

SouthFit Group Fitness schedule: Fall 2024, August 19-December 6



UNIVERSITY OF SOUTH ALABAMA
CAMPUS RECREATION
AND WELLNESS

| Cardio | Strength & Balance | Cardio & Strength | Mind/Body & Flexibility | | |
|---------------------------------------------------------|-----------------------------------------------|----------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:30-6:20am Spin® & Sculpt (CS/S1) <i>Mary Jo</i> | | 5:30-6:20am Pilates (S1) <i>Mary Jo</i> | | 9:05-9:55am Pilates (S1) <i>Meg</i> | 8:45-9:35am Yoga (S1) <i>Rotation</i> |
| 11:15am-12:05pm Functionally Fit (FTA) <i>Ben</i> | 11:15am-12:05pm Pilates (S1) <i>Jen</i> | 11:30am-12:00pm BodySculpt (S1) <i>Sarah</i> | 11:15am-12:05pm Spinning® (CS) <i>Lydia</i> | 11:30am-12:00pm Stretch & Recover (S2) <i>Sarah</i> | 9:10-10:00am Shallow water aerobics (P) <i>Jen</i> |
| 12:20-1:10pm Yoga (S1) <i>Leah</i> | | 12:20-12:50pm Express Lane (CS) <i>Sarah</i> | 12:30-1:00pm BodySculpt (S1) <i>Aaron</i> | 12:20-1:10pm Shallow Water Aerobics (P) <i>Sarah</i> (ends 10/25) | 10:00-10:50am Spinning® (CS) <i>Rotation</i> |

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|---------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------|-------------------------------------------------|
| 3:30-4:20pm Spinning® (CS) <i>Lydia</i> | 3:30-4:20pm Barre Fusion(S1) <i>Chantelle</i> | 3:30-4:20pm BOSU®Fit (S1) <i>Jen</i> | 3:30-4:20pm Power Yoga (S1) <i>Chantelle</i> | | Sunday |
| 4:30-5:20pm BOSU®Fit (S1) <i>Jen</i> | 4:30-5:20pm CardioSculpt(S1) <i>Yulia</i> | 4:30-5:20pm Yoga (S1) <i>Yulia</i> | 4:30-5:20pm Functionally Fit (FTA) <i>Ben</i> | 4:30-5:20pm Happy Hour Spin® (CS) <i>Steve</i> | 4:30-5:20pm Zumba® (S1) <i>Quaneishia</i> |
| 5:30-6:00pm and 6:05-6:35pm Express Lane(CS) <i>Caress</i> | 5:30-6:20pm Deep Water Aerobics (P) <i>Kris</i> | 5:30-6:20pm Deep Water Aerobics (P) <i>Jen</i> (ends 10/30) | 5:30-6:20pm Deep Water Aerobics (P) <i>Kris</i> | | 5:30-6:20pm Spinning® (CS) <i>Justine</i> |
| 5:30-6:20pm Yoga (S2) <i>Angelina</i> | 5:30-6:20pm Yoga (S2) <i>Madison</i> | 5:30-6:20pm Bootcamp (S1) <i>Aaron</i> | 5:30-6:20pm Hip Hop Step (S2) <i>Julia</i> | | |
| 5:45-6:15pm H.I.I.T. (S1) <i>Caroline</i> | 5:45-6:35pm POUND® (S1) <i>Crystal</i> | 5:30-6:20pm Spinning®(CS) <i>Tristen</i> | 5:45-6:35pm BodySculpt (S1) <i>Jen</i> | | |
| 6:30-7:20pm Pilates (S1) <i>Meg</i> | 6:15-7:05pm Functionally Fit (FTA) <i>Sydney</i> | 5:45-6:35pm Zumba®(S2) <i>Crystal</i> | 6:30-7:20pm Spinning® (CS) <i>Meg</i> | | |
| 6:45-7:35pm Functionally Fit (FTA) <i>Jen</i> | 6:30-7:20pm Spinning® (CS) <i>Steve</i> | 6:30-7:20pm Yoga (S1) <i>Angelina</i> | 6:30-7:20pm Zumba® (S2) <i>Quaneishia</i> | | |
| 7:30-8:20pm BodySculpt (S1) <i>Yulong</i> | 7:30-8:20pm Zumba® (S1) <i>Sydney</i> | 7:30-8:20pm Spinning® (CS) <i>Madalynn</i> | 7:30-8:20pm Kickboxing(S2) <i>Sydney</i> | | |



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- Class locations: Studio 1, Room 303 (S1), Studio 2, Room 307 (S2), Cycle Studio, Room 318 (CS), Pool (P), Functional Training Area (FTA). FTA is located on the first floor near the indoor soccer court.
- Bring a mat to yoga and Pilates classes. Yoga classes may be held on the SRC back deck if weather permits.
- No classes September 2 (Labor Day), November 27-29 (Thanksgiving), or when the Student Recreation Center is closed for home football games. Reduced schedule during Fall Break (October 10-11) and November 26.
- For class updates such as cancelations, check our Google calendar on southalabama.edu/southfit.

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.

BOSU®Fit

Need stability? Use the BOSU® Balance Trainer (Both Sides Utilized) to work your cardio and strength while maintaining your balance. Low- or high-impact. No choreography.

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!

CardioSculpt

This class will have 25 minutes of cardio (instructor's choice) plus 20 minutes of resistance training and 5 minutes of stretching. Some cardio may include choreography or high-impact.

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. *Spin & Sculpt* includes resistance training off the bike.

Functionally Fit

This class meets at our functional training area downstairs by the indoor soccer court. Work with battle ropes, TRX® suspension trainers, boxing bags, sand bags, slam balls, and more to improve stability and core function. Low- or high-impact (your choice). No choreography.

H.I.I.T. (High Intensity Interval Training)

Alternate between high-intensity cardio exercises and low-intensity recovery periods. Expect some high impact exercises, but modifications will be shown. No choreography.

Hip-Hop Step

Experience this high-energy cardio class that combines hip-hop moves on the step. Expect to sweat and have fun! Choreographed to the music.

Kickboxing

A cardio class that utilizes kick shields, clapper targets, and more.

Pilates

Based on Joseph Pilates' methods, this mat class challenges the core muscles' strength and stability with controlled exercises.

Pound®

Channel your inner rockstar with this full body cardio-jam session inspired by the fun of playing the drums.

Private Class

Our staff is available for a private fitness class for your USA group. Fee is \$45/hour and includes all equipment. Your group may choose from most of our class types.

Stretch and Recover

A relaxing class with stretching and myofascial massage. Use the foam rollers and tennis balls to release tightness and pain.

Water Aerobics

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

Yoga

Find peace and relaxation while you lengthen, strengthen, and balance your body. Bring a mat. Restorative Yoga includes relaxing into each pose for several minutes. Power Yoga transitions through poses at a faster pace for strength and flexibility.

Zumba®

An interval-style dance class that combines low-intensity and high-intensity moves. Choreographed to the music. Low- or high-impact (your choice).

Join our staff!

We are always looking for USA students or employees to lead the group!
Email sarahschrenk@southalabama.edu for more info on how to become a certified group fitness instructor and join our team.