

Charles R. Drew Wellness Center

JANUARY 2017 Group Exercise Schedule

(Low impact classes are highlighted)

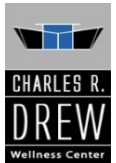


Monday		Tuesday		Wednesday		Thursday		Friday	Saturday
		7:15-8 am Chair Stretch and Sculpt <i>(James A.)</i> Group Ex Rm				7:15 – 8 am Chair Stretch and Sculpt <i>(James A.)</i> Group Ex Rm		7:15-8 am Chair Stretch and Sculpt <i>(James A.)</i> Group Ex Rm	
9 – 10 am Chair Aerobics <i>(Faye)</i> Gym		9 – 10 am Chair Aerobics <i>(James A.)</i> Gym		9 – 10 am Chair Aerobics <i>(Leah)</i> Gym		9 – 10 am Chair Aerobics <i>Instructor Varies</i> Gym		NEW	10 – 11 am Zumba <i>(Jessica)</i> Group Ex Rm
12-1 pm Zumba <i>(Yvonne)</i> Group Ex Rm		12:15 – 1 pm Build & Burn <i>(James A.)</i> Group Ex Rm		12-1 pm Zumba <i>(Yvonne)</i> Group Ex	12:15-1:00 pm Restorative Yoga <i>(Beth)</i> Meditation Rm	12-1 pm Zumba <i>(Yvonne)</i> Group Ex Rm	12:15 – 1 pm Build & Burn <i>(James A.)</i> Meeting Rm		12:15-1:00 pm Restorative Yoga <i>(Beth)</i> Meditation Rm
		Pickle-Ball 2-4pm Gym				Pickle-Ball 2-4pm Gym		NEW	
5-5:30 pm B. L. T. <i>(Kim)</i> Gym				5-5:30 pm B. L. T. <i>(Kim)</i> Gym		5-5:30pm Battle Rope Circuit <i>(Willis)</i> Gym			
5:45-6:45 pm Zumba <i>(Jessica)</i> Group Ex Rm		5:45-6:45 pm 30/20/10 <i>(Kellin)</i> Group Ex Rm	5:30-6:30 pm Yoga <i>(Adrian)</i> Meditation Rm	5:45-6:45 pm Zumba <i>(Jessica)</i> Group Ex Rm	5:45-6:30PM Cycle <i>(Dana)</i> Gym	5:30-6:30 pm Cycle & Lift <i>(Willis)</i> Gym	5:45-6:45 pm 30/20/10 <i>(Kellin)</i> Group Ex Rm	5:30-6:15 pm Ball Aerobics <i>(Kellin)</i> Group Ex Rm	
6:30-7:30 pm Soul Line Dancing <i>(Carolyn)</i> Gym	7 – 8 pm Step Aerobics <i>(Geraldine)</i> Group Ex Rm	6-6:45 pm Cycle <i>(Dana)</i> Gym	7 - 7:45 pm Low Impact Cardio Sculpt <i>(Mary G.)</i> Group Ex Rm	7 – 8 pm Step Aerobics <i>(Geraldine)</i> Group Ex Rm		7 - 7:45 pm Low Impact Cardio Sculpt <i>(Kellin)</i> Group Ex Rm		6:30-7:30 pm Soul Line Dancing <i>(Carolyn)</i> Group Ex Rm	Updated 12-20-16



*****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.

Battle Rope Circuit: Alternates periods of high-intensity exercise with low-intensity recovery periods. This 30min workout increases fitness and burns more calories over a short period of time.

Build & Burn: Energetic workout including strength, cardio and core to emphasize power and fat loss! It can include high and low intensity intervals, weights, suspension trainers, jump ropes, body weight and more! There are really no limits to this workout to keep your body guessing each week! All levels of exercise ability are welcome!

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 or receive proper tutorials on 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. *Early Arrival is Highly Suggested!*

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.

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.

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.

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!

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