

GROUP EXERCISE SCHEDULE

Summer 2018

Effective 6/09/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am Performance Group Cycling	6:00 am Crows Nest Yogalates	6:00 am Performance Group Cycling	6:00 am Crows Nest Yogalates	6:00 am Performance Group Cycling	8:30 am Crows Nest Ballet Barre
7:00 am Crows Nest Yoga: Rise & Shine	8:45 - 9:45 am Crows Nest RESERVED	7:00 am Crows Nest Yoga: Rise & Shine	8:30 am Main Studio Core Essentials	7:00 am Crows Nest Yoga: Rise & Shine	9:00 am Performance Group Cycling (90 minutes)
8:30 am Main Studio Body Blitz	9:00 am POOL Aqua Stretch	8:30 am Main Studio Physio-Ball PLUS	8:45 - 9:45 am Crows Nest RESERVED	8:30 am Main Studio Body Blitz Circuits	9:45 am Crows Nest Pilates Mat with Circle
8:45 - 9:45 am Crows Nest RESERVED	10:00 am Main Studio Karen's Class	8:45 - 9:45 am Crows Nest RESERVED	10:00 am Main Studio Karen's Class	8:45 - 9:45 am Crows Nest RESERVED	10:00 am Main Studio Zumba
9:00 am POOL Aqua Action	11:00 am Crows Nest Yoga	9:00 am POOL Aqua Action	12:00 pm Crows Nest Yoga	9:00 am POOL Aqua Action	10:00 am POOL Aqua Action
9:00 am Performance Group Cycling	12:00 pm Main Studio Zumba	9:00 am Performance Group Cycling	12:00 pm Main Studio Zumba	10:00 am Main Studio Seniors STAE-Fit	11:00 am Crows Nest Yoga
10:00 am Main Studio Seniors STAE-Fit	12:00 pm Performance Group Cycling Xpress (45 min)	10:00 am Main Studio Seniors STAE-Fit	12:00 pm Performance Group Cycling Xpress (45 min)	12:00 pm Crows Nest Pilates Mat	11:05 am Main Studio Group Strength and Conditioning
11:05 am Main Studio Zumba Gold	2:15 pm POOL Water Cardio	11:05 am Main Studio Zumba Gold	2:15 pm POOL Water Gym	12:00 pm Main Studio Group Strength and Conditioning	
12:00 pm Crows Nest Pilates Mat with Circle	4:30 pm GYM Athletic Circuits	12:00 pm Crows Nest Pilates Mat	4:30 pm GYM Athletic Circuits	4:15 pm Crows Nest Yoga	
12:00 pm Main Studio Group Strength	5:30 pm POOL Tri Water	12:00 pm Main Studio Group Strength and Conditioning	5:30 pm POOL Aqua Tone		
1:00 pm Main Studio Fitness Xpress (30 min)	5:30 pm Crows Nest Pilates Mat	1:00 pm Main Studio Fitness Xpress (30 min)	5:30 pm Main Studio Cardio Power Hour		5:00 pm Crows Nest Yoga
4:30 pm GYM Athletic Circuits	5:30 pm Main Studio Cardio Power Hour	1:00 pm Crows Nest Mobility & Movement	6:00 pm Crows Nest Barre and Conditioning		
5:00 pm Main Studio Group Strength and Conditioning	6:00 pm Performance Group Cycling	2:15 pm POOL Aqua Action	6:30 pm Main Studio Zumba		
5:00 pm Crows Nest Barre and Conditioning	6:30 pm Main Studio Urban Groove	5:00 pm Main Studio Tae Bo			
5:30 pm POOL ABS		5:30 pm POOL Aqua Fit			
6:00 pm Main Studio Tae Bo		6:00 pm Main Studio Zumba	<p><i>Please refer to our Hotlines for updates & instructor information.</i></p> <hr/> <p>Group Exercise Hotline: 792-1649</p> <p>Pool Hotline: 792-5070</p>		
6:00 pm Performance Group Cycling		6:00 pm Performance Group Cycling			
		6:00 pm Crows Nest Yoga (75 minutes)			
					 <p>MUSC MEDICAL UNIVERSITY of SOUTH CAROLINA MUSC Wellness Center</p>
					Main Studio
					Performance Studio
					Crows Nest
					GYM
					POOL

Visit our website at www.musc.edu/hsc

James Johnson 792- 7141 - Director of Group Exercise

Abs - An abdominal core class. The class involves cardio and resistance training that targets the abdominal core. The class will use Hydro Bells and Noodles. Open to all levels.

Ageless and Fit - Class focus is to improve mobility; stability, and overall strength utilizing a special rehab chair that improves comfort and posture while training. Effective while gentle pace and easy to follow.

(Registration required)

Aqua Action - A traditional water aerobics class. You will learn how to reach a challenging level of intensity through manipulating resistance, speed, and the type of movement. The Aquatic Step and Hydro Tone Bells may be used as part of this class.

Aqua Fit -An energetic and challenging water class for all levels. The class will be using Hydro Bells and Noodles with a concentration on core muscles.

Aqua Stretch - Designed to increase flexibility and balance. The pool class utilizes noodles and various props to challenge and encourage core strengthening.

Aqua Tone - Open to all levels and involves total body strength and aerobic conditioning in the pool.

Athletic Circuits – This class focuses on the major components of athleticism and fitness: speed, strength, stamina, coordination and agility (joint friendly). Incorporates training techniques used by Pro and College athletic programs.

