

# SouthFit Group Fitness schedule: Spring 2024, January 8-April 28



UNIVERSITY OF SOUTH ALABAMA  
CAMPUS RECREATION  
AND WELLNESS

Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:35am Spinning® (CS) Mary Jo	5:45-6:35am Yoga (S1) Yulia	5:45-6:35am Spin® & Sculpt (CS) Mary Jo	5:45-6:35am BodySculpt (S1) Yulia		8:45-9:35am Yoga (S1) Rotation
11:40am-12:10pm TRX® (S2) Sarah	11:15am-12:05pm Pilates (S1) Jen	11:35am-12:05pm Step (S1) Daphne	11:35am-12:05pm H.I.I.T. (S1) Aaron	11:35am-12:05pm Stretch & Recover (S2) Sarah	9:10-10:00am Shallow water aerobics (P) Jen
12:20-12:50pm H.I.I.T. (S2) Sarah	12:30-1:20pm BodySculpt (S1) Clemence	12:20-1:10pm Yoga (S2) Leah	12:30-1:20pm Yoga (S1) Clemence	12:20-12:50pm Express Lane (CS) Sarah	10:00-10:50am Spinning® (CS) Rotation
	3:30-4:20pm Bootcamp (S1) Flora	3:30-4:20pm Pilates (S1) Jen	3:30-4:20pm Pilates (S1) Meg		Sunday
4:45-5:15pm H.I.I.T. (S1) Tristen	4:30-5:20pm BodySculpt (S1) Flora	4:30-5:20pm Spinning® (CS) Caress	4:30-5:20pm Spinning® (CS) Madalynn	4:30-5:20pm Happy Hour Spin® (CS) Steve	4:30-5:20pm Zumba®/Pound®/ Hip Hop Step (S1) Crystal/Julia
5:30-6:20pm Spinning®(CS) Tristen	5:30-6:20pm Deep Water Aerobics (P) Kris	5:30-6:20pm Deep Water Aerobics (P) Jen	5:30-6:20pm Deep Water Aerobics (P) Kris		5:30-6:20pm Functionally Fit (FTA) Flora
5:30-6:20pm TRX® (S2) Flora	5:30-6:20pm Zumba® (S1) Crystal	5:30-6:20pm Bootcamp (S1) Aaron	5:30-6:20pm BodySculpt (S1) Caress		6:30-7:20pm Spinning® (CS) Justine
5:45-6:35pm Yoga (S1) Angelina	5:45-6:35pm Spinning®(CS) Rachel	5:45-6:35pm Zumba® (S2) Crystal	5:45-6:35pm Functionally Fit (FTA) Flora		
6:45-7:35pm Hip Hop Step (S1) Julia	6:30-7:20pm Yoga Flow (S2) Casey	6:30-7:20pm BodySculpt (S1) Tristen	6:30-7:20pm Spinning® (CS) Steve		
6:45-7:15pm Pilates (S2) Meg	6:50-7:40pm Hip Hop Step (S1) Rachel	6:45-7:35pm Yoga (S2) Angelina	6:30-7:20pm Restorative Yoga (S2) Casey		
7:30-8:20pm Spinning® (CS) Meg		7:30-8:20pm Spinning® (CS) Madalynn			

Follow us @usacampusrec



•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 January 15 (MLK Jr Day) or February 13 (Mardi Gras). Reduced schedule during Spring Break (March 4-8).

• For class updates such as cancelations, check our Google calendar on [southalabama.edu/southfit](https://southalabama.edu/southfit).

### **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.

### **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!

### **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.

### **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.

### **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 & sculpt includes resistance training.

### **Stretch and Recover**

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

### **TRX®**

Learn how to use the TRX® Suspension Trainer to challenge your core, strength, and balance. Low-impact and no choreography.

### **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.

### **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](mailto:sarahschrenk@southalabama.edu) for more info on how to become a certified group fitness instructor and join our team.