# SouthFit Group Fitness schedule: Finals/May Semester, May 3-June 1





Monday 5/5, 5/12, 5/19	Tuesday 5/6, 5/13, 5/20, 5/27	Wednesday 5/7, 5/14, 5/21, 5/28	Thursday 5/8, 5/15, 5/22, 5/29	Friday 5/9, 5/16, 5/23, 5/30	Saturday 5/3, 5/10, 5/17, 5/31
5:30–6:20am Spin® & Sculpt (CS/S1) <i>Mary Jo</i>		5:30–6:20am Functionally Fit (FTA) <i>Mary Jo</i>			8:45–9:35am Yoga (S1) Rotation *No class 5/24
12:20–1:10pm BodySculpt (S1) Jen	11:15am–12:05pm Pilates (S1) <i>Jen</i>	12:20-1:10pm Yoga (S1) <i>Leah</i>	11:35am-12:05pm Express Lane (CS) <i>Sarah</i>	11:15-12:05pm Yoga (S1) <i>Madison</i>	
			12:30-1:20pm Yoga (S1) <i>Clemence</i>	12:20–1:10pm BarreSculpt (S1) Daphne	

5:30–6:20pm		5:30-6:20pm	5:30–6:20pm
Spinning® (CS)		Spinning®(CS)	Bootcamp (S1)
<i>Rotation</i>		Caress	<i>Aaron</i>
6:45–7:35pm	6:30–7:20pm	5:45–6:35pm	5:30–6:20pm
Pilates (S1)	BodySculpt (S1)	Yoga (S2)	Deep Water
<i>Meg</i>	<i>Jen</i>	<i>Rhena</i>	Aerobics (P)

Sunday 5/4, 5/11, 5/18, 6/1

4:30–5:20pm Zumba® (S1) Quaneishia \*No class 5/25

Class locations: Studio 1, Room 303 (S1), Studio 2, Room 307 (S2), Cycle Studio, Room 318 (CS), Pool (P), Functional Training Area (FTA). FTA is located on the first floor near the indoor soccer court.

Bring a mat to yoga and Pilates classes.

No classes Memorial Day weekend (May 24-26).

For class updates such as cancelations, check our Google calendar on southalabama.edu/southfit.

Follow us @usacampusrec:







#### **Barre Fusion**

Get stronger with Pilates, yoga, cardio, and ballet-based movements to improve core, flexibility and posture. Low-impact. Expect some choreography.

# **Body Sculpt**

Build strength and endurance in your arms, legs, and core. This class will use body weight, dumbbells, resistance bands, and more. Low-impact.

#### Bootcamp

Push yourself with a mixture of cardio and strength training. Expect some running and other high impact exercises, but modifications will be shown. No choreography. You can do this!

#### CardioSculpt

This class will have a mixture of cardio (instructor's choice) and resistance training. Some cardio may include choreography or high-impact.

#### Dance Cardio/Zumba®

An interval-style dance class that combines low-intensity and high-intensity moves. Choreographed to the music. Low- or high-impact (your choice).

# **Functionally Fit**

This class meets at our functional training area downstairs by the indoor soccer court. Work with battle ropes, TRX© suspension trainers, boxing bags, sand bags, slam balls, and more to improve stability and core function. Low- or high-impact (your choice). No choreography.

# H.I.I.T. (High Intensity Interval Training)

Alternate between high-intensity cardio exercises and low-intensity recovery periods. Expect some high impact exercises, but modifications will be shown. No choreography.

# Hip-Hop Step

Experience this high-energy cardio class that combines hip-hop moves on the step. Expect to sweat and have fun! Choreographed to the music.

# Express Lane/Spinning®

This indoor bike riding class has great music, climbs, sprints, and more! Express Lane is 30 minutes. Spinning is 50 minutes. If you have never taken a class, please arrive 10 minutes early to learn bike set-up. Non-impact and no choreography. Spin & Sculpt includes resistance training off the bike.

#### **Pilates**

Based on Joseph Pilates' methods, this mat class challenges the core muscles' strength and stability with controlled exercises.

#### Pound®

Channel your inner rockstar with this full body cardio-jam session inspired by the fun of playing the drums.

#### **Private Class**

Our staff is available for a private fitness class for your USA group. Fee is \$50/hour and includes all equipment. Your group may choose from most of our class types.

#### **Water Aerobics**

Join us in the heated pool for a full-body workout! Low-impact (shallow), non-impact (deep).

### Yoga

Find peace and relaxation while you lengthen, strengthen, and balance your body. Bring a mat.

# Join our staff!

We are always looking for USA students or employees to lead the group!

Email <a href="mailto:sarahschrenk@southalabama.edu">sarahschrenk@southalabama.edu</a> for more info on how to become a certified group fitness instructor and join our team.