# Charles R. Drew Wellness Center

## February 2016 Group Exercise Schedule

*(Low impact classes are highlighted)*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | 5:45 - 6:30 am<br>**Low Impact Circuit**<br>(Edwin)<br>Group Ex Rm | | 5:45 - 6:30 am<br>**Low Impact Circuit**<br>(Edwin)<br>Group Ex Rm | 5:45 - 6:30 am<br>**Low Impact Circuit**<br>(Edwin)<br>Group Ex Rm | | |
| | | 6:30-7:15 am<br>**Total Body Sculpt**<br>(Willis)<br>Group Ex Rm | | 6:30-7:15 am<br>**Total Body Sculpt**<br>(Willis)<br>Group Ex Rm | | |
| | 7 – 7:45 am<br>**Chair Stretch and Sculpt**<br>(Mary W.)<br>Gym | 7:15-8 am<br>**Low Impact Cardio Aerobics**<br>(James A.)<br>Gym | 7 – 7:45 am<br>**Chair Stretch and Sculpt**<br>(Mary W.)<br>Gym | 7 – 7:45 am<br>**Chair Stretch and Sculpt**<br>(Mary W.)<br>Gym | 7:15-8 am<br>**Low Impact Cardio Aerobics**<br>(James A.)<br>Gym | |
| | 9 – 10 am<br>**Chair Aerobics**<br>(Faye)<br>Gym | 9 – 10 am<br>**Chair Aerobics**<br>(James A.)<br>Gym | 9 – 10 am<br>**Chair Aerobics**<br>(Leah)<br>Gym | 9 – 10 am<br>**Chair Aerobics**<br>(Felicia)<br>Gym | | 10 – 11 am<br>**Step Aerobics**<br>(Geraldine)<br>Group Ex Rm |
| | 12-1 pm<br>**Zumba**<br>(Yvonne)<br>Gym<br>12:15-1 pm<br>**Kickboxing**<br>(Geraldine)<br>Group Ex Rm | 12:15 – 1 pm<br>**Tight & Toned**<br>(Felicia)<br>Group Ex Rm | 12-1 pm<br>**Zumba**<br>(Yvonne)<br>Gym<br>12:15-1:00 pm<br>**Restorative Yoga**<br>Beth<br>Meditation Rm | 12-1 pm<br>**Zumba**<br>(Yvonne)<br>Gym<br>12:15 – 1 pm<br>**Tight & Toned**<br>(Felicia)<br>Group Ex Rm | 12:15-1:00 pm<br>**Restorative Yoga**<br>(Beth)<br>Meditation Rm | |
| | | | | | | |
| 2:30-3:15 pm<br>**Salutation Yoga**<br>(Rotation)<br>Meditation Rm | 5:00-5:30 pm<br>**B.L.T.**<br>(Kim)<br>Gym | | 5:00-5:30 pm<br>**B.L.T.**<br>(Kim)<br>Gym | | | |
| | 5:45-6:45 pm<br>**Zumba**<br>(Jessica)<br>Group Ex Rm | 5:45-6:45 pm<br>**30/20/10**<br>(Kellin)<br>Group Ex Rm<br>5:30-6:30 pm<br>**Yoga**<br>(Adrian)<br>Meditation Rm | 5:45-6:45 pm<br>**Zumba**<br>(Jessica)<br>Group Ex Rm | 5:30-6:30 pm<br>**Cycle & Lift**<br>(Willis)<br>Gym<br>5:45-6:45 pm<br>**30/20/10**<br>(Kellin)<br>Group Ex Rm | 5:30-6:15 pm<br>**Ball Aerobics**<br>(Kellin)<br>Group Ex Rm | |
| | 6:30-7:30 pm<br>**Soul Line Dancing**<br>(Carolyn)<br>Gym<br>7 – 8 pm<br>**Step Aerobics**<br>(Geraldine)<br>Group Ex Rm | 6:00-6:45 pm<br>**Beginner's Cycle**<br>(Britney)<br>Gym<br>7 - 7:45 pm<br>**Low Impact Cardio Sculpt**<br>(Mary)<br>Group Ex Rm | 7 – 8 pm<br>**Step Aerobics** (Geraldine)<br>Group Ex Rm | 7 - 7:45 pm<br>**Low Impact Cardio Sculpt**<br>(Kellin)<br>Group Ex Rm | 6:30-7:30 pm<br>**Soul Line Dancing**<br>(Carolyn)<br>Group Ex Rm | |

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

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

# Group Exercise Class Descriptions

*You can make any class work for you by using a chair for balance or sitting during the exercises.*
*Arriving early to speak with the instructor for questions is recommended.*

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.

Beginner's Cycle: This class will challenge you with hills, climbs and sprints that burn a lot of calories in a flash beginning with 5 minute tips and tutorial on proper cycling form and bike adjustments.

(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 Aerobics: 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.

Chair Stretch and Sculpt: Using mats, dumbbells, and bands you will incorporate weight training in intervals with yoga in chairs or on mats as your warm up/cool down.

Cycle & Lift: This class combines 30 minutes of indoor cycling with 30 minutes of weight lifting to sculpt the body.

Low Impact Cardio Aerobics: You will tone your body and do low impact cardio intervals to burn extra calories.

Low Impact Cardio Sculpt: This class concentrates on longer cardiovascular components interspaced with intervals for weight lifting.

Low Impact Circuit Training: You will go through a series of repeating exercise to work your entire body while being gentle on your joints.

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, 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 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.

Salutation Yoga: Sun salutations are for everyone. Master them and start your week with energy and focus.

Tight & Toned: This workout is designed for low impact exercisers. Mild cardio and strength exercises will tone and lengthen muscles.

Total Body Sculpt: You will tone your entire body and do high intensity cardio intervals to burn extra calories.

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 by joining the party!

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