

MUSC
WELLNESS CENTER
Group Exercise
Schedule
effective Feb 24

AQUATICS

MON AquaAction 9:00 Kathy	TUES AquaAction 10:00 Kathy	WED AquaAction 9:00 Kathy	THUR AquaAction 10:00 Kathy	FRI AquaAction 9:00 Kathy	SAT WetExpress 9:30 rotating inst.	SUN AquaAction 3:00 rotating inst. FamilySwim 4:30-6:30 \$5/child
ABS 5:30-6:30 Marty	ONE 5:30 Marty	AquaFit 5:30 Leslie	ONE 5:30 Marty	AquaStretch 5:30-6:45	POOL HOTLINE temperature and up- dates: 792-5070	



MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Call HOTLINE 792-1649 for 24 hour schedule changes and for weekend instructors	
8:30 Step & core Olga		8:30 Step & Weights James	8:30 75 minute Core Essentials James	8:30 Step Olga		
10:30 <i>Seniors</i> STAE-Fit	10:00 <i>Seniors</i> Karen's Class	10:00 Wu Style Tai Chi for Seniors Kaye	10:00 <i>Seniors</i> Karen's Class		9:05 ZUMBA James	11:15 Step & Weights Rotating Instructor
12:00 Absolute Strength with BodyBar Lillie	12:00 ZUMBA James	12:00 Absolute Strength with BodyBar Ashley	12:00 ZUMBA	12:00 Absolute Strength with BodyBar Lillian	10:15 Advanced STEP Rotating Instructor	
	4:30 Core Essentials Katie		4:30 Step Challenge Jean/Sidney	4:30 TaeBo® <i>TaeBo instructor</i>		4:00 TaeBo® Amy
5:00 Step & Sculpt Jean	5:30 Cardio PowerHour Lillie	5:00 TaeBo® James Pushia or Taebo Instructor	5:30 CardioPowerHour Lillie	5:30 Fanatic Friday James		
6:00 TaeBo® James Pushia or Taebo Instructor	6:30-8:00 JAZZ James	6:00 BodyBar-Extreme Lillie	6:30 ZUMBA Silvia		Please Remember You must hand-scan and use the IN turnstyle as you enter class. Thank you very much!	
7:00 BodyBar Essentials James			8:00 Salsa Tina		Dance Classes	

CROW'S NEST

A MON B	A TUES B	A WED B	A THUR B	A FRI B	A SAT B	A SUN B
6:45 Rise'n Shine YOGA Sarah		6:45 Yoga Rise & Shine Frances		6:45 Yoga Rise & Shine Frances	Magic Cir- cle 9:30-10:15 Jessica or Terry	
Seniors 9:00 STAE-Fit		Seniors 9:00 Class 10:30 Class STAE-Fit	12:00 YOGA Emily	Seniors 9:00 Class 10:30 Class STAE-Fit		
12:00 Pilates Mat with Ball Terry	11:00 BasicYOGA Ruth Ann	12:00 Pilates Mat Terry	4:00 Pilates Mat Jessica	12:00 Pilates Mat Jessica		
5:15-6:15 Nia Amy	4:15 Nia Amy		5:15 NIA Amy			4:00 YOGA Emily
6:15-7:15 Adult Intro. Ballet Susan/ody	5:30 Pilates Mat Terry		6:15 Adult Ballet Amanda			
7:15-8:55 *Tae Kwon Do* Alan Johnson	6:30-7:30 Basic Aikido 7:30-8:30 Int.Aikido	6:30-8pm Anusara YOGA Gail		5:45-7:30 *Tae Kwon Do* Alan Johnson		

Joe D Bands
in Basketball Gym
Performance Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 pm Total Athletic Fitness		6:00 am Total Athletic Fitness		6:00 am Total Athletic Fitness	JOE D BANDS  HALL OF FAME Players LLC	
5:30 pm Total Athletic Fitness	4:30 pm Total Athletic Fitness	4:30 pm Total Athletic Fitness	4:30 pm Total Athletic Fitness			
MON Group Cycling 6:00 am	TUES Group Cycling 9:00 am	WED Group Cycling 6:00 am	THUR Group Cycling 9:00 am	FRI Group Cycling 6:00 am	SAT 	SUN <i>Weekend</i> <i>Classes</i> <i>coming</i> <i>Soon!</i>
Group Cycling 9:00 am	Group Cycling 9:00 am	Group Cycling 9:00 am	Group Cycling 9:00 am	Group Cycling 9:00 am		
Group Ride 6:00 pm	Group Cycling 6:00 pm	Group Cycling 6:00 pm	Group Cycling 6:00 pm			

Group Exercise Class Descriptions

Personal Training Program, Aerobics Orientation, Youth Fitness Program- Call James Johnson 792-7141, (newtonj@musc.edu).

