

SouthFit Group Fitness Schedule, Fall 2017 Finals/Break

December 4-19, 2017 and January 2-7, 2018



Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility	PE for-credit classes
Monday 12/4, 12/11, 12/18	Tuesday 12/5, 12/12, 12/19, 1/2	Wednesday 12/6, 12/13, 1/3	Thursday 12/7, 12/14, 1/4	Friday 12/8, 12/15, 1/5
12:15-1:05 PM BodySculpt (S1) <i>Yulia</i>	12:15-1:05 PM INSANITY® Live! (S2) <i>Sarah</i>	12:15-1:05 PM Step & Sculpt (S2) <i>Yulia</i>	12:15-1:05 PM Step (S2) <i>Lori</i>	12:15-1:05 PM Yoga (S2) <i>Yulia</i>
12:30-1:20 PM Yoga (S2) <i>Nancy</i>	12:30-1:20 PM Barre Sculpt (S1) <i>Daphne</i>	12:30-1:20 PM TRX® Strength (S1) <i>David 12/6, 1/3</i> <i>Sarah 12/13</i>	5:30-6:20 PM Kettlebell AMPD® (S1) <i>Lydia</i>	12:30-1:00 PM H.I.I.T. (S1) <i>Hannah 12/8, 1/5</i> <i>Aaron 12/15</i>
12:30-1:00 PM Express Lane (CS) <i>Kristine 12/4</i> <i>Sarah 12/11, 12/17</i>	5:30-6:20 PM Zumba® (S2) <i>Lydia</i>	12:30-1:00 PM Express Lane (CS) <i>Daphne</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	5:30-6:20 PM Cycle (CS) <i>Rotation</i>
5:30-6:20 PM Cycle (CS) <i>Thomas</i>	5:30-6:20 PM Cycle (CS) <i>Alison 12/5, 12/19, 1/2</i> <i>Greg 12/12</i>	5:30-6:20 PM BodySculpt (S1) <i>Aaron</i>	5:30-5:45 PM Core Focus (S2) <i>Lori</i>	Saturday 12/9, 12/16, 1/6
5:30-6:20 PM Bootcamp (S1) <i>Aaron</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Holly 12/5</i> <i>Kris 12/12, 12/19, 1/2</i>	5:45-6:35 PM Cycle (CS) <i>Thomas</i>	5:45-6:20 PM H.I.I.T. (S2) <i>Lori</i>	8:15-9:05 AM Yoga (S2) <i>Kristine</i>
5:45-6:35 PM Beginning Yoga (S2) <i>Ashley</i>	5:45-6:35 PM Barre Sculpt (S1) <i>Kristine</i>			9:15-10:05 AM Step (S2) <i>Kristine</i>
				Sunday 12/10, 1/7 Closed 12/17 for campus-wide power outage
				3:15-4:15 PM Meditation (S2) <i>Phiwat/Leo</i>
				4:30-5:20 PM BodySculpt (S1) <i>Rotation</i>
				5:30-6:20 PM Step (S1) <i>Rotation</i>

- For class updates such as cancelations, follow us on social media: Twitter @USA_SouthFit and www.facebook.com/USASouthFit
- Please bring a mat to all yoga and Pilates classes.
- The Spring 2018 schedule will start Monday, January 8 and will be on our website: www.southalabama.edu/southfit

SouthFit Group Fitness Class Descriptions



<p>Barre Sculpt Pilates, yoga, and ballet-based movements to improve core strength, flexibility, and posture. Low-impact with some choreography.</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>TRX® Strength 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!</p>
<p>Body Sculpt Strength train arms, legs, and core with dumbbells, resistance bands, Body Bars, kettlebells, or exercise balls. Low-impact.</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>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>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>Kettlebell AMPD® 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>Yoga Lengthen, strengthen, and balance your body. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</p>
<p>Bootcamp A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography.</p>	<p>Meditation Sit easy and rest your mind as a meditation coach guides you.</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>CIZE® Live! CIZE is professional dance for everyday people! Created by Shaun T, world-famous choreographer and fitness trainer, this class breaks down choreographed routines step-by-step. It's so fun, you'll forget you're working out! Low-impact.</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>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>Power Pilates Pilates matwork focusing on strengthening your abs, core, and lower back. Low-impact. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</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>Skills & Drills Focus on agility, plyometric, and strength exercises for a full-body workout. Expect some high-impact exercises. No choreography.</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. Advanced Step will have more complex choreography.</p>	