

# MUSC Wellness Center 2018 Winter Programs

ADULT SWIM CLUB	JANUARY 8 - FEBRUARY 16	The new club for all skill levels. Each class includes instruction and interval training designed to improve the cardiovascular and muscular strength and endurance. 9 classes/week to choose from
BOOTCAMP	JANUARY 8 - MARCH 29	U.S. Marines lead participants in a military style fitness training class. Program focuses on overall fitness and endurance training
BOXING CLUB	ONGOING	All Levels! Females in Boxing, Kickboxing, Boxing Xpress and Conditioning - a lot of classes to choose from in the new boxing studio
H.I.I.T.S.	JANUARY 10 - FEBRUARY 16	A strength & conditioning program which incorporates Olympic and Power lifting, Kettle Bells, gymnastics, balance and stability training
HEALTHY CHARLESTON CHALLENGE	JANUARY 11 - MARCH 22	Our signature 12 week behavior change and weight loss program guided by the team of professionals: personal trainers, dietitians, exercise physiologists, health coaches
GOLF PERFORMANCE ENHANCEMENT	JANUARY 8 - FEBRUARY 14	Gain golf specific joint mobility and stability to avoid injury. Program uses brand new equipment ViPR and TRX RIP Trainer. Featuring Nationally Certified golf fitness specialist MATTHEW BLAIR DAVIS, MS, CSCS
LOWER BACK PAIN MANAGEMENT	JANUARY 12 - MARCH 2	THROUGH EXERCISE AND NUTRITION. A program for those with occasional to moderate lower back pain. The program will strengthen the superficial and deep core muscles. One kinesio taping included!
ROCK STEADY BOXING	ONGOING	RSB classes are modified for all levels of Parkinson's, at any stage of the disease. Taught by a team of RSB certified professionals
PIECE IT TOGETHER	JANUARY 23 - APRIL 10	Designed for teens and young adults that want to promote brain health and may have high functioning Autism Spectrum Disorder