



THIBODAUX REGIONAL FITNESS CENTER

Group Exercise Classes

BODYPUMP– (60 minutes) A class for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with LOTS of repetition, BODYPUMP gives you a total body workout. Instructors coach you through moves and techniques, while offering encouragement and motivation to amazing music. You'll leave the class feeling challenged and motivated.

BODY PUMP 45 – (45 minutes) The same burn on a slimmed down time frame. BODY PUMP 45 is a 45-minute total body workout class using light to moderate weights that will help you get lean, toned and fit fast. Moves and techniques will be coached through motivational instructors and amazing music. All levels welcome.

BODY COMBAT – (55 minutes) This class is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn nearly 700 calories in each class. Zero experience needed. Let your instructor lead you through an energetic class, packed with charged music.

BODY COMBAT 45 – (45 minutes) The same fight on a trimmed down time frame! Get more bang for your buck with this 45-minute time slot. BODY COMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Your instructor will lead you through an energetic class packed with charged music, allowing you to alleviate some stress or just get a good sweat in. Zero experience needed. All levels invited.

BODY ATTACK – (55 minutes) BODYATTACK is a high-energy fitness class that combines athletic moves like running, lunging, and jumping with strength exercises such as push-ups and squats to strengthen and tone your entire body. Just starting out? You can adjust your BODY ATTACK workout to your current fitness level.

BODY ATTACK 45 – (45 minutes) Get more bang for your buck with this 45-minute format! BODY ATTACK is a high energy cardio class that combines athletic moves like running, lunging, and jumping with strength exercises such as push-ups and squats to strengthen and tone your entire body. Just starting out? You can adjust your BODY ATTACK workout to your current fitness level.

LES MILLS CORE – (30 minutes) LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness.

LES MILLS CORE 40 – (40 minutes) LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness.

RPM – (45 minutes) This is a cycling workout that delivers maximum results with minimum impact on your joints. Tune in to some great music and get your pedals spinning as your instructor takes you on a

journey of hill climbs, sprints, and flat riding. You control your own resistance and speed, allowing you to create your personal workout.

SPRINT – (30 minutes) A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike and heart-thumping music to achieve fast results. You don't need to be a cyclist, but you do need some level of fitness for a SPRINT workout. A program sure to push your physical and mental limits!

Les Mills Body Jam – (55 minutes) If you want to dance, you're in the right place! BODY JAM is a modern choreographed group workout tuned to the latest hip hop, house and drum & bass. Whether you've got two left feet or fancy yourself as Beyonce's back up dancer, we've got your back. All levels invited!

Spin & Sculpt – (60 minutes) Boost your endurance and strengthen your muscles with low impact heart-pumping cardio on the bike and off the bike resistance work.

Sculpt – (30 minutes) 30 minutes of total body strength training set to music you know and love!

Functionally FIIT – (60 minutes) This strength training class focuses on functional strength exercises presented in a HIIT training format! Get a killer burn and improve your strength for everyday life!

P90X – (60 minutes) P90X LIVE is the total-body strength and conditioning group fitness class for anyone looking to get lean, toned, and fit! This motivating, results-driven workout is designed to burn calories and build muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate.

Zumba – (60 minutes) Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, Latin-dance inspired fitness party.

Cardio, Core, & More - (60 minutes) Turn up the heat with this fun mix of core and cardiovascular moves. The cardio moves will get you sweating while the core conditioning strengthens and tones the core.

Cardio Party – (60 minutes) Are you ready to SWEAT? Join us for this fun fusion of aerobics, hip-hop, plyometrics, Latin dance, and more that has a flair for getting your heart rate UP! You'll love the music, the friends, the motivation, and the SWEAT!

Forever Fit – (60 minutes) A class with stretching, balance, dance and timeless music. We use balls, bands and a chair to gain strength, flexibility and agility. We lose what we don't use! Join us to keep our bodies moving well into our golden years.

