

## USA

Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility
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**Sunday**  
5/4, 5/11, 5/18, 6/1

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

For class updates such as cancelations, check our Google calendar on [southalabama.edu/southfit](https://southalabama.edu/southfit/).



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### **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 [sarahschrenk@southalabama.edu](mailto:sarahschrenk@southalabama.edu) for more info on how to become a certified group fitness instructor and join our team.