

SouthFit Group Fitness schedule: Finals/May Semester, April 29-May 26



Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility		
Monday 4/29, 5/6, 5/13, 5/20	Tuesday 4/30, 5/7, 5/14, 5/21	Wednesday 5/1, 5/8, 5/15, 5/22	Thursday 5/2, 5/9, 5/16, 5/23	Friday 5/3, 5/10, 5/17, 5/24	Saturday 5/4, 5/11, 5/18, 5/25
5:45-6:35am Spinning® (CS) Mary Jo	5:45-6:35am Yoga (S1) Yulia	5:45-6:35am Spin® & Sculpt (CS) Mary Jo			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 Stretch & Recover (S2) Sarah	9:10-10:00am Shallow water aerobics (P) Jen
	12:30-1:20pm BodySculpt (S1) Sarah	12:20-1:10pm Yoga (S2) Leah	12:30-1:20pm Yoga (S1) Leah 5/2, 5/9 Sarah 5/16, 5/23	12:20-12:50pm Express Lane (CS) Sarah	10:00-10:50am Spinning® (CS) Rotation No class 5/25
					Sunday 5/5, 5/12, 5/19, 5/26
4:45-5:15pm H.I.I.T. (S1) Tristen	4:30-5:20pm BodySculpt (S1) Flora				4:30-5:20pm Zumba®/Pound®/ Hip Hop Step (S1) Rotation
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	5:45-6:35pm Spinning® (CS) Rachel	5:30-6:20pm Bootcamp (S1) Aaron	5:45-6:35pm Functionally Fit (FTA) Flora		6:30-7:20pm Spinning® (CS) Justine
	6:30-7:20pm Yoga Flow (S2) Casey	6:30-7:20pm BodySculpt (S1) Tristen			
	6:50-7:40pm Hip Hop Step (S1) Rachel				

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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 Monday, May 27 (Memorial Day). Summer SouthFit schedule starts Tuesday, May 28.
- For class updates such as cancelations, check our Google calendar on 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!

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.

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® Suspended Training System.