### SouthFit Group Fitness Schedule: Spring Semester, January 10 - May 1, 2022

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<thead>
<tr>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tr>
<td><strong>Cardio</strong></td>
<td>12:20 - 1:10pm Yoga (CS) Rhena</td>
<td>12:20 - 12:50pm Step Express (S1) Sarah</td>
<td>11:00 - 11:50am Yoga (S1) Kristine</td>
<td>9:05 - 9:55am Yoga (S1) Rhena</td>
<td>8:45 - 9:35am Yoga (S1) Rotation</td>
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<td><strong>Strength &amp; Balance</strong></td>
<td>5:30 - 6:20pm Barre Fusion (S1) Kristine</td>
<td>5:30 - 6:20pm Spinning® (S2) Meg</td>
<td>5:30 - 6:20pm Bootcamp (S1) Aaron</td>
<td>5:30 - 6:20pm Zumba® (S1) Kelsey</td>
<td>6:30 - 7:20pm Yoga (S1) Jordan</td>
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<td><strong>Cardio &amp; Strength</strong></td>
<td>5:30 - 6:00pm Express Lane (S2) Thomas</td>
<td>5:30 - 6:00pm BodySculpt (S1) Merritt</td>
<td>5:30 - 6:00pm Deep Water Aerobics (P) Kris</td>
<td>5:30 - 6:00pm Deep Water Aerobics (P) Jen</td>
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<td><strong>Mind/Body &amp; Flexibility</strong></td>
<td>5:45 - 6:35pm Spinning® (S2) Kelsey</td>
<td>5:45 - 6:35pm Zumba® (ISC) Kelsey</td>
<td>5:45 - 6:35pm Spinning® (S2) Meg</td>
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- **Class locations:** Studio 1, 303 (S1), Studio 2, 307 (S2), Old Cycle Studio, 318 (CS), Indoor Soccer Court (ISC), Pool (P).
- **Bring a mat to yoga classes.**
- **For class updates such as cancelations, check our Google calendar on southalabama.edu/southfit.**
- **COVID-19 vaccinations, including boosters, are available at the Student Health Center or the USA Health Civic Center site. See southalabama.edu/coronavirus for more information.**
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!

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.

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.

H.I.I.T.
High Intensity Interval Training. Brief intervals (30-60 seconds) of high-exertion cardio exercises alternated with brief rest periods. Expect some high-impact exercises, but modifications will be shown. No choreography. You can do this!

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.

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. We need POUND instructors! Please email sarahscrench@southalabama.edu if interested in becoming an instructor.

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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).

Upcoming Group Fitness Certifications
We need yoga instructors! YogaFit Level 1 Instructor Training: Saturday-Sunday, March 12-13, 8:00am-6:00pm each day. Register at www.yogafit.com. Early-bird registration ends February 12. College students can get an additional 15% discount by calling 888-786-3111.