

SouthFit Group Fitness Schedule, Fall 2018 (August 21-December 9)



Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility	PE for-credit classes
Monday	Tuesday	Wednesday	Thursday	Friday
9:05-9:55 AM Cycle (CS) <i>Candice</i>	9:30-10:20 AM Step & Sculpt (S1) <i>Yulia</i>	9:05-9:55 AM Cardio Combo (S2) <i>Lori</i>	9:30-10:20 AM BodySculpt (S2) <i>Sarah</i>	12:15-1:05 PM Shallow Water Aerobics (P) <i>Sarah, ends 10/26</i>
10:10-11:00 AM PE Yoga (S2)	11:00-11:50 AM PE Cycle (CS)	10:10-11:00 AM PE Yoga (S2)	11:00-11:50 AM PE Cycle (CS)	12:15-1:05 PM Yoga (S2) <i>Maggie</i>
12:15-1:05 PM BodySculpt (S1) <i>Yulia</i>	12:00-12:30 PM and 12:35-1:05 PM SUP! Yoga (P) <i>Alisha</i>	12:15-12:30 PM Core Focus (S2) <i>Sarah</i>	12:00-12:30 PM and 12:35-1:05 PM SUP! Fitness (P) <i>Lydia</i>	12:30-1:00 PM H.I.I.T. (S1) <i>Alisha/Aaron</i>
12:30-1:20 PM Yoga (S2) <i>Nancy</i>	12:15-1:05 PM Barre Sculpt (S1) <i>Lori</i>	12:15-1:05 PM Power Pilates (S1) <i>Yulia</i>	12:15-1:05 PM Step (S1) <i>Lori</i>	5:30-6:20 PM Yoga (S2) <i>Rotation</i>
12:30-1:00 PM Express Lane (CS) <i>Alisha</i>	12:30-1:20 PM TRX® Combo (S2) <i>Sarah/David</i>	12:30-1:05 PM INSANITY® Live! (S2) <i>Sarah</i>	12:30-1:00 PM Express Lane (CS) <i>Gina</i>	Saturday
1:25-2:15 PM PE Yoga (S2)	1:25-2:15 PM PE Yoga (S2)	1:25-2:15 PM PE Yoga (S2)	1:25-2:15 PM PE Yoga (S2)	8:15-9:05 AM Yoga (S1) <i>Mackenzie</i>
3:30-4:20 PM Beginner Step & Sculpt (S2) <i>Sarah</i>	2:30-3:20 PM PE Muscle Toning (S1)	3:30-4:20 PM Meditation (S2) <i>Leo</i>	2:30-3:20 PM PE Muscle Toning (S1)	9:15-10:05 AM Cycle (CS) <i>Candice</i>
4:30-5:30 PM G.F.I.T. (Classroom, S1) <i>Sarah/Alisha</i>	3:30-4:20 PM Stretch & Recover (S2) <i>Sarah</i>	4:30-5:20 PM INSANITY® Live! (S2) <i>Kelly</i>	3:45-4:15 PM Express Lane (CS) <i>Alisha</i>	Sunday
4:30-5:20 PM Yoga (S2) <i>Lori</i>	4:30-5:20 PM BodySculpt (S2) <i>Nikki</i>	4:30-5:30 PM G.F.I.T. (Classroom, S1) <i>Sarah/Alisha</i>	4:30-5:20 PM BodySculpt (S2) <i>Alisha</i>	4:30-5:20 PM BodySculpt (S1) <i>Rotation</i>
5:30-6:00 PM and 6:10-6:40 PM Express Lane (CS) <i>Thomas</i>	5:30-6:20 PM Step (S1) <i>Kelly</i>	5:30-6:20 PM BodySculpt (S2) <i>Aaron</i>	5:30-5:45 PM Core Focus (S1) <i>Halie</i>	5:30-6:20 PM Sunday Variety (S1) <i>Rotation</i>
5:30-6:20 PM Bootcamp (S1) <i>Aaron</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	5:30-6:20 PM Cycle (CS) <i>Alison</i>	5:45-6:20 PM H.I.I.T. (S1) <i>Halie</i>	<ul style="list-style-type: none"> • For class updates such as cancelations, follow us on social media: Twitter @USA_SouthFit and www.facebook.com/USA_SouthFit
5:30-5:45 PM Core Focus (S2) <i>Nikki</i>	5:30-6:20 PM Cycle (CS) <i>Misty/Greg</i>	5:30-6:20 PM Zumba® (S1) <i>Lydia</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	
5:45-6:20 PM BOSU® Fit (S2) <i>Nikki</i>	5:45-6:35 PM Yoga (S2) <i>Maggie</i>	6:30-7:20 PM Kettlebells (S1) <i>Lydia</i>	5:45-6:35 PM Cycle (CS) <i>Misty</i>	<ul style="list-style-type: none"> • Please bring a mat to all yoga and stretch classes.
6:30-7:20 PM BodySculpt (S2) <i>Briana</i>	6:30-6:45 PM Core Focus (S1) <i>Paige</i>	6:45-7:35 PM Yoga (S2) <i>Alisha</i>	5:45-6:35 PM Yoga (S2) <i>Maggie</i>	
6:45-7:35 PM INSANITY® Live! (S1) <i>Halie</i>	6:45-7:20 PM H.I.I.T. (S1) <i>Paige</i>		6:30-7:20 PM BodySculpt (S1) <i>Briana</i>	<ul style="list-style-type: none"> • The Fall 2018 Finals/Break schedule will start Dec 10 and will be on our website: www.southalabama.edu/southfit
7:30-8:20 PM Zumba® (S2) <i>Crystal</i>	6:45-7:15 PM Express Lane (CS) <i>Kelly</i>			

