

BOURGEOIS BOOTCAMP- Get your day started off right and your workout done early! This class will help you build strength and confidence as you go through these high intensity workouts.

BUTTS AND GUTS- A Butt-Kicking, Gut Wrenching class aimed at improving your lower body and core!

CYCLE- This class will get your heart racing through mountain climbing, rolling hills, sprints and more!

CAJUN WILD CARD- Start the weekend off on the right foot and join us for a surprise workout! This class will have rotating instructors and formats, meaning the class could be any one of the classes we offer on our schedule.

HIIT- High Intensity Interval Training aka, a great workout! This class is the classic format of intense bouts of strength or conditioning activities. The rest periods will be short so be prepared to have one of the best workouts you've ever had!

LIFE ON THE GEAUX- This class is geared toward the LIFE Program students, but is open to anyone who wants to get a great work-out and have some fun! All levels of fitness are welcome!

POWER HOUR- This class is a full hour of interval strength and cardio moves that will push your limits and help you reach your fitness goals.

RAGIN' ABS- This class will strengthen your core from every angle by using sequences of both abdominal and back exercises in just thirty minutes. This class is guaranteed to make you sweat!

REC FIT- Come get stronger faster and more fit! This class is comprised of high intensity functional movements performed at high intensity. Each workout will also incorporate a variety of exercises ranging from weightlifting, running, rowing, and much more.

STRENGTH AND TONE- A full body strength training system of workout to help get the strong and toned body you have always wanted!

YOGA- Move fluidly through the traditional yoga postures while linking your mind and body. Yoga will help enhance your flexibility, strength and balance as well as make you feel more centered and relaxed.

ZUMBA- Come join the party! Using the dance and aerobic choreography of hip-hop, samba, salsa, merengue, and mambo this class will get your heart pumping! This fun and easy to follow cardio class combines high energy and motivating music to make for a great time!