PM	7:40 AM	GERNON BROWN	MTP	APHN	BEGINNER	LIGHT
Pilates	•	M-F	7:00 AM	7:50 AM	GERNON BROWN	MTP	APHN	BEGINNER	LIGHT
Water Yoga	•	TUE/THURS	9:00 AM	9:50 AM	Gert Town Natatorium	Natatorium	Healthy Aging	Beginner	Light
Beginner Line Dancing	•	WED	5:30 PM	6:20 PM	Joe W. Brown	Practice Gym	APHN	BEGINNER	LIGHT
Beginner Line Dancing	•	WED	6:30 PM	7:20 PM	Joe W. Brown	Practice Gym	APHN	BEGINNER	LIGHT
Dance Cardio	•	THURS	6:00 PM	6:50 PM	Joe W. Brown	Practice Gym	APHN	BEGINNER	LIGHT
Healthy Aging Walking Club	•	M-F	7:00 AM	7:50 AM	Joe W. Brown	Victory Track	APHN	BEGINNER	LIGHT
Hip-Hop Cardio	•	TUES	6:00 PM	6:50 PM	Joe W. Brown	TEEN CENTER	Adaptive	ADAPTIVE	ADAPTIVE
Healthy Aging Walking Club	•	M-F	7:00 AM	7:50 AM	Lafitte Greenway FitLot	Victory Track	APHN	BEGINNER	LIGHT
Advanced Kung Fu	•	M/W/F	6:30 PM	7:20 PM	Lyons	MTP (front near hall)	APHN		
Beginner Kung Fu (Donation Requested)	•	M/W/F	5:30 PM	6:20 PM	Lyons	MTP (front near hall)	APHN	Beginner	Light
Kung Fu Instructor Training	•	SAT	11:15 AM	12:15 PM	Lyons	MTP (front near hall)	APHN	BEGINNER	LIGHT
Sanda Kickboxing	•	M/W/F	7:30 PM	8:20 PM	Lyons	MTP (front near hall)	APHN	Advanced	
Tai Chi	•	SAT	10:00 AM	10:50 AM	Lyons	MTP (front near hall)	APHN	BEGINNER	LIGHT

\* Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.

## UPDATED FITNOLA SCHEDULE SUMMER 2025

## FITNOLA SUMMER SCHEDULE (CONTINUED)

Class Name	AGE	Day	Start Time	End Time	Location	Room	FitNOLA Dsg.	DIFFICULTY	INTENSITY
Cardio Boot Camp	•	SAT	10:00 AM	10:50 AM	Milne	GYM	APHN	INTERMEDIATE	MODERATE
Intermediate Line Dancing	•	WED	6:00 PM	6:50 PM	Milne	MTP	Healthy Aging	BEGINNER	LIGHT
Hip-Hop Cardio	•	MONS	6:00 PM	6:50 PM	Morris Jeff	MTP	APHN	Beginner	Light
Mobility and Core	55+	WED	6:00 PM	6:50 PM	Morris Jeff	MTP	Healthy Aging	BEGINNER	LIGHT
Active Living Every Day Group 1	18+	M/W	12:00 PM	12:50 PM	Rosenwald Annex	MTP 1	Healthy Aging	BEGINNER	LIGHT
Active Living Every Day Group 2	18+	TUE/THURS	12:00 PM	12:40 PM	Rosenwald Annex	MTP 1	Healthy Aging	BEGINNER	LIGHT
Adaptive Functional Fitness	•	M-F	10:00 AM	10:50 AM	Rosenwald Annex	MTP 2	Adaptive	ADAPTIVE	ADAPTIVE
Adaptive Functional Fitness	•	M-F	11:00 AM	11:50 AM	Rosenwald Annex	MTP 2	Adaptive	ADAPTIVE	ADAPTIVE
Adaptive Mobility and Core	•	M-F	10:00 AM	10:50 AM	Rosenwald Annex	Dance Room	Adaptive	ADAPTIVE	ADAPTIVE
Adaptive Mobility and Core	•	M-F	11:00 AM	11:50 AM	Rosenwald Annex	Dance Room	Adaptive	ADAPTIVE	ADAPTIVE
FitNOLA Instructor Training/ Daily Inservice	N/A	M-F	1:00 PM	1:50 PM	Rosenwald Annex	MTP 2	N/A	N/A	N/A
Hip-Hop Cardio	•	M-F	10:00 AM	10:50 AM	Rosenwald Annex	MTP 1	Adaptive	ADAPTIVE	ADAPTIVE
Hip-Hop Cardio	•	M-F	11:00 AM	11:50 AM	Rosenwald Annex	MTP 1	Adaptive	ADAPTIVE	ADAPTIVE
Intermediate Line Dancing	55+	M/W	9:00 AM	10:50 AM	Rosenwald Annex	MTP 2	Healthy Aging	INTERMEDIATE	INTERMEDIATE
Open Meditation	•	M-F	8:00 AM	8:50 AM	Rosenwald Annex	DANCE ROOM	Adaptive	ADAPTIVE	ADAPTIVE
Chair Yoga	55+	MON	10:00 AM	10:50 AM	Sanchez	MTP	Healthy Aging	BEGINNER	LIGHT
Healthy Aging Resistance Training	55+	THURS	10:00 AM	10:50 AM	Sanchez	GYM	Healthy Aging	ADAPTIVE	ADAPTIVE
Line Dancing	55+	M/W	11:00 AM	11:50 AM	Sanchez	MTP	Healthy Aging	BEGINNER	LIGHT
Water Yoga	•	TUE/THURS	9:00 AM	9:50 AM	Sanchez Natatorium	Natatorium	Healthy Aging	Beginner	Light
Dance Cardio	•	TUE/THURS	9:00 AM	9:50 AM	Stallings Gentilly	Clubhouse	APHN	Beginner	Light
Hip-Hop Cardio	•	WEDS	6:00 PM	6:50 PM	Treme	MTP	APHN	Beginner	Light

### 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

FitNOLA Adaptive classes provide 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.

# UPDATED FITNOLA SCHEDULE SUMMER 2025