



## Frequently Asked Questions: SouthFit program

### 1. **Who can attend SouthFit classes?**

Classes are for all currently enrolled students and all members of the Student Recreation Center.

### 2. **Do I have to sign up?**

No. Just come to any class, any time. If space or equipment is limited, it is first come, first serve.

### 3. **Can I bring a guest to classes?**

Yes. The guest must come WITH YOU and be age 17+. The guest fee for the Student Recreation Center is \$10/visit and includes access to the whole facility, including SouthFit classes.

### 4. **Do you have SouthFit classes in between semesters?**

Yes, we have classes year-round. We offer more classes during academic semesters and fewer classes between semesters. In general, our schedule looks like this:

- a. 50-55 classes per week: Fall & Spring semesters
- b. 35-40 classes per week: Summer semester
- c. 20-25 classes per week: Spring break, Fall break, final exams, and interim (break) period between semesters
- d. No classes: The Recreation Center is closed for 14.5 days of official university holidays per year ([click here](#) for USA calendar). The holidays are MLK Day, Mardi Gras, Memorial Day, Independence Day, Labor Day, Thanksgiving (2.5 days), and Christmas/New Year's (7 days + weekends). We may also cancel classes during a holiday weekend depending on the availability of the instructors.

### 5. **Why does your schedule change every semester?**

Our instructors are USA students, faculty, and staff. Their academic schedules change every semester, so we revise the fitness schedule based on their availability.

### 6. **Why is my favorite class no longer offered? And why is my favorite instructor no longer teaching?**

Per USA policy, all instructors must be students or faculty/staff at the university. If students graduate or transfer, or if faculty/staff leave their full-time USA position, they can no longer teach at the Student Recreation Center. We offer classes based on what the instructors can teach, so if a certain type of class is no longer offered, the instructor who taught it is probably gone. If you are interested in becoming a certified group fitness instructor and adding a certain type of class, please see the Fitness Coordinator for more information.

### 7. **Are the instructors & personal trainers certified?**

Yes. All of our instructors and personal trainers have a nationally-recognized certification or training. The majority of our instructors are certified through [AFAA](#), the Aerobics & Fitness Association of America. Other certifications or trainings that our instructors and personal trainers have include Mad Dogg Spinning, AEA (Aquatic Exercise Association), ACE (American Council on Exercise), YogaFit, RYT (Registered Yoga Teacher), and Cooper Clinic. In addition, all SouthFit staff is currently certified in Adult CPR/AED.

### 8. **I am out of shape and haven't exercised in a while. Can I do the classes?**

Yes! We would love to have you! Great classes for beginners include Step 1, Beginner Yoga, BodySculpt, Water Aerobics, and Trekking. Most classes are 50 minutes in length. If you aren't up to 50 minutes of exercise yet, try to stay for 20-30 minutes. Please let the instructor know that you're new and may not stay the whole time.

### 9. **Do you have 30-minute classes?**

Occasionally we offer 30-minute classes, though they are not as well-attended as the 50-minute classes. [Click here](#) for our current group fitness schedule. Remember, you can attend ANY of our classes for just 30 minutes!

### 10. **I have a medical issue. Will you offer a special class just for those with medical issues?**

No. Our center is not a medically-supervised exercise facility, and our primary focus is healthy individuals. However, here are some class suggestions for certain medical conditions. Please speak with your physician about taking these classes:

- a. Arthritis: Water aerobics (shallow or deep), Yoga, Pilates. Cycling may also be done if it does not aggravate arthritic areas.
- b. Osteoporosis: Shallow water aerobics, Cycling, BodySculpt
- c. Knee problems: Deep water aerobics & yoga



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- d. Pregnancy: Water aerobics and Step 1 (with low-impact options and a MatStep). [Click here](#) to see ACOG's recommendations for exercise during pregnancy.

Should you want one-on-one training that takes your medical condition into consideration, our personal trainers will be happy to train you. Please refer to [our website](#) for packages & fees.

### **11. Do I have to be a member to work with a personal trainer?**

Yes. Our personal training, fitness assessments, and nutritional assessments are only available to members of the Recreation Center.