

SouthFit Group Fitness Schedule, Summer Finals/Break 2018

Tuesday, July 24-Sunday, August 19, 2018. We will be closed on Monday, August 20 for staff training.



| Cardio | Strength & Balance | Cardio & Strength | Mind/Body & Flexibility | PE for-credit classes |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 9:15-10:05 AM Cycle (CS) <i>Candice</i> | 9:15-10:05 AM Step & Sculpt (S2) <i>Yulia</i> | 12:15-1:05 BodySculpt (S1) <i>Yulia</i> | 12:15-1:05 PM Step (S2) <i>Lori</i> | 12:15-1:05 PM Shallow Water Aerobics (P) <i>Sarah</i> |
| 12:15-12:30 PM Core Focus (S1) <i>Sarah</i> | 12:15-1:05 PM Barre Sculpt (S1) <i>Lori</i> | 12:30-1:00 PM SUP! (P) <i>Lydia</i> | 12:30-1:20 PM TRX® Strength (S1) <i>David</i> | 12:15-12:30 PM Core Focus (S1) <i>Hannah</i> |
| 12:30-1:05 PM INSANITY® Live (S1) <i>Sarah</i> | 12:30-1:00 PM Express Lane (CS) <i>Gina</i> | 1:05-1:35 PM SUP! (P) <i>Lydia</i> | 5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i> | 12:30-1:00 PM H.I.I.T. (S1) <i>Hannah</i> |
| 12:30-1:20 PM Yoga (S2) <i>Nancy</i> | 5:15-6:05 PM Beginner Step & Sculpt (S2) <i>Sarah</i> | 5:30-6:20 PM Zumba® (S1) <i>Lydia</i> | 5:45-6:35 PM Cycle (CS) <i>Misty</i> | 5:30-6:20 PM Yoga (S2) <i>Mackenzie, July 27 only.</i> <i>No class Aug 3, 10, 17.</i> |
| 5:30-6:20 PM Cycle (CS) <i>Thomas</i> | 5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i> | 5:30-6:20 PM BodySculpt (S2) <i>Aaron</i> | | Saturday |
| 5:30-6:20 PM Bootcamp (S1) <i>Aaron</i> | 5:30-6:20 PM Cycle (CS) <i>Misty/Greg</i> | 5:30-6:20 PM Cycle (CS) <i>Alison</i> | | 8:15-9:05 AM Yoga (S1) <i>Rotation</i> |
| 5:30-5:45 PM Core Focus (S2) <i>Nikki</i> | | | | Sunday |
| 5:45-6:20 PM BodySculpt (S2) <i>Nikki</i> | | | | 4:30-5:20 PM BodySculpt (S1) <i>Rotation</i> |
| | | | | 5:30-6:20 PM Sunday Variety (S1) <i>Rotation</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 Pilates classes.
- S1 = Studio 1, S2 = Studio 2, CS = Cycle Studio, P = Pool
- The Fall 2018 Finals/Break schedule will start Tuesday, August 21 and will be on our website: www.southalabama.edu/southfit

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| <p>Barre Sculpt Pilates, yoga, and ballet-based movements to improve core strength, flexibility, and posture. Low-impact with some choreography.</p> | <p>FitTrail This class will utilize the new Jag Fitness Trail. You will walk or jog the 1.5 mile trail with brief stops at the three strength/balance stations. Please see the schedule for which classes are walking and which are jogging. Park at the Glenn Sebastian Nature Trail off Aubrey Green Drive. Class meets at the exercise station across the street from the nature trail. Rain, thunder, or lightning at the class start time will cancel the class.</p> | <p>Sunday Variety Our Sunday 5:30 class will be the instructor's choice. The schedule will be posted in the fitness studios and on our Google calendar at www.southalabama.edu/southfit. Please check each week for the class type.</p> |
| <p>BattleFit Use battle ropes, kettlebells, jump ropes, and other equipment in this circuit-style class to challenge your cardio and strength. Expect some high-impact exercises. No choreography.</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>SUP! Use <u>stand-up</u> paddleboards in the indoor pool to challenge your core and balance. No experience necessary, but participants must be able to jump in the pool (including the deep end), then push themselves up onto a paddleboard.</p> |
| <p>Body Sculpt Strength train arms, legs, and core with dumbbells, resistance bands, Body Bars, kettlebells, or exercise balls. Low-impact.</p> | <p>INSANITY® Live! This is the class version of Shaun T's popular home workout that uses MAX interval training: short intervals of high intensity with short periods of rest. Contains cardio, plyometric, strength, balance, agility, and coordination exercises. No choreography. Low- or high-impact (modifications shown).</p> | <p>TRX® Strength 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!</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>Kettlebells Take heart-pumping music and your favorite kettlebell moves for a whole-body workout! Focus on arms, legs, core, and cardio. Low impact and some choreography.</p> | <p>Water Aerobics Join us in the pool for a full-body workout! One-piece swimsuit recommended. 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>Bootcamp A mixture of cardio and strength training. Expect some running and other high impact exercises. No choreography.</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>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>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>Cycle Similar to Spinning®, this is 50-minute indoor bike riding 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>Stretch and Recover Build important recovery into your workout routine. Class will utilize gentle stretches and foam rolling to help muscles relax and repair.</p> | |
| <p>Express Lane Pressed for time? This is our 30-minute indoor bike riding 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>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. Beginner Step and Sculpt will have basic choreography and some weight training.</p> | |