<p>Barre Sculpt Pilates, yoga, and ballet-based movements to improve core strength, flexibility, and posture. Low-impact with some choreography.</p>	<p>G.F.I.T. (Group Fitness Instructor Training) Do you see yourself leading classes? Join our G.F.I.T. class that will prepare you to instruct and take a national fitness certification. Class meets Monday/Wednesday, August 27-November 14, 4:30-5:30 PM. \$25 USA students, \$50 faculty/staff/SRC members, \$75 non-USA.</p>	<p>SUP! Yoga and SUP! Fitness Use <u>stand-up</u> paddleboards (SUP) in the indoor pool to challenge your core and balance. No experience necessary, but participants must be able to jump in the pool (including the deep end), then push themselves up onto a paddleboard. SUP! Yoga will focus on yoga poses on the boards. SUP! Fitness will focus on cardio, strength, and core movements.</p>
<p>Body Sculpt Strength train arms, legs, and core with dumbbells, resistance bands, Body Bars, kettlebells, or exercise balls. Low-impact.</p>	<p>H.I.I.T. High Intensity Interval Training. Brief intervals of high-exertion cardio exercises alternated with brief rest periods. Expect some high-impact exercises. No choreography.</p>	<p>Sunday Variety Our Sunday 5:30 class will be the instructor's choice. The schedule will be posted in the fitness studios and on our Google calendar at www.southalabama.edu/southfit. Please check each week for the class type.</p>
<p>BOSU® Fit Use the BOSU® Balance Trainer (which stands for BOth Sides Up, by the way!) to get a total body workout with balance, core, cardio, and strength exercises.</p>	<p>INSANITY® Live! This is the class version of Shaun T's popular home workout that uses MAX interval training: short intervals of high intensity with short periods of rest. Contains cardio, plyometric, strength, balance, agility, and coordination exercises. No choreography. Low- or high-impact (modifications shown).</p>	<p>TRX® Combo Created by a Navy SEAL, the TRX® Suspension Trainer is used to improve your core, posture, balance, and overall strength. Get out of the weight room and try this popular functional training tool! Class may intersperse other equipment and cardio exercises.</p>
<p>Bootcamp A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography.</p>	<p>Kettlebells Take heart-pumping music and your favorite kettlebell moves for a whole-body workout! Focus on arms, legs, core, and cardio. Low impact and some choreography.</p>	<p>Water Aerobics Join us in the pool for a full-body workout! One-piece swimsuit recommended. Indoor pool in cold weather; outdoor pool in warm weather. Low-impact (shallow), non-impact (deep). You must be able to swim to participate in deep water classes.</p>
<p>Cardio Combo This class will have 20 minutes of cardio, 15 minutes of barre/pilates, and 15 minutes of a yoga stretch. Wear workout shoes for the cardio portion. This class may have low and high-impact exercises.</p>	<p>Meditation Sit easy and rest your mind as a meditation coach guides you.</p>	<p>Yoga Lengthen, strengthen, and balance your body. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</p>
<p>Core Focus A 15-minute class to increase your core body strength & endurance. Abdominal and lower back exercises will improve functional movement, balance, and coordination.</p>	<p>PE classes These for-credit classes for USA Students are offered through the Health, Kinesiology, and Sport Department. Must be enrolled through PAWS.</p>	<p>Zumba® A joyful Latin dance class that combines all the rhythms in Latin music. Experience dance moves from Salsa, Cumbia, Merengue, Mambo, Reggatone, Hip Hop, and more! Choreographed to the music. Low- or high-impact (your choice).</p>
<p>Cycle Similar to Spinning®, this is 50-minute indoor bike riding with climbs, sprints, and more! If you have never taken a class, please arrive 10 minutes early to learn bike set-up. Non-impact and no choreography.</p>	<p>Stretch and Recover Build important recovery into your workout routine. Class will utilize gentle stretches and foam rolling to help muscles relax and repair. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</p>	<p>Upcoming Fitness Certifications at the Student Recreation Center * Sunday, October 6-7, NETA Yoga Foundations Certification * Saturday, October 27, NETA Group Exercise Certification * Sunday, October 28, NETA Medicine Ball Power CEU workshop * Saturday, November 17, Spinning® Instructor Certification * Sunday, November 18, Spinning CEU workshops: Loops & Ladders and Rating of Perceived Exertion. More info at www.southalabama.edu/southfit and click on "Fitness Certifications and Workshops".</p>
<p>Express Lane Pressed for time? This is our 30-minute indoor bike riding with climbs, sprints, and more! If you have never taken a class, please arrive 10 minutes early to learn bike set-up. Non-impact and no choreography.</p>	<p>Step Did you know step was invented in 1989? It's still around because of the great cardio and choreography so many people love! Step up and down on a bench to a fun routine. Low- or high-impact. Step and Sculpt will include weight training.</p>	