

# Group Fitness Class Schedule June 3<sup>rd</sup> – June 29<sup>th</sup>

## Monday

6:30-7:15a  
Boot Camp

\*9:30-10:30a  
Water Aerobics  
(no class 6/27)

5:15-6:00pm  
Yoga 101

Zumba  
6:15-7:00p

## Tuesday

8:30-9:00a  
Stretch Gold  
(no class 6/4)

9:00-9:30a  
Better Balance  
(no class 6/4)

\*9:30-10:30a  
Water Aerobics

10:00-11:00a  
Zumba Gold

6:00-6:45p  
HIIT Training

## Wednesday

6:30-7:15a  
Boot Camp

\*9:30-10:30a  
Water Aerobics

5:15-6:00pm  
Yoga

## Thursday

8:15-8:40a  
Better Balance

8:45-9:15a  
Yoga Gold

\*9:30-10:30a  
Water Aerobics

10:00-10:30a  
Strength Gold

## Friday

\*9:30-10:30a  
Water Aerobics

## Saturday

Zumba  
10:00-11:00a

\*11:00-12:00p  
Synchro Aqua  
Fitness

*The summer Group Fitness Class schedules will be made on a month to month basis May – August 2019*

Wellness Center membership includes all classes at the Wellness Center and Natatorium.

Natatorium membership includes all water based classes.

Water Aerobics and Synchro classes only:  
Purchase a punch pass \$30 for 10 classes at the Natatorium

### \*\*NOTE FOR JULY\*\*

Due to instructors required to take a mandatory 2 week break each year, classes will not meet July 1<sup>st</sup> – July 14<sup>th</sup>

Classes held in the Studio of the Wellness Center

\* Classes held in the Natatorium

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# Group Fitness Class Schedule July 15<sup>th</sup> – Aug 24<sup>th</sup>

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

8:30-9:00a  
Stretch Gold

9:00-9:30a  
Better Balance

\*9:30-10:30a  
Water Aerobics

10:00-11:00a  
Zumba Gold

8:15-8:40a  
Better Balance

8:45-9:15a  
Yoga Gold

\*9:30-10:30a  
Water Aerobics

10:00-10:30a  
Strength Gold

\*9:30-10:30a  
Water Aerobics

## Saturday

\*11:00-12:00p  
Synchro Aqua Fitness  
Class ends 8/3 for  
summer

5:15-6:00pm  
Yoga 101

Zumba  
6:15-7:00p

5:15-6:00pm  
Yoga

6:00-6:45p  
HIIT Training  
Class ends 8/6

**\*\* NOTE FOR JULY \*\***  
Due to instructors required to take a mandatory 2 week break each year, classes will not meet July 1<sup>st</sup> – July 14<sup>th</sup>

**Wellness Center membership includes all classes at the Wellness Center and Natatorium.**

**Natatorium membership includes all water based classes.**

**Water Aerobics and Synchro classes only: Purchase a punch pass \$30 for 10 classes at the Natatorium**

**\*Water Aerobics will not meet on Mondays from July 15<sup>th</sup> – August 24<sup>th</sup>**

**Classes held in the Studio of the Wellness Center      \* Classes held in the Natatorium**



# Group Fitness Summer Class Descriptions



## Gold Classes:

Gold classes are lower impact and designed for the older adult. These classes are open to everyone and take place during our older adult programming days of Tuesday and Thursday mornings.

**Stretch Gold:** A series of stretching exercises will be performed to improve your joint flexibility.

**Zumba Gold:** An aerobic class set to fun, energetic music geared toward the older adult.

**Strength Gold:** A strength class geared toward the older adult.

**Yoga Gold:** Geared toward the older adult, this class will focus on balance, strength and flexibility. A chair can be used during the class.

**Better Balance:** This class focuses on exercises that use fine motor movements with the goal to improve the capacity to remain steady and stay balanced during daily activity.

## Water Based Classes:

**Water Aerobics:** Water Aerobics is an hour long workout in the pool. It contains full body movements, cardio and strength training exercises.

**Synchro Aqua Fitness:** If you want to learn choreography in the pool like a synchronized swimmer this is the group for you! Exercise and fun rolled into one.

## Strength & Cardio Classes:

**Boot Camp:** Get to business in this fun and energy creating total body morning workout!

**Total Body Blast:** Focus on total body strength and cardio at the same time! Circuit training, Tabata, HIIT, Strength and cardio all rolled up into one class.

**Strength Gold:** A strength class geared toward the older adult.

**HIIT Training:** HIIT stands for High Intensity Interval Training. The goal is to push the body in short intense intervals to improve cardiovascular function. Anyone can do HIIT workouts – you work to your body’s ability each class.

**Cycle Circuit** – A mix of cardio intervals and strength circuits for a perfect noon workout.

## Yoga Classes:

Yoga classes focus on flexibility, strength, balance and mindfulness.

**Yoga 101:** Learn the basic postures of a classic yoga practice to lengthen and strengthen your body.

**Yoga Slow Flow:** Add a flow to your yoga postures that will improve cardiovascular and muscular systems.

**Yoga:** A mindful practice focused on moving the body through it’s natural range of motion.

**Yoga Gold:** Geared toward the older adult, this class will focus on balance, strength and flexibility. A chair can be used during the class.

*\*The room that yoga classes are taught is often chilly. Please dress in layers to you are comfortable during class.*

## Dance Based Classes:

**Zumba:** Get this party started! A Latin flare to get the body moving.

**Zumba Gold:** An aerobic class set to fun, energetic music geared toward the older adult.



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