Yoga – (60 minutes) Find yourself on your mat for an hour long Yoga class offered to all levels. Destress before or after your day or just let yourself be free on your mat.

Hatha Yoga – (60 minutes) Join us for an hour long gentle yoga class with a focus on alignment. Your instructor will guide you through the physical and mental benefits of each pose.

Mindfulness Yoga - (60 minutes) Stretch. Relax. Meditate. Being mindful means being present in whatever you're doing. It's a challenge but has an important place in our well-being. Learn how you can support your fitness and mindfulness practice with a sample of gentle yoga asanas (poses), long relaxation, and short meditation.

Vinyasa Yoga – (60 minutes) Connect body and breath in this dynamic, yet accessibly paced yoga class for all levels that pairs poses with breath in a series of flowing sequences of movement. Leave feeling lengthened, looser, and at peace.

PiYo – (60 minutes) A low-impact class that combines the benefits of both pilates and yoga to create a long, lean, defined physique.

Bodies in Motion - (60 minutes) This class uses a combination of moves focusing on building flexibility, core and overall strength. This is a head to workout, all done on the mat. We have mats available, but feel free to bring your own. All levels welcome.

P.Y.T – (60 minutes) PYT (Pilates, Yoga, Tai Chi) Class is a graceful combination of three fitness styles that will give you a balanced workout to help you tone & strengthen your entire body. Come ready to stretch, work, and sweat as you use your own body weight as resistance in this fun and powerful workout! We will end each class calming our bodies & relaxing, so we can face the rest of the day with clarity.

Barre Connect –(45 minutes) A FUN, total body workout that combines ballet-inspired dance technique, yoga postures, functional strength exercises, and bursts of cardiovascular training

Tai Chi-Beginner – (45 minutes) This is a low impact class of beginners Chinese Qigong and Tai Chi exercises. You'll learn the 8 Brocades of Chinese Qigong healing exercises and basic movements of Tai Chi Chuan in a slow to medium paced flowing, peaceful exercise class. These movements can help you gain physical and mental balance, reduce stress, and gain flexibility and mobility to stiff joints.

Tai Chi-Intermediate – (45 minutes) This is a non-impact class of intermediate Chinese Qigong and Tai Chi exercises. In this class you will learn Tai Chi forms beyond the beginner level in a slow to medium paced flowing, peaceful exercise class. These movements can help you gain physical and mental balance, reduce stress, and gain flexibility and mobility to stiff joints.

Aqua Classes

Aqua Core – (60 minutes) Aqua Core is a low impact class that uses the gentle resistance of the water and a variety of exercise equipment to strengthen your entire core. All levels invited.

Making Waves - (60 minutes) Making Waves while making a difference on your health! We bring high-energy and low-impact interval training to the water using various floats for resistance. This aquatics class is a total body workout aiming to increase your strength, flexibility and improve body toning. All levels are invited.

HydroFit - (60 minutes) This medium intensity aqua workout includes cardio, toning, and stretching using a variety of pool equipment. Build strength and increase your cardiovascular fitness with little impact!

Water Aerobics – (45 minutes) Come on in! The water is fine! This aqua class will build cardiovascular fitness, strength and flexibility. It is easy on the joints and suitable for every age and fitness level. You will have fun reaching your goals and staying fit.

Rockin' Aqua – (45 minutes) Ready to shake up your fitness routine? This energetic class will strengthen your muscles and improve your cardiovascular fitness. Your lively instructor will lead you through a full-body workout using a variety of equipment and cardio moves. Get ready to rock it in the water!

Les Mills Virtual Classes

Barre: (30 minutes) LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

Barre-Beginner: (30 minutes) Learn the basic moves and format of a LES MILLS BARRE workout in this quick introduction.

Barre-Dance Technique: (25 minutes) This 25-minute dance technique session is the perfect first step on your LES MILLS BARRE journey.

