

# SouthFit Group Fitness Schedule, Finals/Break Spring 2017

May 1-29, 2017. Please check [www.southalabama.edu/southfit](http://www.southalabama.edu/southfit) each day for class updates.



Cardio	Strength	Cardio & Strength	Mind/Body & Flexibility	PE academic class
<b>Monday (no classes 5/29)</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
12:15-1:05 PM Step (S1) <i>Yulia</i>	11:45 AM-12:15 PM Massage Therapy (S2) <i>Sarah</i>	12:15-1:00 PM TRX® Strength (S1) <i>Sarah M. 5/3, 5/10, 5/17</i> <i>David 5/24</i>	12:15-1:05 PM Step (S2) <i>Lori</i>	12:15-1:00 PM TRX® Strength (S2) <i>Sarah</i>
12:30-1:20 PM Yoga (S2) <i>Nancy</i>	12:15-1:05 PM Barre Sculpt (S1) <i>Daphne</i>	12:30-1:20 PM Yoga (S2) <i>Britney</i>	12:30-1:20 PM BodySculpt (S1) <i>Krista 5/4, 5/11, 5/18</i> <i>Lydia 5/25</i>	12:30-1:00 PM H.I.I.T. (S1) <i>Aaron/Krista</i>
12:30-1:00 PM Express Lane (CS) <i>Sarah</i>	12:30-1:20 PM INSANITY® Live! (S2) <i>Krista 5/2</i> <i>Sarah 5/9, 5/16, 5/23</i>	12:30-1:00 PM Express Lane (CS) <i>Krista 5/3, 5/17</i> <i>Sarah 5/10, 5/24</i>	5:30-6:20 PM CIZE® Live! (S1) <i>Lexie</i>	5:30-6:20 PM Yoga (S2) <i>Rotation</i>
5:30-6:20 PM BodySculpt (S1) <i>Aaron</i>	5:30-6:20 PM (S1) Zumba® <i>Lydia</i>	5:30-6:20 PM Yoga (S2) <i>Kristine</i>	5:30-6:20 PM INSANITY® Live! (S2) <i>Krista 5/4</i> <i>Kristine 5/11, 5/18</i> <i>Ashley 5/25</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>Greg/Thomas</i>	5:30-6:20 PM Step (S1) <i>Lexie</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	<b>Saturday</b>
5:30-6:20 PM Yoga (S2) <i>Ashley</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	5:30-6:20 PM Bootcamp (T) <i>Aaron</i>	5:45-6:35 PM Cycle (CS) <i>Alison 5/4, 5/18</i> <i>Krista 5/11</i> <i>Kristine 5/25</i>	8:15-9:05 AM Yoga (S2) <i>Kristine</i>
	5:45-6:35 PM BOSU® Fit (S2) <i>Yulia</i>		<u>Class locations:</u> S1 = Studio 1 S2 = Studio 2 CS = Cycle Studio P = Pool T = Track	9:15-10:05 AM Step (S2) <i>Kristine</i>
				<b>Sunday</b>
				3:15-4:15 PM Meditation (S2) <i>Phiwat/Nena</i>
				4:30-5:20 PM BodySculpt (S1) <i>Rotation</i>
				5:30-6:20 PM Step (S1) <i>Rotation</i>

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[www.facebook.com/USASouthFit](http://www.facebook.com/USASouthFit)

- Please bring a mat to all Yoga, Pilates, and Massage Therapy classes
- The Summer 2017 Finals/Break schedule will start on Tuesday, May 30. Check our website for updated class schedule.

# SouthFit Group Fitness Class Descriptions



<p><b>Barre Sculpt</b> Pilates, yoga, and ballet-based movements to improve core strength, flexibility, and posture. Low-impact with some choreography.</p>	<p><b>Express Lane</b> 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><b>Power Pilates</b> 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><b>Body Sculpt</b> Strength train arms, legs, and core with dumbbells, resistance bands, Body Bars, kettlebells, or exercise balls. Low-impact.</p>	<p><b>H.I.I.T.</b> <b>High Intensity Interval Training.</b> Brief intervals of high-exertion cardio exercises alternated with brief rest periods. Expect some high-impact exercises. No choreography.</p>	<p><b>Skills &amp; Drills</b> Focus on agility, plyometric, and strength exercises for a full-body workout. Expect some high-impact exercises. No choreography.</p>
<p><b>BOSU® Fit</b> Use the BOSU® Balance Trainer (which stands for <b>BO</b>th <b>S</b>ides <b>U</b>p, by the way!) to get a total body workout with balance, core, cardio, and strength exercises.</p>	<p><b>INSANITY® Live!</b> 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><b>Step</b> 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.</p>
<p><b>Bootcamp</b> A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography.</p>	<p><b>Kettlebell AMPD®</b> 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><b>TRX® Strength</b> 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><b>CIZE® Live!</b> 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><b>Massage Therapy</b> Relax and feel rejuvenated while loosening the tension in your muscles with a foam roller and tennis ball. <i>Bring your own yoga mat</i>; for health reasons, we do not provide. Offered in both 30- and 50-minute classes.</p>	<p><b>Water Aerobics</b> 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><b>Core Focus</b> A 15-minute class to increase your core body strength &amp; endurance. Abdominal and lower back exercises will improve functional movement, balance, and coordination.</p>	<p><b>Meditation</b> Sit easy and rest your mind as a meditation coach guides you.</p>	<p><b>Yoga</b> Lengthen, strengthen, and balance your body. <i>Bring your own yoga mat</i>; for health reasons, we do not provide. Beginning Yoga will give more instruction and breakdown of the poses.</p>
<p><b>Cycle</b> 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><b>PE classes</b> These for-credit classes for USA Students are offered through the Health, Kinesiology, and Sport Department. Must be enrolled through PAWS.</p>	<p><b>Zumba®</b> 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>