

SouthFit Group Fitness Schedule, Spring 2018

January 8-April 29, 2018



| Cardio | Strength & Balance | Cardio & Strength | Mind/Body & Flexibility | PE for-credit classes |
|--|--|---|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 9:05-9:55 AM Power Pilates (S2) <i>Yulia</i> | 8:00-8:50 AM PE Cardio Mix Class (S2) | 9:05-9:55 AM Yoga (S2) <i>Alice</i> | 8:00-8:50 AM PE Cardio Mix Class (S2) | 9:00-11:00 AM PE Class (S2) |
| 10:10-11:00 AM PE Yoga Class (S2) | 9:30-10:20 AM BodySculpt (S2) <i>Sarah</i> | 10:10-11:00 AM PE Yoga Class (S2) | 9:30-10:00 AM Express Lane (CS) <i>Sarah</i> | 10:10-11:00 AM PE class (S1) |
| 12:15-12:30 PM Core Focus (S1) <i>Sarah</i> | 11:00-11:50 AM PE Cycle Class (CS) | 12:15-12:30 PM Core Focus (S1) <i>Yulia</i> | 11:00-11:50 AM PE Cycle Class (CS) | 12:15-1:05 PM Stretch and Recover (S2) <i>Sarah</i> |
| 12:30-1:05 PM INSANITY® LIVE (S1) <i>Sarah</i> | 12:15-12:45 PM Express Lane (CS) <i>David</i> | 12:30-1:05 PM BodySculpt (S1) <i>Yulia</i> | 12:15-1:05 PM Step (S2) <i>Lori</i> | 12:30-1:00 PM H.I.I.T. (S1) <i>Hannah/Aaron</i> |
| 12:30-1:20 PM Yoga (S2) <i>Nancy</i> | 12:30-1:20 PM Barre Sculpt (S1) <i>Daphne</i> | 12:30-1:00 PM Express Lane (CS) <i>Daphne</i> | 12:30-1:20 PM TRX® Strength (S1) <i>David</i> | 5:30-6:20 PM Yoga (S2) <i>Rotation</i> |
| 3:30-4:20 PM Step (S2) <i>Yulia</i> | 1:25-2:15 PM PE Yoga Class (S2) | 3:30-4:20 PM Meditation (S2) <i>Leo</i> | 1:25-2:15 PM PE Yoga Class (S2) | Saturday |
| 4:30-5:20 PM Bootcamp (S1) <i>Halie</i> | 3:30-4:20 PM Yoga (S2) <i>Alice</i> | 4:30-5:20 PM Beginner Step & Sculpt (S2) <i>Sarah</i> | 3:30-4:20 PM BodySculpt (S2) <i>Halie</i> | 8:15-9:05 AM Yoga (S1) <i>Kristine</i> |
| 5:30-6:20 PM Cycle (CS) <i>Thomas</i> | 4:30-5:20 PM BodySculpt (S2) <i>Nikki</i> | 5:30-6:20 PM Bootcamp (S1) <i>Aaron</i> | 4:30-5:20 PM Yoga (S2) <i>Mackenzie</i> | 9:15-10:05 AM Step (S1) <i>Kristine</i> |
| 5:30-6:20 PM BodySculpt (S1) <i>Aaron</i> | 5:30-6:20 PM Cycle (CS) <i>Alison/Greg</i> | 5:45-6:35 PM Power Yoga (S2) <i>Jordan</i> | 5:30-6:20 PM Cycle (CS) <i>Alison</i> | Sunday |
| 5:45-6:35 PM Beginning Yoga (S2) <i>Jordan</i> | 5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i> | 5:45-6:35 PM Cycle (CS) <i>Thomas</i> | 5:30-6:20 PM Water Aerobics (P) <i>Lydia</i> | 4:30-5:20 PM BodySculpt (S1) <i>Rotation</i> |
| 6:30-7:20 PM Beginner Bootcamp (S1) <i>Nikki</i> | 5:30-6:20 PM Zumba® (S1) <i>Lydia</i> | 6:30-7:20 PM BodySculpt (S1) <i>Nikki</i> | 5:30-5:45 PM Core Focus (S2) <i>Halie</i> | 5:30-6:20 PM Sunday Variety (S1) <i>Rotation</i> |
| 7:30-8:20 PM Cycle (CS) <i>Josh</i> | 5:45-6:35 PM INSANITY® Live (S2) <i>Kelly</i> | 7:30-8:20 PM Cycle (CS) <i>Josh</i> | 5:45-6:20 PM H.I.I.T. (S2) <i>Halie</i> | |
| | 6:45-7:35 PM Barre Sculpt (S1) <i>Kristine</i> | | 5:45-6:35 PM Step (S1) <i>Yulia</i> | |
| | 7:30-8:20 PM Yoga (S2) <i>Mackenzie</i> | | 6:45-7:35 PM CIZE® (S1) <i>Kristine</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 Finals/Break schedule will start Monday, April 30 and will be on our website: www.southalabama.edu/southfit

SouthFit Group Fitness Class Descriptions



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| <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>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>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 (will return in summer) 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>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. Beginner yoga offers more instruction on the breakdown of the poses. Power yoga will move at a faster pace.</p> |
| <p>Bootcamp A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography. Beginner bootcamp is for beginners to become familiar with exercises and have more low-impact options.</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>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>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>P.F.I.T. (Personal Fitness Instructor Training) Want to be personal fitness trainer? This non-credit course prepares you to get certified (see workshops below) and lead a class. Tues/Thurs, January 23-April 12, 4:30-5:30 PM. \$25 USA students, \$50 USA faculty/staff/Rec Center members, \$75 non-USA. More info and registration on our website.</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>Stretch and Recover Build important recovery into your workout routine. Class will utilize gentle yoga stretches and foam rolling to help muscles relax and repair.</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. Beginner Step and Sculpt will have basic choreography and some weight training.</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>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>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> |