Ballet Barre - A class that fuses some of the best elements of Ballet Barre, Pilates, and Yoga into an effective workout that strengthens, tones, and improves flexibility, balance and posture. Includes center practice.

Barre – A class that fuses some of the best elements of Ballet Barre, Pilates, and Yoga into an effective workout that strengthens, tones, and improves flexibility, balance and posture.

Barre and Conditioning – Class places a little more attention and time on the strength and toning components of Barre Class.

Body Blitz Circuits – An excellent class for improving muscle tone, strength and stamina! The class is easy to follow and utilizes intervals and circuit style workouts that include weight training, cardio intervals, body weight functional training and core work!

Cardio Power Hour - Higher end fitness level class that uses intense cardio intervals with strength training to maximize results.

Core Essentials - This course trains the Core muscles both as movers and stabilizers. The goal is to improve functional ability, control, power and coordination. Class involves exercises performed in stabilized and destabilized standing, seating and lying positions and through all three planes of motion.

Fitness Xpress – This is a fun and vigorous cardiovascular workout with an additional core conditioning component that lasts for **30 minutes**.

Group Cycling - This group class is designed to condition the cardiovascular system and strengthen the lower body. Group cycling focuses on climbing hills, traveling flat roads, sprinting, and endurance. This class is designed for competitive and noncompetitive cyclists and triathletes as well as beginners and any fitness enthusiasts. It is taught by certified group cycling instructors using music to create a fun and motivating environment.

Group Cycling Xpress – This class is the same format as the regular Group Cycling class but only lasts for **45 minutes**..

Group Strength – This class is designed to improve functional strength via heavier compound lifts that: have a dramatic effect on joint mobility, improve stability, improve muscle fiber recruitment, and elevate and sustain metabolic activity.

Group Strength and Conditioning – Faster paced workout that challenges muscular strength and endurance. There are more total sets and reps, a wider variety of lifts with slightly reduced weights compared to the Group Strength class. Great overall conditioning workout.

Karen's Class - Structured fitness program for seniors. Exercises are done on

the floor and in a chair. The class focuses on toning, stabilization, muscular endurance, strength and flexibility.

Mobility & Movement – Focuses on joint mobility, muscular stretching, movement efficiency and ease, stress reduction and recover work. The perfect complement to intense training.

Pilates Mat - This Pilates based Mat class is a total body non-impact workout that stretches, strengthens and lengthens the entire body, with emphasis on the core muscles..

Pilates Mat with Ball - Experience the entire classic Pilates mat exercises while incorporating the stability balls. Stretch, strengthen and increase your balance and coordination. An incredible core workout!

Pilates Mat with Foam Roller - This Pilates based class is a total body non-impact workout that stretches, strengthens and lengthens the entire body with emphasis on the core muscles with the added benefits of the foam roller which releases muscular tension and assists in stretching muscles.

Pilates Mat using the Circle - This is a classical Pilates Mat class using the circular resistance band. The Magic Circles are used to provide resistance and neuromuscular feedback. They are especially effective for toning the arms, chest, hips and thighs. Magic Circles are provided.

Piloxing – An exciting fitness program that blends some of the best of Pilates, Boxing, and Dance into a high energy interval workout.

Piloxing Barre – A well-rounded low impact fusion workout of Ballet, Pilates & Boxing! This class uses the Ballet Barre for both support and resistance. An excellent overall endurance and toning workout that improves flexibility, balance, and stabilization!

Physio-Ball Workout – This class will deliver an overall body workout that will challenge and improve muscular endurance and strength, improve cardiovascular fitness, increase core strength and control, and improve body efficiency and function.

STAE Fit -Structured fitness program for seniors incorporating balance, strength and cardiovascular exercises in a social, group environment.

Tae Bo® - A program that combines the best variety of different exercise disciplines to provide an overall workout. Tae Bo® is the combination of self-awareness and the control of martial arts, the focus and strength of boxing and the grace and rhythm of dance. Tae Bo® develops cardiovascular and muscular endurance, strength, speed, balance, coordination, body awareness, and mental focus. Tae Bo® is taught by a Tae Bo® instructor certified through the Billy Blanks World Training Center.

Tae Bo® Xpress – This class is the same format as the regular **Tae Bo®** but only lasts for **30 minutes**.

Tri Water - Open to all levels. Class involves running, cycling, and swimming interval drills which are all done in the pool. Approx. one hour.

Urban Groove – Moves you can use! Dance fusion workout incorporates hip hop, jazz, salsa, world, and street dances.

Water Cardio - Be prepared to be challenged during these 40 minutes of an intense cardiovascular workout in the pool. Be sure to bring a water bottle.

Water Gym - A 60 minute combination of aerobics, resistance training, stretching and balance in the pool. Be sure to bring a water bottle.

Yoga - Yoga is about bringing the Mind, Body and Spirit into such harmony that one's natural rhythm can be felt and followed. The focus is on warm-up, stretching, breathing and postures teaching you to trust in your body's wisdom bringing a sense of peace and renewed vitality.

Yoga, Rise and Shine - A one hour practice that gently awakens one for the day ahead.

Yogalates – Fusion of the mind/body aspects of Yoga with the core stabilization and functionality of Pilates into one invigorating workout.

Zumba - Combines high energy and motivating music with unique moves and combinations. It is a fusion of Latin and international music and dance that create a dynamic, exciting, effective fitness system! It is a mixture of body sculpting movements with easy to follow dance steps.

Zumba Gold - This class targets the largest growing segment of the population, baby boomers. Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. It is a dance-fitness class that feels friendly and, most of all, fun.