### SouthFit Group Fitness Schedule: Summer Semester, June 1-July 31, 2021

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>9:10-10:00am Yoga (S1) Rhena</td>
<td>9:10-10:00am Spin® &amp; Sculpt (S2) Caroline</td>
<td>9:10-10:00am Yoga (S1) Rhena</td>
<td>9:10-10:00am Step &amp; Sculpt (S1) Taylor</td>
<td>9:10-10:00am Yoga (S1) Rhena</td>
<td>8:45-9:35am Yoga (S1) Rotation</td>
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<td>12:15-12:45pm Express Lane (S2) Sarah</td>
<td>12:15-1:05pm Circuit Training (S1) David</td>
<td>12:15-1:05pm Shallow Water Aerobics (P) Sarah</td>
<td>12:15-12:45pm Cardio Intervals (S1) Aarón</td>
<td>12:15-1:05pm Body Sculpt (S1) Sarah</td>
<td>10:00-10:50am Express Lane (S2) Rotation</td>
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<tr>
<td>4:25-5:15pm Step &amp; Sculpt (S1) Kristine</td>
<td>4:25-5:15pm Spinning® (S2) Kristine</td>
<td>4:25-5:15pm Yoga (S1) Kristine</td>
<td>4:25-5:15pm Body Sculpt (S1) Caroline</td>
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<td>5:30-6:20pm Spinning® (S2) Thomas</td>
<td>5:30-6:20pm Yoga (S1) Hannah</td>
<td>5:30-6:20pm Barre Fusion (S1) Kristine</td>
<td>5:30-6:20pm Water Aerobics (P) Kris</td>
<td>5:45-6:35pm Yoga (S1) Jordan</td>
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<tr>
<td>5:30-6:20pm Body Sculpt (S1) Aarón</td>
<td>5:30-6:20pm Deep Water Aerobics (P) Kris</td>
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<td>6:35-7:25pm Spinning® (S2) Rachel</td>
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<tr>
<td>6:35-7:25pm Yoga (S1) Jordan</td>
<td>6:35-6:50pm Core Focus 6:50-7:25pm Cardio Intervals (S1) Taylor</td>
<td>6:35-7:25pm Spinning® (S2) Rachel</td>
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### Indoor class locations: Studio 1 (S1), Studio 2 (S2), Pool (P). Bring a mat to class.

### For class updates such as cancelations, check our Google calendar on southalabama.edu/southfit.

### Bare Fusion
Pilates, yoga, cardio, and ballet-based movements to improve core strength, flexibility, and posture. Expect some choreography.

### Circuit Training
Get ready to move with cardio and strength exercises with a different combination of equipment each week! Equipment may include kettlebells, gliding discs, agility ladder, medicine balls, and more. Low- or high-impact (modifications shown) and no 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.

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

### Core Focus
A 15-minute class to increase your core body strength & endurance. Abdominal and lower back exercises to improve functional movement, balance, and coordination.

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

### Cardio Intervals
This 30-minute class consists of cardio exercises alternated with rest. Both high-impact and low-impact options will be shown, so you can work at your own pace and level.

### 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.

### Yoga
Lengthen, strengthen, and balance your body.