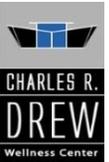


Charles R. Drew Wellness Center

Group Exercise Schedule

January 2014



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		6:15-7AM Full Body Sculpt (James) Group Exercise Room		6:15-7AM Full Body Sculpt (James) Group Exercise Room		6:15-7AM Full Body Sculpt (James) Group Exercise Room					
9 – 10am Chair Aerobics (Beverly) Gymnasium		9 – 10am Chair Flex & Stretch (Ken) Gymnasium		9 – 10am Forever Fit & Strong (Winifred) Gymnasium		9 – 10am Chair Flex & Stretch (Ken) Gymnasium		9-10AM Yoga (Suzann) Group Exercise Room		8:15-9:15AM WOW Bootcamp (Kourtni) Gymnasium	
										10 – 11am Step Aerobics (Geraldine) Group Exercise Room	
12-1PM Zumba (Yvonne) Gymnasium	12:15-1pm Kickboxing (Geraldine) Group Exercise Room	12:15 – 12:45pm Tight & Toned (Beverly) Group Exercise Room		12-1PM Zumba (Yvonne) Gymnasium	12:15-1:00PM Yoga (Suzann) Group Exercise Room	12-1PM Zumba (Yvonne) Gymnasium	12:15 – 12:45pm Tight & Toned (Beverly) Group Exercise Room				
1:30 – 2:30pm Arthritis Foundation Group Exercise Room				1:30 – 2:30pm Arthritis Foundation Group Exercise Room							
4:45-5:30pm B.L.T. (Kimberly) Group Exercise Room		4:15-5PM Circuit Training (Ty) Group Exercise Room		4:45-5:30pm B.L.T. (Kimberly) Group Exercise Room		4:15-5PM Spin (Willis) Gymnasium		4:30 – 5:30 pm Meditation (Ken) Group Exercise Room			
5:45-6:45pm Zumba (Erica) Group Exercise Room		5:45-6:45pm 30/20/10 (Kellin) Group Exercise Room		5:45-6:45pm Zumba (Erica) Group Exercise Room		5:30-6:30PM Turbo Kickboxing (Anna) Gymnasium		5:45-6:45pm 30/20/10 (Kellin) Group Exercise Room		5:30-6:15 Pump & Sculpt (Kellin) Group Exercise Room	
7 – 8pm Step Aerobics (Geraldine) Group Exercise Room		6-7PM Beginning Spin (Letitia) Gymnasium		7 – 8pm Step Aerobics (Geraldine) Group Exercise Room				6:30-7:15PM Soul Line Dancing (Carolyn) Group Exercise Room			

Schedule Subject to Change

2101 Walker Solomon Way Columbia, SC 29204 803.545.3200

Group Exercise Class Descriptions

30/20/10: A total body workout that will target all components of fitness 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!

Arthritis Foundation: This low to non-impact class uses specialty exercises that will help to improve flexibility and relieve joint pain and stiffness.

(B.L.T) Butt, Legs, & Thighs: Are you looking for a killer lower body workout? This class is designed to work out the largest muscles in the body to burn major calories through cardio and resistance training.

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

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. Work your core stability monthly on mats and practice getting up from the floor safely.

Kickboxing: If you are looking for a butt kicking workout, cardio kickboxing is for you! In a quick 45 minute class, you'll sizzle those calories through punches, kicks, toning exercises and abs 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.

Spinning: An indoor calorie burning ride. This class will challenge you with hills, climbs and sprints that burn a lot of calories in a flash. Beginning Spin classes begin with a 15 minute introductory tutorial on proper cycling form and bike adjustments for all new participants.

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.

Circuit Training: This class is a combo of cardio and weights that will get your heart rate up while burning fat and gaining lean muscle. You may be using your own body weight or various props such as weights, body bars, jump ropes, stability balls or much more.

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: Increase your range of motion and improve your core strength. Stretch and relax your tight muscles and relieve your body of stress. Open to all ages and fitness levels.

Yoga: Develop strength and flexibility as you move through various poses. Yoga will relax and restore your body to balance. The class will focus on alignment and finding balance between strength and flexibility.

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

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