

# Spring 2012 SouthFit Group Exercise Classes

January 17—May 3, 2012

Check our day-to-day Google calendar on our website ([www.southalabama.edu/southfit](http://www.southalabama.edu/southfit)) for subs, changes, and cancellations. Finals/Break schedule starts Friday, May 4<sup>th</sup> and will be posted on our website.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:20 a.m.	Bootcamp (S1) Afton		BodySculpt (S1) Aaron			10:15-11:15 a.m. Yoga (S2) Rotating Inst  10:15-11:05 a.m. Step + Sculpt (S1) Rotating Inst
8:00-8:50 a.m.		PE Class (Studio 1 in use)		PE Class (Studio 1 in use)		
8:45-9:15 a.m.		Water Aerobics (P) Sarah		BodySculpt (S2) Sarah	Restorative Yoga (S2) Jenn (8:45-9:45)	
9:30-10:30 a.m.		Yoga (S2) Caroline				
11:00-11:50 am.		PE Class (Studio 1 in use)		PE Class (Studio 1 in use)		
11:15-12:05 p.m.	PE Class (Cycle Studio in use)	PE Class (Cycle Studio in use)	PE Class (Cycle Studio in use)	PE Class (Cycle Studio in use)		
12:15-1:05 p.m.	Water Aerobics (P) Daphne  Warrior (S1) Dr. T	Trekking (CT) Sarah (12:00- 12:30)  Bootcamp (S1) Lori	Cardioboxing (S2) Alexis	Step (S2) Lori  Warrior (S1) Dr. T	Water Aerobics (P) Katie	
12:30-1:20 p.m.	Pilates (S2) Kathleen	Cycle (CS) Mike	Yoga (S1) Daphne  Cardio Climb (RW) Lauren	Cycle (CS) David	Pilates (S2) Kathleen  Cardio Climb (RW) Lauren	
2:00-3:15 p.m.		DRA 410 (Studio 1 in use)		DRA 410 (Studio 1 in use)		
3:30-4:30 p.m.	PE Class (Studio 1 in use)		PE Class (Studio 1 in use)			
4:15-5:05 p.m.		Yoga (S2) Leah	Yoga (S2) Caroline			Sunday
4:30-5:20 p.m.	BodySculpt (S2) Brittany	Hip Hop Hustle (S1) Brittany	Cycle (CS) Jacques	Kickboxing (S2) Carlton		BodySculpt (S1) Rotating Instructor
5:30-6:20 p.m.	Cycle (CS) David  Cardioboxing (TurboKick) (S1) Brittany  Deep Water Aerobics (P) Kris	Cycle (CS) Jacques  Step 2 (S1) Afton	Zumba (S1) Nicoel  Aqua Zumba (P) Afton	Cycle (CS) Lacey  Zumba (S1) Evan  Shallow water aerobics (P) Kris	Cycle (CS) Rotating Inst  Yoga (S1) Rotating Inst	Zumba (S1) Rotating Instructor
5:45-6:35 p.m.	Step 1 (S2) Sara	Bootcamp (S2) Aaron	BodySculpt (S2) Leigh	Yoga (S2) Leigh	Bring your own mat to Yoga & Pilates classes	Locations: S1 = Studio 1 S2 = Studio 2 CS = Cycle Studio CT = Cardio Theater RW = Rock Wall P = Pool
6:30-7:20 p.m.	Zumba (S1) Evan  Cycle (CS) Nate	Zumba (S1) Afton	Cycle (CS) Mike	BodySculpt (S1) Lacey		
6:45-7:35 p.m.	Yoga (S2) Jenn	Yoga (S2) Jenn	Pilates (S2) Leigh			