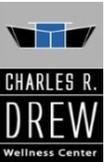


# Charles R. Drew Wellness Center

## Group Exercise Schedule

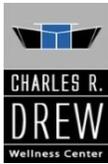
### August 2014



Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
		6:30-7:15AM <b>Body Power</b> (James) Group Exercise Room				6:30-7:15AM <b>Body Power</b> (James) Group Exercise Room			
9 – 10am <b>Chair Aerobics</b> (Beverly) Gymnasium		9 – 10am <b>Chair Flex &amp; Stretch</b> (Ken) Gymnasium		9 – 10am <b>Forever Fit &amp; Strong</b> (Winifred) Gymnasium		9 – 10am <b>Chair Flex &amp; Stretch</b> (Ken) Gymnasium			9:30-10:30AM <b>Aqua Zumba</b> (Marlina) Pool
									10 – 11am <b>Step Aerobics</b> (Geraldine) Group Exercise Room
12-1PM <b>Zumba</b> (Yvonne) Gymnasium	12:15-1pm <b>Kickboxing</b> (Geraldine) Group Exercise Room	12:15 – 1pm <b>Tight &amp; Toned</b> (Beverly) Group Exercise Room		12-1PM <b>Zumba</b> (Yvonne) Gymnasium	12:15-1:00PM <b>Yoga</b> (Suzann) Group Exercise Room	12-1PM <b>Zumba</b> (Yvonne) Gymnasium	12:15 – 1pm <b>Tight &amp; Toned</b> (Beverly) Group Exercise Room	12:15-1:00PM <b>Yoga</b> (Suzann) Group Exercise Room	
4:45-5:30pm <b>B.L.T.</b> (Kim) Group Exercise Room				4:45-5:30pm <b>B.L.T.</b> (Kim) Group Exercise Room		4:15-5PM <b>Cycle</b> (Willis) Gymnasium	4:30 – 5:30 pm <b>Meditation</b> (Ken) Group Exercise Room	4:45-5:30PM <b>Cycle</b> (Kim & Britney) Gymnasium	
5:45-6:45pm <b>Zumba</b> (Erica) Group Exercise Room		5:45-6:45pm <b>30/20/10</b> (Kellin) Group Exercise Room	5:30-6:30PM <b>Tai Chi</b> (Ken) Group Exercise Room	5:45-6:45pm <b>Zumba</b> (Erica) Group Exercise Room		5:45-6:45pm <b>30/20/10</b> (Kellin) Group Exercise Room	5:30-6:30PM <b>Yoga</b> (Heather) Meeting Room	5:30-6:15 <b>Pump &amp; Sculpt</b> (Kellin) Group Exercise Room	
6:30-7:30PM <b>Soul Line Dancing</b> (Carolyn) Gymnasium	7 – 8pm <b>Step Aerobics</b> (Geraldine) Group Exercise Room	6-6:45PM <b>Beginner's Cycle</b> (Letitia) Gymnasium		7 – 8pm <b>Step Aerobics</b> (Geraldine) Group Exercise Room		6:00-7:00PM <b>Aqua Zumb</b> (Marlina) Pool		6:30-7:30PM <b>Soul Line Dancing</b> (Carolyn) Gymnasium	

Starting August 14

\*\*\*Schedule Subject to Change\*\*\*  
 2101 Walker Solomon Way Columbia, SC 29204 803.545.3200



## Group Exercise Class Descriptions



30/20/10: Get a complete workout in one class: 30 minutes of cardio, 20 minutes of sculpting, and 10 minutes of abs and flexibility. These simple yet effective moves are ideal for exercisers of all levels!

(B.L.T) Butt, Legs, & Thighs: This class will work out the largest muscles in the body to burn major calories through cardio and resistance training.

Body Power: This high energy class will torch calories with moves that sculpt your upper and lower body with Cardio Kickboxing in between.

Chair Aerobics: This seated low to non-impact exercise class is designed to improve muscle tone and flexibility.

Cycle: This class will challenge you with hills, climbs and sprints that burn a lot of calories in a flash. Beginner's Cycle classes begin with 15 minute tips and tutorial on proper cycling form and bike adjustments for all new participants.

Forever Fit & Strong: For the active older adult who wants to improve muscle strength and joint mobility with low impact exercises done in chairs or standing with dumbbells, bands, or tubes.

Kickboxing: You'll sizzle calories through punches, kicks, and toning exercises in a tough, total body workout.

Pump & Sculpt: This is a whole body, muscle conditioning class that uses dumbbells, bands, tubes, exercise balls, & body bars as resistance tools to pump those muscles and sculpt your body.

Soul Line Dancing: Soul line dances such as the Wobble, Cupid Shuffle, Cha Cha Slide, or Bikers Shuffle may feel similar to country line dances except they are danced to soul, funk, r&b, gospel, hip hop or contemporary pop music. These moves are good for all levels so come join the party!

Step Aerobics: This whole body, muscle conditioning class uses dumbbells, bands, tubes, and more to build muscle and burn fat.

Tight & Toned: Uses resistance exercises to build strength and tone.

Zumba: The Latin dance class that will move your body and burn some serious calories. You get a full body workout just by joining the party!

### **Mind/Body/Flexibility**

Flex & Stretch: Stretch and relax your tight muscles and relieve your body of stress. Open to all ages and fitness levels.

Meditation: Join this class to center your emotions, relax your body, and sharpen the mind. Early arrival is suggested to receive the full guidelines for the class.

Tai Chi: If you are looking for a way to boost your concentration, coordination, and balance, this is the class for you.

Yoga: Develop strength and flexibility as you move through various poses. Yoga will relax and restore your body to balance.

*\*\*\*Schedule Subject to Change\*\*\**

**2101 Walker Solomon Way Columbia, SC 29204 803.545.3200**