

# SouthFit Group Fitness schedule: Spring 2025, Jan 13-May 2



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>MaryJo</i>		5:30-6:20am Functionally Fit (FTA) <i>MaryJo</i>		8:45-9:35am Pilates (S1) <i>Meg</i>	8:45-9:35am Yoga (S1) <i>Rotation</i>
11:15am-12:05pm Spinning® (CS) <i>Sarah</i>	11:15am-12:05pm Pilates (S1) <i>Jen</i>	11:15am-12:05pm CardioSculpt (S1) <i>Sarah</i>	11:35am-12:05pm Express Lane (CS) <i>Jen</i>	11:15-12:05pm Yoga (S1) <i>Madison</i>	9:10-10:00am Shallow water aerobics (P) <i>Jen</i>
12:20-1:10pm BodySculpt (S1) <i>Jen</i>	12:30-1:00pm Functionally Fit (FTA) <i>Sarah</i>	12:20-1:10pm Yoga (S1) <i>Leah</i>	12:30-1:20pm Yoga (S1) <i>Clemence</i>	12:20-1:10pm BarreSculpt (S1) <i>Daphne</i>	10:00-10:50am Spinning® (CS) <i>Rotation</i>

					Sunday
4:30-5:20pm BodySculpt (S1) <i>Yulong</i>	4:30-5:20pm POUND® (S1) <i>Crystal</i>	4:30-5:20pm Zumba® (S1) <i>Crystal</i>	4:30-5:20pm Spinning® (CS) <i>Madalynn</i>	4:30-5:20pm Spinning® (CS) <i>Steve</i>	4:30-5:20pm Zumba® (S1) <i>Quaneishia</i>
5:30-6:20pm Spinning® (CS) <i>Lydia</i>	5:30-6:20pm Deep Water Aerobics (P) <i>Kris</i>	5:30-6:20pm Functionally Fit (FTA) <i>Jen</i>	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 (S1) <i>Angelina</i>	5:30-6:20pm Spinning® (CS) <i>Steve</i>	5:30-6:20pm Spinning®(CS) <i>Caress</i>	5:30-6:20pm Bootcamp (S1) <i>Aaron</i>		
5:45-6:35pm Dance Cardio (S2) <i>Caroline</i>	5:45-6:15pm H.I.I.T. (S1) <i>Caroline</i>	5:45-6:35pm Yoga (S2) <i>Rhena</i>	5:45-6:35pm Zumba® (S2) <i>Sydney</i>		
6:45-7:35pm Pilates (S1) <i>Meg</i>	6:30-7:20pm Hip Hop Step (S2) <i>Lydia</i>	6:45-7:35pm BodySculpt (S1) <i>Jen</i>	6:30-7:20pm Spinning® (CS) <i>Meg</i>		
	7:00-8:00pm Intro to Studio Equipment (S1) <i>Jen 1/28-2/18</i> <i>See reverse for description, fee, and registration link.</i>		7:00-8:00pm Intro to Boxing (S2/FTA) <i>Sydney 1/30-2/20</i> <i>See reverse for description, fee, and registration link.</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.

No classes January 20 (MLK Jr Day) or March 3-4 (Lundi Gras/Mardi Gras). Reduced schedule during Spring Break (March 1-9).

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

### **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 a mixture of cardio (instructor's choice) and resistance training. Some cardio may include choreography or high-impact.

### **Dance Cardio/Zumba®**

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

### **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.

### **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.

### **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 \$50/hour and includes all equipment. Your group may choose from most of our class types.

### **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.

## **Small Group Training**

These small classes will meet over four weeks to teach you about exercise equipment and skills. Small group classes are \$25/person. Register at [usacampusrec.southalabama.edu](http://usacampusrec.southalabama.edu) and click on "SouthFit".

*Intro to Studio Equipment:* This class will teach you how to use small fitness equipment commonly found in our fitness studios and classes: BOSUs, resistance bands, stability balls, Pilates balls, Gliding disks, and more. Tuesdays, 7-8pm, Studio 1, 1/28-2/18

*Intro to Boxing:* This class will teach you the basics of boxing: punches, kicks, correct stance, and more. Utilize kick shields, clappers, and boxing bags. Thursdays, 7-8pm, Studio 2, 1/30-2/20.

## **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.