

SouthFit Group Fitness Schedule, Spring 2019 (January 7-April 28)



Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility	PE for-credit classes
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:05-9:55 AM Spinning® (CS) <i>Candice</i>	8:00-8:50 AM PE Cardio Mix (S2)	9:05-9:55 AM Cardio Combo (S1) <i>Lori</i>	8:00-8:50 AM PE Cardio Mix (S2)	9:05-9:55 AM Step & Sculpt (S1) <i>Yulia</i>		
10:10-11:00 AM PE Yoga (S2)	9:30-10:20 AM BodySculpt (S1) <i>Sarah</i>	10:10-11:00 AM PE Yoga (S2)	9:30-10:00 AM Express Lane (CS) <i>Sarah</i>	12:15-1:05 PM Yoga (S2) <i>Maggie</i>		
11:30 AM-12:00 PM BodySculpt (S1) <i>Alyssa</i>	9:30-10:20 AM PE Yoga (S2)	11:30 AM-12:00 PM Express Lane (CS) <i>Rachel</i>	9:30-10:20 AM PE Yoga (S2)	12:30-1:00 PM H.I.I.T. (S1) <i>Alisha/Alyssa</i>		
12:15-12:30 PM Core Focus (S1) <i>David</i>	11:00-11:50 AM PE Indoor Cycle (CS)	12:15-1:05 PM BodySculpt (S1) <i>Alyssa</i>	11:00-11:50 AM PE Indoor Cycle (CS)	5:30-6:20 PM Yoga (S2) <i>Rotation</i>		
12:30-1:00 PM H.I.I.T. (S1) <i>David</i>	12:15-1:05 PM Step (S1) <i>Lori</i>	12:30-1:20 PM Stretch & Recover (S2) <i>Sarah</i>	12:15-1:05 PM Zumba® (S2) <i>Yulia</i>			
12:30-1:20 PM Yoga (S2) <i>Alisha</i>	12:30-1:00 PM Express Lane (CS) <i>Gina</i>	3:45-4:15 PM INSANITY® Live! (S2) <i>Sarah</i>	12:30-1:20 PM TRX® Combo (S1) <i>Sarah/Alisha</i>	8:15-9:05 AM Yoga (S2) <i>Mackenzie</i>		
3:30-4:20 PM BOSU® Fit (S2) <i>Alisha</i>	1:25-2:15 PM PE Yoga (S2)	4:30-5:20 PM Spinning® (CS) <i>Alisha</i>	1:25-2:15 PM PE Yoga (S2)	9:15-10:05 AM Spinning® (CS) <i>Rotation</i>		
4:30-5:20 PM Cardio Combo (S2) <i>Sarah</i>	4:30-5:20 PM Meditation (S2) <i>Leo</i>	5:30-6:20 PM Bootcamp (S1) <i>Aaron</i>	4:30-5:20 PM Yoga (S2) <i>Lori</i>			
5:30-6:20 PM BodySculpt (S1) <i>Aaron</i>	5:30-6:20 PM Zumba® (S1) <i>Lydia</i>	5:30-6:20 PM Yoga (S2) <i>Maggie</i>	5:30-6:20 PM Step (S1) <i>Kelly</i>	4:30-5:20 PM BodySculpt (S1) <i>Rotation</i>		
5:30-6:00 PM Express Lane (CS) <i>Thomas</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	6:30-7:20 PM Zumba® (S1) <i>Crystal</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	5:30-6:20 PM Strong by Zumba® (S1) <i>Crystal</i>		
5:30-6:20 PM Beginner Bootcamp (S2) <i>Halie</i>	5:30-6:20 PM Spinning® (CS) <i>Misty</i>		5:45-6:35 PM Spinning® (CS) <i>Misty</i>			
6:10-6:40 PM Express Lane (CS) <i>Thomas</i>	6:30-7:20 PM BodySculpt (S1) <i>Halie</i>		6:30-7:20 PM BodySculpt (S1) <i>Briana</i>			
6:30-7:20 PM Yoga (S2) <i>Maggie</i>	7:30-8:20 PM INSANITY® Live! (S1) <i>Kelly</i>		7:30-8:20 PM Spinning® (CS) <i>Kelly</i>			
7:30-8:20 PM BodySculpt (S2) <i>Paige</i>						

• For class updates such as cancelations, follow us on social media: Twitter @USA_SouthFit and www.facebook.com/USASouthFit

• Please bring a mat to all yoga and stretch classes. S1 = Studio 1, S2 = Studio 2, CS = Cycle Studio, P = Pool

• The Spring 2019 Finals/Break schedule will start April 29 and will be on our website: www.southalabama.edu/southfit

