

SouthFit Group Fitness schedule: Fall semester, Aug 17-Dec 5, 2021



UNIVERSITY OF
SOUTH ALABAMA

Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility
--------	--------------------	-------------------	-------------------------

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:05-9:55am BodySculpt (S1) <i>Kristine</i>	9:30-10:15am Yoga Stretch (S1) <i>Sarah</i>	9:05-9:55am Cardio Combo (S1) <i>Sarah</i>	9:30-10:00am Express Lane (S2) <i>Sarah</i>	9:05-9:55am Yoga (S1) <i>Rhena</i>	8:45-9:35am Yoga (S1) <i>Rotation</i>
12:20-1:10 pm Yoga (CS) <i>Rhena</i>	12:30-1:20pm POUND® (S1) <i>Crystal</i> (starts Aug 24)	12:20-1:10pm Shallow Water Aerobics (P) <i>Sarah</i> *through 10/27	12:30-1:20pm Step & Sculpt (S1) <i>Lori</i>	12:20-1:10pm BodySculpt (S1) <i>Sarah</i>	10:00-10:50am Spinning® (S2) <i>Rotation</i>
12:30-1:00pm H.I.I.T. (S1) <i>Aaron</i>	2:00-2:45pm Group Fitness Instructor Training Aug 31-Oct 28 <i>Details on page 2</i>	12:30-1:00pm Express Lane (S2) <i>David</i>	2:00-2:45pm Group Fitness Instructor Training Aug 31-Oct 28 <i>Details on page 2</i>		Sunday
4:25-5:15pm Barre Fusion(S1) <i>Kristine</i>		4:25-5:15pm BodySculpt (S1) <i>Caroline J.</i>	4:25-5:15pm Zumba® (S1) <i>Joy</i>		6:30-7:20pm Zumba® (S1) <i>Rotation</i>
5:30-6:00pm Express Lane (S2) <i>Thomas</i>	5:30-6:20pm Zumba® (S1) <i>Kelsey</i>	5:30-6:20pm Bootcamp (S1) <i>Aaron</i>	5:30-6:20pm Deep Water Aerobics (P) <i>Kris</i>	5:30-6:20pm Zumba® (S1) <i>Caroline J.</i>	
5:45-6:35pm Cardio Combo (S1) <i>Yulia</i>	5:30-6:20pm Deep Water Aerobics (P) <i>Kris</i>	5:45-6:35pm Spinning® (S2) <i>Kristine</i>	5:45-6:35pm Yoga (S1) <i>Hannah</i>		
6:15-6:45pm Express Lane (S2) <i>Thomas</i>	5:45-6:15pm Express Lane (S2) <i>Rachel</i>	6:35-7:25pm Yoga (S1) <i>Jordan</i>	6:50-7:40pm POUND® (S1) <i>Crystal</i>		
6:50-7:40pm Yoga/Pilates Fusion (S1) <i>Yulia</i>	6:30-7:00pm Express Lane (S2) <i>Rachel</i>	@usacampusrec  			
	6:35-7:25pm BodySculpt (S1) <i>Kristine</i>				

- Class locations: Studio 1 (S1), Studio 2 (S2), Pool (P), old Cycle Studio (CS). Bring a mat to class.
- For class updates such as cancelations, check our Google calendar on southalabama.edu/southfit.

Barre Fusion

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

Body Sculpt

Strength train arms, legs, and core with body weight, dumbbells, resistance bands, and more. Low-impact.

Bootcamp

A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography.

Cardio Combo

This class consists of 20 minutes of cardio, 15 minutes of resistance training, and 15 minutes of a yoga stretch. Expect both high and low-impact movement. Check the Google calendar each week to see the type of cardio and equipment.

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.

Express Lane/Spinning®

This indoor bike riding class has 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.

POUND® Rockout.Workout

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Low-impact and choreography.

Step

Traditional step aerobics with great cardio and choreography! Step up and down on a bench to a fun routine. Low- or high-impact. *Step and Sculpt* will include resistance training.

Water Aerobics

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

Yoga

Lengthen, strengthen, and balance your body. Bring a mat. *Yoga Stretch* will focus on flexibility.

Yoga/Pilates Fusion

This class combines yoga poses and Pilates movements so you can focus, relax, and build strength. Bring a mat.

Zumba®

A joyful Latin dance class that combines all the rhythms in Latin music. Experience dance moves from Salsa, Cumbia, Merengue, Mambo, Reggaeton, Hip Hop, and more! Choreographed to the music. Low- or high-impact (your choice).

G.F.I.T. (Group Fitness Instructor Training)

Want to be a SouthFit instructor? We need instructors for all types of fitness classes! G.F.I.T. (Group Fitness Instructor Training) is an eight-week non-credit course that will focus on knowledge such as anatomy, physiology, biomechanics, nutrition, and kinesiology as well as hands-on skills of teaching. You'll also learn which group fitness certification/training you should pursue. Prior experience taking group fitness classes (at any gym) is required.

Fall 2021 G.F.I.T. meets Tues/Thurs, August 31-October 28, 2:00-2:45pm in the Student Recreation Center classroom. Cost is \$25 for USA students and \$50 for non-students. Fee includes a CPR/AED/First Aid certification and access to group fitness textbooks. Register at usacampusrec.southalabama.edu.

Want to be an instructor, but can't make G.F.I.T.? Email sarahschrenk@southalabama.edu for information on getting certified on your own.

Upcoming Group Fitness Certifications

Spinning® Instructor Certification, Saturday, November 13, 8:30am-5:30pm. Register at www.spinning.com. USA students, employees, and SRC members can email sarahschrenk@southalabama.edu for a discount code for \$55 off.