

MUSC
WELLNESS CENTER
Group Exercise
Schedule
effective June 1

AQUATICS

MON AquaAction 9:00 Kathy	TUES AquaAction 10:00 Kathy	WED AquaAction 9:00 Kathy	THUR AquaAction 10:00 Kathy	FRI AquaAction 9:00 Kathy	SAT WetExpress 9:30 rotating inst.	SUN AquaAction 3:00 rotating inst. FamilySwim 4:30-6:30 \$5/child
ABS 5:30-6:30 Marty	ONE 5:30 Marty	AquaFit 5:30 Leslie	ONE 5:30 Marty	AquaStretch 5:30-6:45	POOL HOTLINE temperature and up- dates: 792-5070	

MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Call HOTLINE 792-1649 for 24 hour schedule changes and for weekend instructors	
8:30 Step & core Olga		8:30 STEP James	8:30 75 minute Core Essentials James	8:30 Step Olga		
9:00 Class 10:00 Class <i>Seniors</i> STAE-Fit	10:00 <i>Seniors</i> Karen's Class	10:00 Wu Style Tai Chi for Seniors Kaye	10:00 <i>Seniors</i> Karen's Class		9:05 ZUMBA James	11:15 Step & Weights Rotating Instructor
12:00 Absolute Strength with BodyBar Lillie	12:00 ZUMBA James	12:00 Absolute Strength with BodyBar Ashley	12:00 Core Works Katie	12:00 Absolute Strength with BodyBar Lillian	10:15 Advanced STEP Rotating Instructor	
	4:30 Core Essentials Katie		4:30 Step Challenge Jean/Sidney	4:30 TaeBo® <i>TaeBo instructor</i>	11:30 - 12:00 Power Blitz 30 mins of Abs, Backs & Butts	4:00 TaeBo® Amy
5:00 Step & Sculpt Jean	5:30 Cardio PowerHour Lillie	5:00 TaeBo® James Pushia or Taebo Instructor	5:30 CardioPowerHour Lillie	5:30 Fanatic Friday James	3:00-5:00 Fencing Kem Frommberger 209-3045	
6:00 TaeBo® James Pushia or Taebo Instructor		6:00 BodyBar-Extreme Lillie	6:30 ZUMBA Silvia		Please Remember You must hand-scan and use the IN turnstyle as you enter class. Thank you very much!	
7:00 BodyBar Essentials James			8:00 Salsa Rany		Dance Classes	

CROW'S NEST

A MON B	A TUES B	A WED B	A THUR B	A FRI B	A SAT B	A SUN B
6:45 Rise'n Shine YOGA Lori		6:45 Yoga Rise & Shine Frances		6:45 Yoga Rise & Shine Frances		
12:00 Pilates Mat with Ball Terry	11:00 BasicYOGA Ruth Ann	Seniors 9:30 Class 10:30 Class STAE-Fit	12:00 YOGA Emily	Seniors 9:30 Class 10:30 Class STAE-Fit	Magic Cir- cle 9:30-10:15 Jessica or Terry	
5:15-6:15 Nia Amy	4:15 Nia Amy	12:00 Pilates Mat Terry	4:00 Pilates Mat Jessica	12:00 Pilates Mat Jessica		4:00 YOGA Emily
6:15-7:15 Adult Intro. Ballet Susan/Toddy	5:30 Pilates Mat Terry		6:15 Adult Ballet Amanda			
7:15-8:55 *Tae Kwon Do* Alan Johnson	6:30-7:30 Basic Aikido 7:30-8:30 Int.Aikido	6:30-8pm Anusara YOGA Gail		5:45-7:30 *Tae Kwon Do* Alan Johnson		

JOE D BANDS
in Basketball Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 pm Athletic Training	4:30 pm Athletic Training	6:00 am Total Fitness	4:30 pm Athletic Training	6:00 am Total Fitness	 	
5:30 pm Total Fitness		4:30 pm Total Fitness				
MON 6:00pm-7:00pm Cycling, Group in Cardio Jim	TUES	WED	THUR 6:00pm-7:00pm Cycling, Group in Cardio Jim	FRI	SAT	SUN

Aerobics

Program Descriptions

Personal Training Program, Aerobics Orientation, Youth Fitness Program - Call James Johnson 792-7141, (newtonj@musc.edu).

Personal Training: Private training sessions with a certified personal trainer include training of all components of fitness based on the individual needs of each client. Training Fees vary based on specialized needs and choice of trainer. Call Call James Johnson 792-7141, (newtonj@musc.edu):

Training is available for: General Fitness, Weight and Body composition, competitive athletes, Post-Rehab Training, Youth Fitness and overweight adolescents.

