

Ochsner Fitness Center-Kenner

Group Fitness Schedule

Monday		
10:00 AM – 10:45 AM	Zumba Gold	Deborah
11:00 AM – 11:45 AM	Silver Sneakers	Deborah
6:30 PM – 7:30 PM	Zumba	Bonnie

Tuesday		
9:30 AM – 10:30 AM	Basic Line Dancing	Judy
11:00 AM – 12:00 PM	Senior Strength	Gene

Wednesday		
10:00 AM – 10:45 AM	Silver Sneakers	Sue
11:00 AM – 11:45 AM	Balance and Flexibility Senior	Sue
6:15 PM – 7:15 PM	Zumba	Tish

Thursday		
10:00 AM – 10:45 AM	Basic Line Dancing	Judy
11:15AM-12:00PM	Senior Strength	Rachel
6:30 PM – 7:30 PM	Zumba	Tish

Friday		
10:00 AM – 10:45 AM	Basic Line Dancing	Judy
11:00 AM – 12:00PM	Intermediate Line Dancing	Judy

Regular classes are highlighted in green.
Senior classes are highlighted in yellow.

During non-class hours, members may use the virtual Wellbeats system or room. See the front desk for details or assistance.