Charles R. Drew Wellness Center

MARCH 2017 Group Exercise Schedule

(Low impact classes are highlighted)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15-8 am **Chair Stretch and Sculpt** *(James A.)* Group Ex Rm		7:15 – 8 am **Chair Stretch and Sculpt** *(James A.)* Group Ex Rm	7:15 – 8 am **Chair Stretch and Sculpt** *(James A.)* Group Ex Rm	
9 – 10 am **Chair Aerobics** *(Faye)* Gym	9 – 9:45 am **Chair Stretch & Sculpt** *(James A.)* Gym	9 – 10 am **Chair Aerobics** *(Leah)* Gym	9 – 9:45 am **Zumba Gold & Chair Aerobics** *(Lisa)* Gym		9:30 am **Zumba** *(Jessica)* Group Ex Rm
11-11:45 am **Pi-Yo Fusion** *(Diane)* Group Ex Rm	NEW			NEW	10:30am **UBC** *(Jessica)* Group Ex Rm
12-1 pm **Zumba** *(Yvonne)* Group Ex Rm	12:15 – 1 pm **Build & Burn** *(James A.)* Group Ex Rm	12-1 pm **Zumba** *(Yvonne)* Group Ex Rm 12:15-1:00 pm **Restorative Yoga** *(Beth)* Multi-Purpose	12-1 pm **Zumba** *(Yvonne)* Group Ex Rm 12:15 – 1 pm **Build & Burn** *(James A.)* Multi-Purpose	12:15-1:00 pm **Restorative Yoga** *(Beth)* Multi-Purpose Rm	
	2-4pm **Pickle-Ball** Gym		2-4pm **Pickle-Ball** Gym		
5-5:40 pm **B. L. T.** *(Kim)* Gym		5-5:40 pm **B. L. T.** *(Kim)* Gym	5-5:30pm **Battle Rope Circuit** *(Willis)* Gym		
5:45-6:45 pm **Zumba** *(Jessica)* Group Ex Rm	5:45-6:30 pm **30/20/10** *(Kellin)* Group Ex Rm 5:30-6:30 pm **Beginner Yoga** *(Adrian)* Multi-Purpose Rm	5:45-6:45 pm **Zumba** *(Jessica)* Group Ex Rm 5:45-6:30PM **RIDE** *(Dana)* Gym	5:30-6:30 pm **RIDE & Lift** *(Willis)* Gym 5:45-6:45 pm **30/20/10** *(Kellin)* Group Ex Rm	5:30-6:15 pm **Ball Aerobics** *(Kellin)* Group Ex Rm	
Soul Line Dancing **POSTPONED** 7 – 8 pm **Step Aerobics** *(Geraldine)* Group Ex Rm	6-6:45 pm **RIDE** *(Dana)* Gym 6:45-7:45 pm **UBC** *(Jessica)* Group Ex Rm	7 – 8 pm **Step Aerobics** *(Geraldine)* Group Ex Rm	6:45 –7:45 pm **Pilates** *(Christie F.)* Multi-Purpose 7 - 7:45 pm **Low Impact Cardio Sculpt** *(Kellin)* Group Ex Rm	*Soul Line Dancing* **POSTPONED**	*Updated* *3-3-17*

Mar 15th Zumba GLOW PARTY 5:45pm

NEW

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! On nice days we take the class OUTSIDE! The class on THURSDAYS will focus more on body weight exercises. 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 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. Different instructors will have a variety of exercises to help you move towards a healthier way of living.
- **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, bikes are limited.*
- **Low Impact Cardio Sculpt**: This class concentrates on longer cardiovascular components interspaced with intervals for weight lifting.
- **Pickle Ball:** 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!!
- **Pi-Yo 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 or receive proper tutorials on bike adjustments.*
- **Soul Line Dancing: (POSTPONED)** 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.
- **(UBC) Urban Boot Camp:** is a **H**igh-**I**ntensity **I**nterval **T**raining (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. All levels!
- **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. (**Zumba Gold** is a modified Zumba class that recreates the original moves you love at a lower-intensity.) Come join the party!

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