Body Attack: (55 minutes) BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Body Attack-45: (45 minutes) BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Body Attack-30: (30 minutes) BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Body Attack-Tutorial: (20 minutes) This 20-minute introductory tutorial is the perfect first step on your BODYATTACK journey.

Body Attack-Base: (25 minutes) Be guided through 25 minutes of easy-to-follow BODYATTACK. BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

Body Balance: (55 minutes) BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

Body Balance-45: (45 minutes) BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

Body Balance-30: (30 minutes) BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

Body Balance-Flexibility: (30 minutes) Take time to stretch and focus on your flexibility with this yoga-based workout with elements of Tai Chi and Pilates.

Body Balance-Express Flexibility: (15 minutes) Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.

Body Balance Strength: (30 minutes) Get centered and focus on your strength and stability with this yoga-based workout with elements of Tai Chi and Pilates.

Body Balance Express Strength: (15 minutes) Get centered and focus on your strength and stability with this short yoga-based workout with elements of Tai Chi and Pilates.

Body Balance-Yoga: (20 minutes) Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

Body Balance-Tutorial: (20 minutes) Learn the basic moves and format of a LES MILLS BODYBALANCE workout in this quick introduction.

Body Balance-Base: (35 minutes) Be guided through 35 minutes of easy-to-follow BODYBALANCE. BODYBALANCE™ is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centered.

Body Combat: (55 minutes) BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

Body Combat-45: (45 minutes) BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

Body Combat-30: (30 minutes) BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

Body Combat-Tutorial: (25 Minutes) Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

Body Combat-Base: (35 minutes) Be guided through 35-minutes of easy-to-follow BODYCOMBAT. BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

Body Combat-Beginner: (30 minutes) Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

Body Pump: (55 minutes) BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens, and tones.

Body Pump-45: (45 minutes) BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Body Pump-30: (30 minutes) BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Body Pump-Arms: (15 minutes) Work on shaping strong arms and shoulders with the original barbell workout that gets you lean, toned and fit - fast.

Body Pump-Upper Body: (20 minutes) Put the focus on strengthening your upper body (chest, back, and shoulders) with the original barbell workout that gets you lean, toned and fit - fast.

Body Pump-Lower Body: (15 minutes) Build lower body strength and shape your legs and glutes with the original barbell workout that gets you lean, toned and fit - fast.

Body Pump-Tutorial: (25 minutes) Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

Body Pump-Base: (35 minutes) Be guided through 35-minutes of easy-to-follow BODYPUMP. BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

Body Pump-Beginner: (30 minutes) Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.

CORE: (30 minutes) LES MILLS CORE provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together

Core-Base: (35 minutes) Be guided through 35-minutes of easy-to-follow LES MILLS CORE.

Core 45: (45 minutes) This 45-minute workout exercises the muscles around your core, the vital ingredient for a stronger body and improved posture.

Core-15: (15 minutes) This short workout exercises the muscles around your core, the vital ingredient for a stronger body and improved posture.

Core-Ab Blast: (15 minutes) Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.

GRIT-Athletic: (30 minutes) LES MILLS GRIT™ Athletic is a 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete.

GRIT-Cardio: (30 minutes) LES MILLS GRIT™ Cardio is a 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

GRIT-Cardio Beginner: (30 minutes) Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

GRIT-Strength: (30 minutes) LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

GRIT-Strength Beginner: (30 minutes) Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.

RPM: (50 minutes) RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

RPM-30: (30 minutes) RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

RPM-Tutorial: (25 minutes) This 25-minute introductory tutorial is the perfect first step on your LES MILLS RPM journey.

RPM-Beginner: (30 minutes) Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

RPM-Base: (35 minutes) Be guided through 35-minutes of easy-to-follow RPM. RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

Sprint: (30 minutes) High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits.

Sh'Bam: (45 minutes) SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

Sh'Bam-30: (30 minutes) SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

Sh'Bam-Beginner: (30 minutes) Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

Sh'Bam-Dance Technique: (20 minutes) This 20-minute dance technique session is the perfect first step on your LES MILLS SH'BAM journey.