

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	Morris
5:45 PM – 6:45 PM	Spinning	Virtual

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

Thursday		
10:00 AM – 10:45 AM	Basic Line Dancing	Judy
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

Saturday		
9:00 AM – 10:00 AM	Spinning	Virtual
10:00 AM – 11:00 AM	Body Pump	Virtual

Regular classes are highlighted in green.

Senior classes are highlighted in yellow.

Reserved times for specific virtual classes are highlighted in blue.

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

2/26/2019