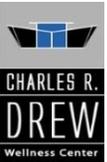


Charles R. Drew Wellness Center

Group Exercise Schedule

May 2014



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		6:15-7AM Body Power (James) Group Exercise Room				6:15-7AM Body Power (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				9:30-10:30AM Aqua Zumba (Marlina) Pool	
										10 – 11am Step Aerobics (Geraldine) Group Exercise Room	
12-1PM Zumba (Yvonne) Gymnasium	12:15-1pm Kickboxing (Geraldine) Group Exercise Room	12:15 – 1pm 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 – 1pm Tight & Toned (Beverly) Group Exercise Room	12:15-1:00PM Yoga (Suzann) Group Exercise Room		<div style="border: 2px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> <p style="text-align: center;">Come unwind in the ALL NEW lunch Yoga Class!</p> </div>	
4:45-5:30pm B.L.T. (Kimberly) Group Exercise Room				4:45-5:30pm B.L.T. (Kimberly) Group Exercise Room		4:15-5PM Cycle (Willis) Gymnasium	4:30 – 5:30 pm Meditation (Ken) Group Exercise Room	4:45-5:30PM Cycle (Kimberly & Britney) Gymnasium		<div style="border: 2px solid black; border-radius: 50%; padding: 10px; display: inline-block;"> <p style="text-align: center;">Check out cycling at an ALL NEW time!</p> </div>	
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		5:45-6:45pm 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		6-6:45PM Beginner's Cycle (Letitia) Gymnasium		7 – 8pm Step Aerobics (Geraldine) Group Exercise Room		5:30-6:30PM Aqua Zumba (Marlina) Pool		6:30-7:30PM Soul Line Dancing (Carolyn) Gymnasium			

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!

(B.L.T) Butt, Legs, & Thighs: This class is designed to work out the largest muscles in the body to burn major calories through cardio and resistance training.

Body Power: This high energy class will torch calories with moves that will sculpt your upper body, lower body, and everything in between.

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

Cycle: An indoor calorie burning ride. 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 a 15-20 minute introductory tutorial on proper cycling form and bike adjustments for all new participants.

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, kickboxing is for you! You'll sizzle calories through punches, kicks, and toning exercises 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.

Soul Line Dancing: Soul line dances or urban 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: Uses resistance exercises to build strength and tone.

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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