Aerobics Orientation - New participants please let instructors know that you are new and ask for help if needed. If you are new to STEP, please call for an orientation (Janis 792-4141), all other classes do not need orientations. Please modify the program offered and start slowly if needed.

Absolute Strength with Body Bar - A full-body conditioning class designed to challenge your muscular strength and balance. The class also focuses on core conditioning and strength through every range of motion. The class content changes every two weeks.

Advanced Step - A highly choreographed step class for the experienced stepper. This is a fast-paced class with a lot of combinations. This class may occasionally be multi-step- *check hotline 792-1649.*

Aikido - or "The Way to Harmony in Spirit" is a Japanese martial art that teaches self-defense in a totally noncompetitive atmosphere. The principles of Aikido teach relaxation and centering. Classes include meditation, breathing exercises, stretching, toning and self-defense. For more information call, Eric Lipton (5th d. Black Belt) or Martha Lipton (4th d. Black Belt) at 763-6617.

Beginners Class, the basics of Aikido working on stretching, relaxation and centering, some tumbling and basic self-defense. **Intermediate Class**, a continuation of Aikido Basics with more emphasis on tumbling and self-defense. **Beginners Class** required prior to going to Intermediate class.

Athletic Circuit - Cardio conditioning will be challenged along with segments of strength, agility and power. Step, jump rope, hi/lo impact will be cycled with calisthenics, body bar, dumbbells, and medicine ball.

Athletic Core/Legs - A class devoted to legs, and to the 40+ core muscles that provide stability, balance and power to the body. Strength, balance, agility, and power will be developed with this workout.

Body Bar Essentials - All body bar class emphasizes full-body conditioning through every range of motion. This class focuses on muscular strength, stamina, and agility. The class content shifts every two weeks.

Cardio Conditioning Plus - The cardio phase of this class will use the step, multi steps or the coreboard. There will be an emphasis on the stability ball for core and lower body conditioning. Segment of flexibility training to prevent and relieve soreness and muscle tension.

Core Board Conditioning - This is a fun and challenging workout that will improve strength, agility, balance, and overall performance. Cardiovascular and weight management benefits can also be experienced with the Reebok® Core Board.

Cycling, Indoor Group Class - An indoor cycling class designed to build cycling fitness for performance-oriented goals. This program will follow a periodized training schedule. The "spinning" bikes are available only by reservation. You may bring your own bike and training stand to class. Call Jim 792-5485 for more info.

Fanatic Friday - A very high-intensity training session that will choose a different training modality (step, coreboard, body bar, martial arts, etc.) each week. This class is for the participant who wants to be challenged to the max-your muscular strength, cardiovascular fitness, balance, agility, flexibility, and mental focus will benefit from this Fanatic Friday hour.

INTV - an aerobic Interval Training class consisting of repeated intervals (approx. 5 min.) of higher intensity cardiovascular exercises (hi/low, step) interspersed with intervals of lower intensity exercises (weighted upper and lower body). A great cross-training workout resulting in enhanced muscular endurance and improved cardiorespiratory fitness.

Joe D. Bands Athletic Training - Focuses on power, strength, speed, and flexibility. It will improve your vertical jump, explosiveness and agility. This class is for competitive athletes or advanced level fitness enthusiasts. It includes techniques the pros use in the NFL, MLB, NBA and other pro & college level training programs. Reduces susceptibility of injury during training and in competition.

Joe D Bands Total Fitness - Focuses on all components of fitness: cardiovascular fitness, strength, endurance, flexibility, and body composition. This form of resistance training is easy on the joints, yet produces significant results in improving neuro-muscular training adaptations resulting in improved strength, muscle tone, coordination, and flexibility. If combined with proper nutrition, it will also speed the process of losing body fat and increasing muscle mass.

Karen's Class - Exercises are done on the floor and in a chair. The class focuses on toning, stabilization, muscular endurance, strength and flexibility.

Step - a step-training workout - This is high intensity, low impact workout that is easy to follow and challenging to all fitness levels. This class provides an incredible cardiovascular workout as well as added conditioning and toning of the hamstrings, quadriceps, and gluteals. Great for the legs! Some classes will also include a short sculpting segment.

Step Challenge - Ultimate cardio class utilizing step. An hour of calorie burning muscled toning stepping! No dancing here, it's back to the fundamentals pumped with power and energy!

Step Choreography - A 60 minute high-energy class packed with the latest and greatest choreography! This class is designed for the experienced and seasoned step enthusiast.

NIA - NIA, "Neuromuscular Integrative Action", is a holistic wellness fusion fitness program incorporating elements of Yoga, martial arts, dance and the healing arts.

