

SouthFit Group Fitness Schedule, Summer 2017

May 30-July 25, 2017 Please check www.southalabama.edu/southfit each day for class updates.



| Cardio | Strength & Balance | Cardio & Strength | Mind/Body & Flexibility | Summer Camps or PE Class |
|--|--|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 10:15-11:15 AM Summer Camps (S1 and S2) | 8:00-8:55 AM PE Yoga (S2) | 10:15-11:15 AM Summer Camps (S1 and S2) | 8:00-8:55 AM PE Yoga (S2) | 10:15-11:15 AM Summer Camps (S1 and S2) |
| 12:15-1:05 PM Step (S1) <i>Yulia</i> | 9:15-10:05 AM Yoga (S2) <i>Jordan</i> | 12:15-1:00 PM TRX® Strength (S1) <i>Lydia</i> | 9:15-10:05 AM Power Pilates (S2) <i>Yulia</i> | 12:15-1:05 PM Shallow Water Aerobics (P) <i>Sarah</i> |
| 12:30-1:20 PM Yoga (S2) <i>Nancy</i> | 10:15-11:15 AM Summer Camps (S1 and S2) | 12:30-1:00 PM Express Lane (CS) <i>Sarah</i> | 10:15-11:15 AM Summer Camps (S1 and S2) | 12:30-1:00 PM H.I.I.T. (S1) <i>Andrew/Hannah</i> |
| 3:30-4:20 PM BOSU® Fit (S2) <i>Sarah</i> | 12:15-1:05 PM INSANITY® Live! (S2) <i>Sarah</i> | 3:30-4:20 PM Barre Sculpt (S1) <i>Lexie</i> | 12:15-1:05 PM Step (S1) <i>Lori</i> | 5:30-6:20 PM Yoga (S2) <i>Rotation</i> |
| 4:30-5:20 PM Step (S2) <i>Lexie</i> | 12:30-1:20 PM Barre Sculpt (S1) <i>Daphne</i> | 4:30-5:05 PM Skills & Drills (S1) <i>Andrew</i> | 12:30-1:20 PM Power Yoga (S2) <i>Daphne</i> | Saturday |
| 5:30-6:20 PM Bootcamp (S1) <i>Aaron</i> | 3:30-4:20 PM Yoga (S2) <i>Sarah</i> | 5:05-5:20 PM Core Focus (S1) <i>Andrew</i> | 2:45-3:15 PM and 3:20-3:50 PM SUP! (P) <i>Lydia/Sarah</i> | 8:15-9:05 AM Yoga (S2) <i>Kristine</i> |
| 5:30-6:20 PM Cycle (CS) <i>Thomas</i> | 4:30-5:20 PM BodySculpt (S1) <i>Lydia</i> | 5:30-6:20 PM Advanced Step (S1) <i>Kristine</i> | 4:30-5:20 PM Kettlebell AMPD® (S1) <i>Lydia</i> | 9:15-10:05 AM Step (S2) <i>Kristine</i> |
| 5:45-6:35 PM Yoga (S2) <i>Jordan</i> | 5:30-6:20 PM Zumba® (S1) <i>Lydia</i> | 5:30-6:20 PM Cycle (CS) <i>Alison</i> | 5:15-6:05 PM Double Step (S2) <i>Sarah</i> | Sunday |
| 6:30-7:20 PM Barre Sculpt (S1) <i>Kristine</i> | 5:30-6:20 PM Cycle (CS) <i>Greg/Thomas</i> | 5:45-6:35 PM Yoga (S2) <i>Jordan</i> | 5:30-6:20 PM BodySculpt (S1) <i>Aaron</i> | 3:15-4:15 PM Meditation (S2) <i>Phiwat/Nena</i> |
| | 5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i> | | 5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i> | 4:30-5:20 PM BodySculpt (S1) <i>Rotation</i> |
| | 5:45-6:35 PM BOSU® Fit (S2) <i>Yulia</i> | | 5:45-6:35 PM Cycle (CS) <i>Alison</i> | 5:30-6:20 PM Step (S1) <i>Rotation</i> |
| | 6:30-6:45 PM Core Focus (S1) <i>Andrew</i> | | | |
| | 6:45-7:20 PM H.I.I.T. (S1) <i>Andrew</i> | | | |

Class locations:
 S1 = Studio 1
 S2 = Studio 2
 CS = Cycle Studio
 P = Pool

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- Please bring a mat to all Yoga and Pilates classes
- The Summer 2017 Finals/Break schedule will start on Wednesday, July 26. Check our website for the updated class schedule.

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>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>Skills & Drills Focus on agility, plyometric, and strength exercises for a full-body workout. Expect some high-impact exercises. No choreography.</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>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> |
| <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>SUP! Try strength and balance exercises on a Stand-Up Paddleboard in this 30-minute class. No experience necessary, but participants must be able to jump in the pool (including the deep end), then push themselves up onto a paddleboard.</p> |
| <p>Bootcamp A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography.</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>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>CIZE® Live! (will return in Fall) 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>Massage Therapy (will return in Fall) 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.</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>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>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. In Power Yoga, the poses will be done at a faster pace.</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>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>Double Step Double the fun of our regular step class! Low-impact choreographed routine that utilizes two step platforms. Participants should be experienced in step aerobics.</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> | |