

SouthFit Group Fitness Schedule, Fall 2017

August 16-December 3, 2017.



Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility	PE for-credit classes
Monday	Tuesday	Wednesday	Thursday	Friday
10:10-11:00 AM PE Class (S2)	9:30-10:20 AM BodySculpt (S2) <i>Krista</i>	10:10-11:00 AM PE Class (S2)	9:30-10:20 AM Power Pilates (S2) <i>Yulia</i>	9:05-9:55 AM PE Class (S1)
12:15-1:05 PM BodySculpt (S1) <i>Yulia</i>	11:00-11:50 AM PE Class (CS)	12:15-1:05 PM Step & Sculpt (S2) <i>Yulia</i>	11:00-11:50 AM PE Class (CS)	9:05-11:00 AM PE Class (S2)
12:30-1:20 PM Yoga (S2) <i>Nancy</i>	12:15-1:05 PM INSANITY® Live! (S2) <i>Sarah</i>	12:30-1:20 PM TRX® Strength (S1) <i>David</i>	12:15-1:05 PM Step (S2) <i>Lori</i>	12:15-1:05 PM Shallow Water Aerobics (P) <i>Sarah, ends Oct 27</i>
12:30-1:00 PM Express Lane (CS) <i>Sarah</i>	12:30-1:20 PM Barre Sculpt (S1) <i>Daphne</i>	12:30-1:00 PM Express Lane (CS) <i>Krista</i>	12:30-1:20 PM TRX® Strength (S1) <i>Sarah</i>	12:15-1:05 PM Yoga (S2) <i>Yulia</i>
1:25-2:15 PM PE Class (S2)	1:25-2:15 PM PE Class (S2)	1:25-2:15 PM PE Class (S2)	1:25-2:15 PM PE Class (S2)	12:30-1:00 PM H.I.I.T. (S1) <i>Hannah/Krista</i>
3:30-4:20 PM Power Pilates (S2) <i>Lori</i>	3:30-4:20 PM Step (S2) <i>Lexie</i>	3:30-4:20 PM CIZE® Live (S2) <i>Sarah</i>	3:30-4:20 PM Barre Sculpt (S1) <i>Lexie</i>	1:45-2:35 PM BodySculpt (S2) <i>Lydia</i>
4:30-5:20 PM BOSU® Fit (S2) <i>Krista</i>	4:30-5:20 PM BodySculpt (S2) <i>Lydia</i>	4:30-5:30 PM G.F.I.T. (S1/Classroom) August 28-November 8	4:30-5:20 PM Cycle (CS) <i>Alison</i>	5:30-6:20 PM Cycle (CS) <i>Rotation</i>
4:30-5:30 PM G.F.I.T. (S1/Classroom) August 28-November 8	5:30-6:20 PM Zumba® (S2) <i>Lydia</i>	4:30-4:45 PM Core Focus (S2) <i>Halie</i>	5:30-6:20 PM Kettlebell AMPD® (S1) <i>Lydia</i>	Saturday
5:30-6:20 PM Cycle (CS) <i>Thomas</i>	5:30-6:20 PM Cycle (CS) <i>Greg/Alison</i>	4:45-5:20 PM H.I.I.T. (S2) <i>Halie</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Kris</i>	8:15-9:05 AM Yoga (S2) <i>Kristine</i>
5:30-6:20 PM Bootcamp (S1) <i>Aaron</i>	5:30-6:20 PM Deep Water Aerobics (P) <i>Holly</i>	5:30-6:20 PM Advanced Step (S2) <i>Kristine</i>	5:30-5:45 PM Core Focus (S2) <i>Krista</i>	9:15-10:05 AM Step (S2) <i>Kristine</i>
5:45-6:35 PM Beginning Yoga (S2) <i>Ashley</i>	5:45-6:35 PM Barre Sculpt (S1) <i>Kristine</i>	5:30-6:20 PM BodySculpt (S1) <i>Aaron</i>	5:45-6:20 PM H.I.I.T. (S2) <i>Krista</i>	Sunday
6:30-6:45 PM Core Focus (S1) <i>Halie</i>	6:30-7:20 PM Yoga (S2) <i>Jordan</i>	5:45-6:35 PM Cycle (CS) <i>Thomas</i>	6:30-7:20 PM BOSU® Fit (S2) <i>Krista</i>	3:15-4:15 PM Meditation (S2) <i>Phiwat/Nena</i>
6:45-7:20 PM Skills and Drills (S1) <i>Halie</i>	7:30-8:20 PM Cycle (CS) <i>Josh</i>	6:30-7:00 PM INSANITY® Live! (S2) <i>Kelly</i>	6:30-7:20 PM Zumba® (S1) <i>Jacob</i>	4:30-5:20 PM BodySculpt (S1) <i>Rotation</i>
6:45-7:35 PM BodySculpt (S2) <i>Ashley</i>		7:15-7:45 PM Express Lane (CS) <i>Kelly</i>	7:30-8:20 PM Cycle (CS) <i>Josh</i>	5:30-6:20 PM Step (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.
- The Fall Finals/Break schedule will start Monday, December 4 and will be on our website: www.southalabama.edu/southfit
- Want to be a group fitness instructor? Check out our G.F.I.T. course and upcoming certifications. Information on the reverse side.



SouthFit Group Fitness Class Descriptions

<p>Barre Sculpt Pilates, yoga, and ballet-based movements to improve core strength, flexibility, and posture. Low-impact with some 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>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>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>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>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>Kettlebell AMPD® 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>Yoga Lengthen, strengthen, and balance your body. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</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>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>CIZE® Live! CIZE is professional dance for everyday people! Created by Shaun T, world-famous choreographer and fitness trainer, this class breaks down choreographed routines step-by-step. It's so fun, you'll forget you're working out! Low-impact.</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>G.F.I.T. (Group Fitness Instructor Training) Want to be a fitness instructor? This non-credit course <u>prepares</u> you to get certified (see workshops below) and lead a class. Mon/Wed, Aug 28-Nov 8, 4:30-5:30 PM. \$25 USA students, \$50 USA faculty/staff/Rec Center members, \$75 non-USA. More info and registration on our website.</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>Power Pilates Pilates matwork focusing on strengthening your abs, core, and lower back. Low-impact. <i>Bring your own yoga mat</i>; for health reasons, we do not provide.</p>	<p>CIZE® Live ! Instructor Workshop Become a licensed CIZE® Live instructor! Sunday, September 24, 9 AM-5 PM. \$249. Register at www.beachbodylive.com.</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>Skills & Drills Focus on agility, plyometric, and strength exercises for a full-body workout. Expect some high-impact exercises. No choreography.</p>	<p>YogaFit Level 1 Instructor Training We need student yoga instructors!! Saturday-Sunday, November 4-5, 8 AM-6 PM each day. \$399 if registered by October 4, and students get a 10% discount. Register at www.yogafit.com (must call them for discount.)</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. Advanced Step will have more complex choreography.</p>	<p>NETA Group Exercise Certification An entry-level group exercise certification. We need student instructors! Must study in advance. Saturday, November 18, 8 AM-5 PM. \$199 if registered by October 18. See Sarah Schrenk for pre-study and registration info.</p>