

## **The Insider: Fitness sans membership**

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If boredom is an issue in working out, perhaps group exercise in an outdoor TRX boot camp or a pole fitness routine will wake up your senses. The best part is you don't have to be a member of the Reily Center or a Tulane affiliate to enroll.



In addition to the free-with-membership group exercise classes offered at the [Reily Center](#) are a number of classes held just across the street at the Diboll Mind and Body Studio, says Sarah Grunblatt, assistant director of fitness and wellness.

“We've offered outdoor boot camps before, and they continue to grow in popularity,” says Grunblatt. “This year we added pole fitness, and the response was so large that we ended up doubling the number of classes we previously planned to offer.”

If pole dancing or workouts in the great outdoors aren't your thing, there's also yoga, dance, non-impact aerobics and Pilates available in the comfort of the studio. This semester's Pilates students are among the first to utilize the studio's new state-of-the-art Pilates equipment.

Visit the Reily Center website for fees and descriptions of each class offered within the [Specialty Fitness Program](#). Questions can be directed to [Sarah Grunblatt](#).

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