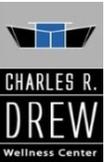


Charles R. Drew Wellness Center

Group Exercise Schedule

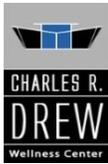
September 2014



| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | Saturday |
|---|---|---|---|--|--|--|---|--|---|
| | | 6:30-7:15AM Body Power (James) Group Exercise Room | | | | 6:30-7:15AM 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 (Rotating) 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) Meditation Room | 12-1PM Zumba (Yvonne) Gymnasium | 12:15 – 1pm Tight & Toned (Beverly) Group Exercise Room | 12:15-1:00PM Yoga (Suzann) Meditation Room | |
| | | | | | | | | | |
| 4:45-5:30pm B.L.T. (Kim) Group Exercise Room | | | | 4:45-5:30pm B.L.T. (Kim) Group Exercise Room | | 4:15-5PM Cycle (Willis) Gymnasium | 4:30 – 5:30 pm Meditation (Ken) Group Exercise Room | 4:45-5:30PM Cycle (Kim & Britney) Gymnasium | |
| 5:45-6:45pm Zumba (Erica) Group Exercise Room | | 5:45-6:45pm 30/20/10 (Kellin) Group Exercise Room | 5:30-6:30PM Tai Chi (Ken) Meditation Room | 5:45-6:45pm Zumba (Erica) Group Exercise Room | | 5:45-6:45pm 30/20/10 (Kellin) Group Exercise Room | 5:30-6:30PM Yoga (Heather) Meditation Room | 5:30-6:15 Ball Aerobics (Kellin) Group Exercise Room | |
| 6:30-7:30PM Soul Line Dancing (Carolyn) Gymnasium | 7 – 8pm Step Aerobics (Geraldine) Group Exercise Room | 6-6:45PM Beginner's Cycle (Letitia) Gymnasium | | 7 – 8pm Step Aerobics (Geraldine) Group Exercise Room | | 6:00-7:00PM Aqua Zumba (Lisa) 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: Get a complete workout 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!

Ball Aerobics – This class will work everything neck down to knee up focusing on your core. The class involves use of stability balls, hand weights, and resistance bands to sculpt your body through low impact moves.

(B.L.T) Butt, Legs, & Thighs: This class will 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 sculpt your upper and lower body with Cardio Kickboxing in between.

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

Cycle: 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 15 minute tips and 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.

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, 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: A mat and stability ball workout designed specifically for low impact exercisers. Mild stretch and strength exercises will tone and lengthen muscles while invigorating and rejuvenating the body.

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: Stretch and relax your tight muscles and relieve your body of stress. Open to all ages and fitness levels.

Meditation: Join this class to center your emotions, relax your body, and sharpen the mind. Early arrival is suggested to receive the full guidelines for the class.

Tai Chi: If you are looking for a way to boost your concentration, coordination, and balance, this is the class for you.

Yoga: Develop strength and flexibility as you move through various poses. Yoga will relax and restore your body to balance.

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

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