

Ochsner Fitness Center-Kenner

Group Fitness Schedule

| Monday | |
|-------------------|---------------------------|
| 10 AM – 10:45 AM | Zumba Gold (Deborah) |
| 11 AM – 11:45 AM | Silver Sneakers (Deborah) |
| 6:30 PM – 7:30 PM | Zumba (Tish) |

| Tuesday | |
|--------------------|----------------------------|
| 9:30 AM – 10:30 AM | Basic Line Dancing (Judy) |
| 11 AM – 12 PM | Strength & Cardio (Morris) |
| 5:45 – 6:45 PM | Spinning (Virtual) |

| Wednesday | |
|------------------|---|
| 10 AM – 10:45 AM | Silver Sneakers (Morris) |
| 11 AM – 11:45 AM | Balance and Flexibility Senior (Morris) |
| 1 PM – 2 PM | Room Reserved |
| 6 PM – 7 PM | Zumba (Bonnie) |

| Thursday | |
|---------------------|----------------------------|
| 10 AM – 10:45 AM | Basic Line Dancing (Judy) |
| 11:30 AM – 12:30 PM | Strength & Cardio (Morris) |
| 7 PM – 8 PM | Zumba (Tish) |

| Friday | |
|------------------|----------------------------------|
| 10 AM – 10:45 AM | Basic Line Dancing (Judy) |
| 11 AM – 11:45 AM | Intermediate Line Dancing (Judy) |
| 1 PM – 2 PM | Room Reserved |

| Saturday | |
|---------------|---------------------|
| 9 AM – 10 AM | Spinning (Virtual) |
| 10 AM – 11 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.