For more info: Amy (NIA Black Belt) 849-1148.

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, Advanced - Once you have mastered the Pilates Mat Class, this advanced class will further challenge your flexibility, core strength, and stabilization.

Power Step & Sculpt - This high-energy step class is designed to improve cardiovascular fitness, strength, agility with various levels of power drills, plyometrics, and sculpting exercises.

STAE-FIT Structured fitness programs for seniors. Balance, strength and cardiovascular exercises. Two classes offered to fit your schedule.

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 & 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 Kwon Do (TKD) - It means "The study of kicks and punches". Classes include stretching, mild running, basic movements, forms; free-style non-contact sparring self-defense techniques. TKD will develop self-discipline, self confidence, coordination, flexibility and relieve stress. Alan Johnson.

Wu Style Tai Chi Ch'uan, for Seniors - An eastern discipline of gentle movements creating radiant health & inner harmony. It is a weight bearing exercise that flexes all joints, stretches muscles & ligaments, rotates the spinal column on its axis, strengthens the heart, deepens the breath & is great for everyday physical & mental balance.

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

YOGA, Ashtanga - or Power Yoga, is based on a specialized sequencing of postures and focused breathing techniques. The practice moves efficiently into each pose while utilizing the control of breath.

YOGA, Mindful - Move into an easeful space of flexibility. Learn how to relax the nervous system & clear the mind through various breathing techniques. Experience a complete deep relaxation & discover a magical place of inner calm and peace.

YOGA, Nidra - or Yogic Sleep, great technique for stress relief. Relaxing the body deeply, allows benefits of a Yoga session to be assimilated. An extended form of Deep Relaxation.

YOGA, Prenatal - Special poses for pregnancy & exercises to ease delivery. Simple yoga asanas improve fitness & relaxation breathing, meditation help you enjoy the process from conception to birth.

YOGA, Rise'n Shine - A one-hour practice that gently awakens one for the day ahead.

YOGA, Stretch - Like Basic Yoga, but with more emphasis on stretching, breathing and stress release.

YOGA, level II-III - Will help achieve upper body stretching and lower body strengthening while using Yoga disciplines and postures. Proper breathing techniques and body awareness are stressed.

Youth Fitness Programs - Please check online at www.musc.edu/hsc/ or email kids@musc.edu or ask for schedule at membership Desk.

GOTTA DANCE™ James Johnson, Artistic Director. Charleston's hottest dance and fitness program!

Ballet/Jazz, Adult Intro (60 mins; beg.) This class stresses the academic techniques developed through the centuries of the existence of ballet.

Dance Technique(beg./int.) Dance foundation training. Learn proper body alignment, turns, leaps and jumps, dance terminology, balance and muscular control! Ballet and jazz based for the beginner and intermediate!

Hip-Hop(int./adv.) Funky music-video type routines, the ultimate street dance workout!

Jazz(int./adv.) Contemporary jazz dance in a most expressive form. Fun and stylish without compromising technique. Music's hot, the atmosphere is electric, and the energy is unbelievable!

Street Jazz Hip-Hop/Jazz Fusion! Emphasis on dance with the latest dance music. Some technique training required. Fast and furious: a great workout!

ZUMBA! A sexy-fierce aerobics class, a must-try!

AQUATICS

Participants are encouraged to bring their own aqua shoes. Please modify any class to accommodate your needs. Ask instructors for assistance. Have FUN!!

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 HydroTone 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 hydra balls and noodles with a concentration on core muscles/

Aqua Sprints - Fast-paced high-intensity class will make sure you feel like you've done an hour in just 45 minutes.

ONE - A class for intermediate and advanced levels only. Class will involve building cardiovascular fitness while toning and shaping arms, chest, legs and abs. Each class will end with a relaxation session.

Family Swim Sundays at 4:30 pm until closing. \$5 per member child, \$8 for two children/ \$10 for 3 children. Member accompaniment required.

Additional Classes

Extra Fee Required These classes are not included in the Wellness Center Membership

Fencing - Epee fencing with Dr. Kem Fronabarger. Call 953-5509 or 556-2490 for more information.

Pilates - A method of movement utilizing specialized equipment. Exercises focus on "proper" body alignment & breathing in order to educate, re-pattern, & rebalance the body, and to develop the strength of the core of the body, the abdomen, reducing stress on the back and hips and allowing better range of motion in the limbs. Certified Pilates-based conditioning instructor tailors classes to meet individual's needs. call 792-9702.

KIDS Fitness Programs - Please check online at www.musc.edu/hsc/ or email kids@musc.edu or ask for schedule at membership Desk.

