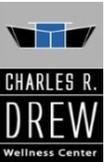


# Charles R. Drew Wellness Center

## Group Exercise Schedule

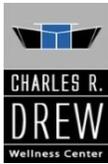
### December 2014



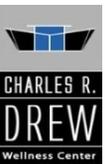
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		6:30-7:15AM <b>Body Power</b> (James) Group Exercise Room				6:30-7:15AM <b>Body Power</b> (James) Group Exercise Room					
9 – 10am <b>Chair Aerobics</b> (Beverly) Gymnasium		9 – 10am <b>Chair Aerobics</b> (Beverly) Gymnasium		9 – 10am <b>Forever Fit &amp; Strong</b> (Winifred) Gymnasium		9 – 10am <b>Chair Aerobics</b> (Beverly) Gymnasium					
										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) Meditation 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) Meditation Room			
5:00-5:30pm <b>B.L.T. Express</b> (Kim) Group Exercise Room				5:00-5:30pm <b>B.L.T. Express</b> (Kim) Group Exercise Room		4:15-5:15PM <b>Cycle &amp; Lift</b> (Willis) Gymnasium		4:45-5:30PM <b>Cycle</b> 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		5:45-6:45pm <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) Meditation Room	5:30-6:15 <b>Ball Aerobics</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		5:30-6:30PM <b>Aqua Zumba</b> (Lisa) Pool		6:30-7:30PM <b>Soul Line Dancing</b> (Carolyn) Gymnasium			

*\*\*\*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 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.

(B.L.T) Butt, Legs, & Thighs Express: This class will work the largest muscles in the body to burn major calories through cardio and sculpting in just 30 minutes.

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, flexibility, and coordination.

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.

Cycle & Lift: This class combines 30 minutes of indoor cycling with 30 minutes of weight lifting to sculpt the body using dumbbells, or floor mats.

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 or tubes.

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

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: A mat and stability ball workout designed specifically for low impact exercisers. Mild stretch and strength exercises will tone and lengthen muscles while invigorating and rejuvenating the body.

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

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!

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

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