



OPEN HOUSE CLASS SCHEDULES

🕒 **8:30am–9:00am**

GroupEx Studio

Total Body HITT - Wallace

Floor

Bootcamp - Wallace

🕒 **9:10am–9:40am**

GroupEx Studio

Bodyworks + ABS – Julie

Spin Studio

Ride – Larry

🕒 **9:50am–10:20am**

GroupEx Studio

Pilates – Julie

Spin Studio

Ride – Larry

🕒 **10:30am–11:00am**

GroupEx Studio

Yoga – Julie

Pool

Aqua – Tammy

Floor

Bootcamp - Wallace

🕒 **11:10am–11:40am**

GroupEx Studio

Zumba – Johnny

🕒 **11:50am–12:20pm**

GroupEx Studio

Stretch & Mobility - Jody

GENESIS SLIDELL
HEALTH CLUBS