

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.