



# Charles R. Drew Wellness Center

## January 2018 Group Exercise Schedule



= 30 min

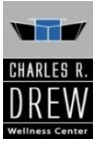
Classes are one hour unless specified


= 45 min

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00a	<b>Build &amp; Burn</b> James - GroupX	/	<b>Build &amp; Burn</b> James - GroupX	/	<b>Build &amp; Burn</b> James - GroupX	<b>Pickleball</b> 8am - 11am
9:00a	<b>Chair Stretch &amp; Sculpt</b> Leah - Gym	<b>Chair Cardio Strength</b> James - Gym	<b>Chair Stretch &amp; Sculpt</b> Leah - Gym	<b>ZUMBA &amp; Chair Sculpt</b> Lisa - Gym	<b>Chair Cardio Strength</b> James-Gym	
9:30a	/	/	/	/	/	<b>ZUMBA</b> Jessica - GroupX
10:30a	/	/	/	/	/	<b>Gym</b> Jessica - GroupX
12:00p	<b>ZUMBA</b> Yvonne - GroupX	/	<b>ZUMBA</b> Yvonne - GroupX	/	<b>ZUMBA</b> Sarah - GroupX	
12:15p	<b>PiYoga Fusion</b> Diane - Multi	<b>Build &amp; Burn</b> James - GroupX	<b>Restorative Yoga</b> Beth - Multi	<b>Build &amp; Burn</b> James - GroupX	<b>Restorative Yoga</b> Beth - Multi	<b>NEW</b>
2 - 4p	/	<b>Pickleball</b> Gym	<b>NEW</b>	<b>Pickleball</b> Gym	/	/
5:00p	<b>H.I.I.T.</b> Jessica - Gym	<b>INSANITY</b> Joe - Gym	<b>H.I.I.T.</b> Anna - Gym	/	/	/
5:30p	/	<b>PiYoga Fusion</b> Diane - Multi	/	<b>INSANITY</b> Joe - GroupX	<b>Ball Aerobics</b> Kellin - GroupX	/
5:45p	<b>ZUMBA</b> Jessica - GroupX	<b>30-15-10</b> Kellin - GroupX	<b>ZUMBA</b> Jessica - GroupX	<b>Tai Chi</b> Joseph - Multi- at 5:30pm	/	/
5:45p	<b>RIDE</b> Anna - Gym	/	<b>RIDE</b> Dana - Gym	/	/	/
6:00p	/	<b>RIDE</b> Dana - Gym	/	/	/	/
6:30p	<b>Soul Line Dancing</b> Delia - Gym	/	/	<b>ZUMBA</b> Sarah - GroupX	<b>Soul Line Dancing</b> Delia - GroupX	/
6:45p	/	<b>Gym</b> Jessica - GroupX	/	<b>Pilates</b> Christie - Multi	/	/
7:00p	<b>Step Aerobics</b> Geraldine - GroupX	/	<b>Step Aerobics</b> Geraldine - GroupX	/	/	<b>Updated</b> 12-21-17

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

2101 Walker Solomon Way Columbia, SC 29204 - 803.545.3200 - columbiasc.net/drew-wellness



 = 45 min

## Group Exercise Class Descriptions

Classes are one hour long unless specified.

 = 30 min EXPRESS



Arrive early to speak with the instructor for questions and modifications.

- **30/20/10:** Beginner friendly and easy to follow. 30 minutes of low impact cardio, 20 minutes of sculpting, and 10 minutes of abs and stretching.
- **Ball Aerobics:** This class involves the use of stability balls, 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. 
- **Build & Burn:** This military style workout can include high and low intensity intervals, weights, body weight and more! No meditation, mantras, or music; just good old fashion, old school exercise that will get you fit for duty! On nice days we take the class OUTSIDE! All levels of exercise ability are welcome! 
- **H.I.I.T:** Short burst of max-intensity exercise followed by a brief low-intensity activity. Research has shown that HIIT regimens successfully produced significant reductions in the fat mass of the whole-body. Get in, Get it done & Get OUT in 30min! 
- **INSANITY:** Combines endurance & plyometrics, strength & balance, coordination & balance to completely transform your body! All levels welcome, modifications for every move! 
- **Low Impact Aerobics:** Beginner friendly and easy to follow. Great mixture of low impact cardio, muscle sculpting, abs and stretching.
- **Chair Stretch and Sculpt:** 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 Cardio Strength:** Using bodyweight, dumbbells, and bands you will incorporate weight training intervals with cardio in chairs or standing. Everyone works at their own pace throughout the class.  
- **Pickleball:** 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!! 
- **PiYoga Fusion:** Tight muscles limit our range of motion and often set our body up for impending injury. This mat based class infuses Pilates, Yoga and Barre will help with muscle balance and flexibility while building strength.  
- **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 and/or receive proper tutorials on bike adjustments.* 
- **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 on the step platform. GREAT for the legs and glutes! 
- **Tai Chi:** Described as "meditation in motion," *tai chi* consists of a standing person performing a series of postures or bodily movements in a slow and graceful manner, with each movement flowing without pause to the next.
- **Urban Boot Camp:**  is a High-Intensity Interval Training (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. 
- **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** is a modified Zumba class that recreates the original moves you love at a lower-intensity. Come join the party!  **ZUMBA** 

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

2101 Walker Solomon Way Columbia, SC 29204 - 803.545.3200 - [columbiasc.net/drew-wellness](http://columbiasc.net/drew-wellness)