<p>Body Sculpt Strength train arms, legs, and core with dumbbells, resistance bands, Body Bars, kettlebells, or exercise balls. Low-impact.</p>	<p>Meditation Sit easy and rest your mind as a meditation coach guides you.</p>	<p>Yoga Lengthen, strengthen, and balance your body. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</p>
<p>BOSU® Fit Use the BOSU® Balance Trainer (which stands for BOth Sides Up, by the way!) to get a total body workout with balance, core, cardio, and strength exercises.</p>	<p>PE classes These for-credit classes for USA Students are offered through the Health, Kinesiology, and Sport Department. Must be enrolled through PAWS.</p>	<p>Zumba® A joyful Latin dance class that combines all the rhythms in Latin music. Experience dance moves from Salsa, Cumbia, Merengue, Mambo, Reggatone, Hip Hop, and more! Choreographed to the music. Low- or high-impact (your choice).</p>
<p>Bootcamp A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography.</p>	<p>Spinning® (formerly Cycle) This 50-minute indoor bike riding class has climbs, sprints, and more! If you have never taken a class, please arrive 10 minutes early to learn bike set-up. Non-impact and no choreography.</p>	<p>Special Free Events! 1/23, 7:30-9:00 PM. Spinning and a Movie, Studio 2. Join us for a fun ride while watching the 80s cult classic <i>Pretty in Pink</i>. Wear your best 80s workout attire for a chance to win free movie tickets. Popcorn provided.</p>
<p>Cardio Combo This class will have 20 minutes of cardio, 15 minutes of resistance training, and 15 minutes of a yoga stretch. Wear workout shoes for the cardio and resistance portions. Yoga mat is optional. This class may have low and high-impact exercises.</p>	<p>Step Did you know step was invented in 1989? It's still around because of the great cardio and choreography so many people love! Step up and down on a bench to a fun routine. Low- or high-impact. Step and Sculpt will include weight training.</p>	<p>February Heart Month special classes. Heart-healthy snacks will be provided: 2/6, 6:30-7:20 PM. Glow Zumba, Studio 2 2/14, 7:30-8:20 PM. Heart Spin, Cycle Studio 2/22, 3:15-3:45 PM. Beginner Step, Studio 2 2/24, 7:00-8:00 PM. POUND, Studio 1</p>
<p>Core Focus A 15-minute class to increase your core body strength & endurance. Abdominal and lower back exercises will improve functional movement, balance, and coordination.</p>	<p>Stretch and Recover Build important recovery into your workout routine. Class will utilize gentle stretches and foam rolling to help muscles relax and repair. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</p>	<p>3/4, 5:30-6:00 PM and 6:10-6:40 PM. Mardi Gras Spinning classes. Masks, beads, and purple/green/gold snacks provided. All other evening classes are canceled this night only.</p>
<p>Express Lane Pressed for time? This is our 30-minute Spinning® class with climbs, sprints, and more! If you have never taken a class, please arrive 10 minutes early to learn bike set-up. Non-impact and no choreography.</p>	<p>Strong by Zumba® This is an interval training class that combines body weight, muscle conditioning, cardio and plyometric training moves synced to the music. Low- or high-impact.</p>	<p>3/26, 5:15-6:45 PM and 4/11, 5:30-7:00 PM. Workout at the Jag Fitness Trail. Check out this 1.5-mile path and its three fitness stations. SouthFit staff will be at each station to provide instruction and give a workout. Join in anytime and stay however long you want. Snacks and water provided.</p> <p>4/16, 2:30-3:15 PM. Yoga in the Garden at the Archaeology Museum. Yoga mats and snacks provided.</p>
<p>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.</p>	<p>TRX® Combo Created by a Navy SEAL, the TRX® Suspension Trainer is used to improve your core, posture, balance, and overall strength. Get out of the weight room and try this popular functional training tool! Class may intersperse other equipment and cardio exercises.</p>	<p>Upcoming Fitness Certifications at the Student Recreation Center * Saturday, February 2, NETA Group Exercise Certification •Sunday, February 3, NETA Medicine Ball Power CEU workshop • Cost is \$199 for USA students and Rec Center members if registered by January 3; price goes up to \$249 after that. Please email sarahrentz@southalabama.edu for the discount code.</p>
<p>INSANITY® Live! This is the class version of Shaun T's popular home workout: short intervals of high intensity with short periods of rest. Contains cardio, plyometric, strength, balance, agility, and coordination exercises. Offered in both 30-minute and 50-minute classes. No choreography. Low- or high-impact (modifications shown).</p>	<p>Water Aerobics Join us in the pool for a full-body workout! Indoor pool in cold weather; outdoor pool in warm weather. Low-impact (shallow), non-impact (deep). You must be able to swim to participate in deep water classes.</p>	<p>•More info at www.southalabama.edu/southfit and click on "Fitness Certifications and Workshops".</p>

Spring 2019

Satellite SouthFit classes

Tue, Feb 19, 2:15-2:45 PM	BodySculpt@Bethel
Mon, Mar 11, 1:30-2:00 PM	Yoga@Bethel
Thu, Mar 28, 2:15-2:45 PM	Yoga@Bethel
Mon, Apr 8, 1:30-2:00 PM	BodySculpt@Bethel
Tue, Apr 16, 2:30-3:15 PM	Yoga@Archaeology Museum
Thu, Apr 18, 2:15-2:45 PM	H.I.I.T.@Bethel