# Group Exercise Schedule

**Fall 2017**  
**Effective 9/11/17**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 am Performance Group Cycling</td>
<td>6:00 am Crows Nest YogaLates</td>
<td>6:00 am Performance Group Cycling</td>
<td>6:00 am Crows Nest YogaLates</td>
<td>6:00 am Performance Group Cycling</td>
<td>8:30 am Crows Nest Barre</td>
</tr>
<tr>
<td>7:00 am Crows Nest Yoga: Rise &amp; Shine</td>
<td>8:30 am Main Studio Piloxing</td>
<td>7:00 am Crows Nest Yoga: Rise &amp; Shine</td>
<td>8:30 am Main Studio Core Essentials</td>
<td>7:00 am Crows Nest Yoga: Rise &amp; Shine</td>
<td>9:00 am Performance Group Cycling</td>
</tr>
<tr>
<td>8:30 am Main Studio Body Blitz</td>
<td>9:00 am POOL Aqua Stretch</td>
<td>8:30 am Main Studio Physio-Ball PLUS</td>
<td>10:00 am Main Studio Karen’s Class</td>
<td>9:00 am POOL Aqua Action</td>
<td>9:45 am Crows Nest Pilates Mat with Circle</td>
</tr>
<tr>
<td>9:00 am POOL Aqua Action</td>
<td>10:00 am Main Studio Karen’s Class</td>
<td>9:00 am POOL Aqua Action</td>
<td>12:00 pm Crows Nest Yoga</td>
<td>10:00 am Main Studio Seniors STAE-Fit</td>
<td>10:00 am Main Studio Zumba</td>
</tr>
<tr>
<td>9:00 am Performance Group Cycling</td>
<td>11:00 am Crows Nest Yoga</td>
<td>9:00 am Performance Group Cycling</td>
<td>12:00 pm Main Studio Zumba</td>
<td>12:00 pm Crows Nest Pilates Mat</td>
<td>10:00 am POOL Aqua Action</td>
</tr>
<tr>
<td>10:00 am Main Studio Seniors STAE-Fit</td>
<td>12:00 pm Main Studio Zumba</td>
<td>10:00 am Main Studio Seniors STAE-Fit</td>
<td>12:00 pm Performance Group Cycling Xpress (45 min)</td>
<td>12:00 pm Main Studio Group Strength and Conditioning</td>
<td>11:00 am Crows Nest Yoga</td>
</tr>
<tr>
<td>11:05 am Main Studio Zumba Gold</td>
<td>12:00 pm Performance Group Cycling Xpress (45 min)</td>
<td>11:05 am Main Studio Zumba Gold</td>
<td>2:15 pm POOL Water Gym</td>
<td>4:15 pm Crows Nest Yoga</td>
<td>11:05 am Main Studio Group Strength and Conditioning</td>
</tr>
<tr>
<td>12:00 pm Crows Nest Pilates Mat with Circle</td>
<td>2:15 pm POOL Water Cardio</td>
<td>12:00 pm Crows Nest Pilates Mat</td>
<td>4:30 pm GYM Athletic Circuits</td>
<td></td>
<td>12:15 pm Main Studio RESERVED FOR BOXING</td>
</tr>
<tr>
<td>12:00 pm Main Studio Group Strength</td>
<td>4:30 pm GYM Athletic Circuits</td>
<td>12:00 pm Main Studio Group Strength and Conditioning</td>
<td>5:30 pm POOL Aqua Tone</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 pm Main Studio Fitness Xpress (30 min)</td>
<td>5:30 pm POOL Tri Water</td>
<td>1:00 pm Main Studio Fitness Xpress (30 min)</td>
<td>5:30 pm Main Studio Cardio Power Hour</td>
<td></td>
<td>11:15 am Main Studio Zumba</td>
</tr>
<tr>
<td>4:30 pm GYM Athletic Circuits</td>
<td>5:30 pm Crows Nest Pilates Mat</td>
<td>2:15 pm POOL Water Gym</td>
<td>6:00 pm Crows Nest Barre</td>
<td></td>
<td>4:00 pm Main Studio Tae Bo</td>
</tr>
<tr>
<td>5:00 pm Main Studio Group Strength and Conditioning</td>
<td>5:30 pm Crows Nest Aqua Action</td>
<td>5:00 pm Main Studio Tae Bo</td>
<td>6:30 pm Main Studio Zumba</td>
<td></td>
<td>5:00 pm Crows Nest Yoga</td>
</tr>
<tr>
<td>5:00 pm Crows Nest Barre and Conditioning</td>
<td>6:30 pm Main Studio RESERVED FOR BOXING</td>
<td>5:30 pm POOL Aqua Fit</td>
<td>7:00 pm Crows Nest Foam Roller (30 minutes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 pm POOL ABS</td>
<td>6:30 pm Crows Nest Foam Roller (30 minutes)</td>
<td>6:00 pm Main Studio Zumba</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm Main Studio Tae Bo</td>
<td>6:00 pm Performance Group Cycling</td>
<td>6:00 pm Performance Group Cycling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 pm Performance Group Cycling</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Please refer to our Hotlines for updates & instructor information.**

**Group Exercise Hotline:** 792-1649

**Pool Hotline:** 792-5070

---

Visit our website at [www.musc.edu/hsc](http://www.musc.edu/hsc)
 variety of lifts with slightly reduced weights compared to the Group Strength muscular strength and endurance. There are more total sets and reps, a wider Group Strength and Conditioning activity.

stability, improve muscle fiber recruitment, and elevate and sustain metabolic Cycling class but only lasts for 45 minutes. 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.

Functional core training that stretches, strengthens and lengthens the entire body, with emphasis on the core muscles.

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.

Aquatic 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.

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

Body Blitz Workout – 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.

Foam Roller (SMR) – A class that focuses on RECOVERY! Foam rolling increases circulation and releases trigger points in muscles speeding recovery while reducing soreness. Other benefits include: Increased functional range of motion, improved posture and improvement in your ability to train harder more often.

Group Cycling - This 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.

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.

Soha Fit -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 – A fun, high energy Hip-Hop, Popular and Club music-based dance fitness class. Cardiovascular workout that burns lots of calories while you learn fun dance moves to some of the hottest music from the dance clubs and radio!

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.