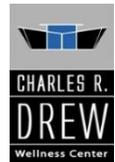


Charles R. Drew Wellness Center

August 2017 Group Exercise Schedule

(Low impact classes are highlighted)



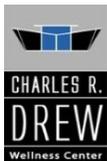
= 30 min

= 45 min

| Start Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|---|---|---|--|--|----------------------------------|
| 7:00a | Build & Burn (James) - GroupX | | Build & Burn (James) - GroupX | | Build & Burn (James) - GroupX | |
| 9 or 9:30 | Chair Stretch & Sculpt (Leah) Gym | Chair Cardio Strength (James) Gym | Chair Stretch & Sculpt (Leah) Gym | ZUMBA & Chair Sculpt (Lisa) Gym | | ZUMBA (Jessica)-GroupX |
| 10:30a | | | | | | Gym (Jessica)-GroupX |
| 11:00a | PiYoga Fusion (Diane) - GroupX | | | | | |
| 12:00p | ZUMBA (Yvonne) - GroupX | | ZUMBA (Yvonne) - GroupX | ZUMBA (Yvonne) - GroupX | | |
| 12:15p | | Build & Burn (James) - GroupX | Restorative YOGA (Beth) - Multi | Build & Burn (James) - Multi | Restorative YOGA (Beth) - Multi | |
| 2 - 4p | | Pickleball Gym | | Pickleball Gym | | |
| 5:00p | B. L. T. (instructor) - Gym | | B. L. T. (instructor) - Gym | | | |
| 5:30p | | YOGA-Flow (Diane) - Multi | | | Ball Aerobics (Kellin) - GroupX | |
| 5:45p | ZUMBA Jessica - GroupX | 30/20/10 (Kellin) - GroupX | ZUMBA Jessica - GroupX | 30/20/10 (Kellin) - GroupX | | |
| 5:45p | RIDE (Anna)-Gym | RIDE- @ 6PM (Dana)-Gym | RIDE (Dana)-Gym | | | |
| 6:30p | Soul Line Dancing (Delia)-Gym | | | | Soul Line Dancing (Delia) - GroupX | |
| 6:45p | | Gym (Jessica) - GroupX | | Pilates (Christie) - Multi | | |
| 7:00p | Step Aerobics (Geraldine) - GroupX | | Step Aerobics (Geraldine) - GroupX | Low Impact Cardio Sculpt (Kellin) - GroupX | | Updated 7-28-17 |

Schedule Subject to Change

2101 Walker Solomon Way Columbia, SC 29204 - 803.545.3200 - columbiasc.net/drew-wellness



Group Exercise Class Descriptions



Classes are one hour long unless specified.

Arrive early to speak with the instructor for questions and modifications.

= 45 min

= 30 min EXPRESS

- **30/20/10:** Beginner friendly and easy to follow. 30 minutes of low impact cardio, 20 minutes of sculpting, and 10 minutes of abs and stretching.
- **Ball Aerobics:** This class involves the use of stability balls, hand weights, and resistance bands to sculpt your body through low impact moves that will work everything neck down to knee up focusing on your core.
- **Build & Burn:** This military style workout can include high and low intensity intervals, weights, body weight and more! No meditation, mantras, or music; just good old fashion, old school exercise that will get you fit for duty! On nice days we take the class OUTSIDE! All levels of exercise ability are welcome!
- **(B.L.T.) Butt, Legs, & Thighs:** This class will work the largest muscles in the body to burn major calories through cardio and sculpting.
- **Chair Stretch and Sculpt:** 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 or tubes. Different instructors will have a variety of exercises to help you move towards a healthier way of living.
- **Chair Cardio Strength:** Using bodyweight, dumbbells, and bands you will incorporate weight training intervals with cardio in chairs or standing. Everyone works at their own pace throughout the class.
- **Low Impact Cardio Sculpt:** This class concentrates on longer cardiovascular components interspaced with intervals for weight lifting. Beginner Friendly.
- **Pickleball:** A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It's a fun sport that combines many elements of tennis, badminton and ping-pong on a modified tennis court and net.
- **Pilates:** This is a core-focused and mat based class that strengthens muscles and improves flexibility; helps condition the body without pushing it; Re-defines the body; Relieves unwanted tension; Boosts the metabolism; improves balance and much more!!
- **PiYoga Fusion:** This mat based class infuses Pilates, Yoga and Barre with a variety of tools such as weights, balls and bands. Starts with a great core workout and yoga strengthening. Finishes with a great yoga stretch!
- **RIDE (Indoor Cycle):** This class will challenge you with hills, climbs and sprints that burn a lot of calories in a flash. *Early Arrival is Highly Suggested to get your bike reserved and/or receive proper tutorials on bike adjustments.*
- **Soul Line Dancing:** Soul line dances such as the Wobble, Cupid Shuffle, or Bikers Shuffle may feel similar to country line dances except they are danced to soul, r&b, gospel, or pop music. These moves are easy for all levels so come join the celebration!
- **Step Aerobics:** This whole body, muscle conditioning class uses dumbbells, bands, tubes, and more to build muscle and burn fat
- **Urban Boot Camp:** is a High-Intensity Interval Training (HIIT) class that incorporates a variety of calisthenics movements, muscular endurance training, and basic HIP-HOP CHOREOGRAPHY. The end products are fun, sweaty and engaging routines that help you burn calories and tone your body.
- **Yoga:** Improves muscle tone, flexibility, strength, stamina and circulation as you move through various poses. Yoga will relax and restore your body to balance as you reduce stress and tension. Yoga Flow will incorporate some pilates type exercises for core strength development. **YOGA**
- **Zumba:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. (Come join the party! **ZUMBA** is a modified Zumba class that recreates the original moves you love at a lower-intensity.)

Strength/Tone

Indoor Cycling

Dance Fitness

Paddle Sports

Mind & Body

Cardio Step

Modified Exercises

Schedule Subject to Change

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