## Georgia Southwestern University
### 2015 Spring Group Exercise Schedule
#### SCC Group Exercise Room 1170

**Facebook Group:** GSW Fitness  
**Twitter:** @GSW_Fitness

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>11:30-12:30pm</td>
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<td></td>
<td><strong>Friday Power Hour</strong></td>
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<td>12:05-1:00pm</td>
<td>H.I.I.T. with Jordan</td>
<td>Cardio Party with Elaina</td>
<td>Barre-Yoga Fusion with Brad</td>
<td>Hurricane Bootcamp with Sissy</td>
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<tr>
<td>4:00-4:30pm</td>
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<td>H.I.I.T. with Trent (Anna)</td>
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<td>H.I.I.T. with Trent (Anna)</td>
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<tr>
<td>4:45-5:25pm</td>
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<td>Fitness Yoga (4:30-5:25pm) with Paula</td>
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<td>POUND®; Rockout. Workout.™ with Sissy</td>
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<tr>
<td>5:30-6:30pm</td>
<td>Boxing Bootcamp with Marnie</td>
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<td>Zumba® with Sissy</td>
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<tr>
<td><strong>6:35-7:35pm</strong></td>
<td>**Power Yoga with Brad (Caleb)</td>
<td>Core Blast (6:35-7:00pm) with Kristen (Anna)</td>
<td>**Power Yoga with Brad (Caleb)</td>
<td></td>
<td>Pilates (6:35-7:00pm) with Sissy</td>
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<tr>
<td>7:00-8:00pm</td>
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<td>Power Conditioning with Andrea</td>
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<td></td>
<td>Cardio Sweat with Andrea</td>
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*$10 charge for class. Sign up...before/after measurements!  
** Denotes time of class.
**BARRE-YOGA FUSION:** For those of you who are in love with both yoga and barre, we’ve mixed it up for you with our barre-yoga fusion. We start with centering and breathing while we move into our Power Vinyasa Flow to warm up. This is followed by a quick and effective 20-minute barre workout. Finally, we end with some deep stretching postures to release the muscles and get the most out of your workout.

**B-FIT OUTDOOR BOOTCAMP:** Work your WHOLE body…even the revealing “bikini body” in this outdoor workout. This class will push you to limits you thought you’d never reach. Basic body-weight and resistance exercises, coupled with non-stop cardio intervals will ensure that you burn 400 – 600 calories each class. Rain or shine…no excuses! **THERE IS A FEE OF $10… YOU MUST SIGN UP! Before and after measurements will be taken!**

**BOXING BOOTCAMP:** Increase your speed, agility, and strength and prepare to sweat in this bootcamp style interval training kickboxing class!

**FITNESS YOGA:** Created with the Gentle Warrior in mind. Relax and refresh in this mind/body class. Yoga consists of flowing movements and poses to calm the mind, body, and spirit. Leave this class feeling elongated and energized.

**HURRICANE BOOTCAMP:** No guts, no glory in this total body workout! Boot Camp classes combine intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. You’ll move around the room to a number of different stations each designed for a specific exercise. Cross *easy* out at the door when you step into this workout.

**CARDIO PARTY:** Ditch the workout! Join the party! Need cardio? Love to dance? Get ready to shake and sweat! No rhythm required! Add fun to your fitness with this high-intensity class that fuses the latest hip hop, dance and Latin music with easy-to-follow dance routines.

**CARDIO SWEAT:** Looking for a fat-burning, heart-pumping workout? This class combines non-stop cardio, step, and weights. This multi-intensity class is the ultimate in cardiovascular workouts!

**CORE BLAST:** An intense 20-minute non-aerobic core conditioning class that focuses on strengthening the muscles of the midsection and lower back. It will improve abdominal definition and increase core stability. Your core is your “powerhouse” that carries you around daily. Make it strong!

**FRIDAY POWER HOUR:** For the yogi with the hectic schedule on Friday! Get every benefit in yoga from this streamlined class. End your week feeling energized and refreshed!

HIIT has been studied and proven to be a form of cardio beneficial to burning fat in a short, but intense workout. Sessions last only 9-20 minutes, but are all out the entire duration! Tabata uses 20 seconds of ultra-intense exercise followed by 10 seconds of rest, repeated continuously for 8 cycles (4 minutes). Gain power, strength, agility, and speed with this class. Athlete or not, gain anaerobic benefits, improve athletic performance, and transform your body with this 30-minute blast!

**PILATES:** The goal of Pilates is overall body fitness, elongated supple muscles, and balance between body and mind, with all the parts of a person working as a whole. Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates.

**POUND®: ROCKOUT. WORKOUT.™:** Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin’ soundtrack using Ripstix™ – weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.

**POWER CONDITIONING:** Increase the POWER of your workouts in this class. This class will challenge your normal routine and define and strengthen your entire body. Calorie torching cardio drills, resistance training, and plyometrics will all be utilized in this class.

**POWER YOGA (ALL LEVELS):** This energetic and athletic level of Vinyasa yoga is for those who want to challenge their strength and power. Focus on balance, posture, and breathing as you move from one dynamic pose to the next. Includes many different yoga styles.

**ZUMBA®:** Get the party started with this get-down-and-dance Latin high-energy workout. Come challenge your muscles and your mind while dancing away your worries!

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**ALL CLASSES ARE FOR ANY FITNESS LEVEL!**

**HIIT:** IT’S BACK AND BETTER THAN EVER!! High Intensity Interval Training or