Personal Training: Private training sessions with a certified personal trainer include training of all components of fitness based on the individual needs of each client. Training Fees vary based on specialized needs and choice of trainer. Call James Johnson 792-7141, (newtonj@musc.edu):

Training is available for: General Fitness, Weight and Body composition, competitive athletes, Post-Rehab Training, Youth Fitness and overweight adolescents.

Absolute Strength with Body Bar - A full-body conditioning class designed to challenge your muscular strength and balance. The class also focuses on core conditioning and strength through every range of motion. The class content changes every two weeks.

Advanced Step - A highly choreographed step class for the experienced stepper. This is a fast-paced class with a lot of combinations. This class may occasionally be multi-step- *check hotline 792-1649.*

Aikido - or "The Way to Harmony in Spirit" is a Japanese martial art that teaches self-defense in a totally non-competitive atmosphere. The principles of Aikido teach relaxation and centering. Classes include meditation, breathing exercises, stretching, toning and self-defense. For more information call, Eric Lipton (5th d. Black Belt) or Martha Lipton (4th d. Black Belt) at 763-6617.

Beginners Class, the basics of Aikido working on stretching, relaxation and centering, some tumbling and basic self-defense. **Intermediate Class**, a continuation of Aikido Basics with more emphasis on tumbling and self-defense. Beginners Class required prior to going to Intermediate class.

Body Bar Essentials - All body bar class emphasizes full-body conditioning through every range of motion. This class focuses on muscular strength, stamina, and agility. The class content shifts every two weeks.

Cycling, Group Ride - This indoor cycling class is designed to make you a fitter cyclist. Workouts are specifically designed for the cyclist or triathlete, but also provides a great workout for non-cyclists as well. Structured intervals are used to improve power, climbing strength, time trialing, and anaerobic threshold. Participants are allowed to bring their own bike and stationary trainer to use in class if preferred. Although geared towards cyclists and triathletes, everyone is welcome!

Cycling, Group - Classes designed to build strength and endurance while cycling through simulated terrain conditions.

Fanatic Friday - A very high-intensity training session that will choose a different training modality (step, coreboard, body bar, martial arts, etc.) each week. This class is for the participant who wants to be challenged to the max-your muscular strength, cardiovascular fitness, balance, agility, flexibility, and mental focus will benefit from this Fanatic Friday hour.

INTV - an aerobic Interval Training class consisting of repeated intervals (approx. 5 min.) of higher intensity cardiovascular exercises (hi/low, step) interspersed with intervals of lower intensity exercises (weighted upper and lower body). A great cross-training workout resulting in enhanced muscular endurance and improved cardiorespiratory fitness.

Joe D Bands Total Athletic Fitness Training-This program is for new exercisers, competitive athletes, or advanced level fitness enthusiasts. This class focuses on all components of fitness: cardiovascular fitness, strength, endurance, flexibility, and body composition. It also develops power and speed. This form of resistance band training is easy on the joints, yet produces significant results in improving neuro-muscular training adaptations. It will result in improved strength, muscle tone, coordination, and flexibility. If combined with proper nutrition, it will also speed the process of losing body fat and increasing muscle mass. It will improve your vertical jump, explosiveness, and agility. Full 1 hour sessions include techniques the pros use in the NFL, MLB, NBA, and other pro and college level training programs. Using resistance bands reduces the susceptibility of injury during training and in competition. All levels are accommodated. New People Are Always Welcome!

Karen's Class - Exercises are done on the floor and in a chair. The class focuses on toning, stabilization, muscular endurance, strength and flexibility.

NIA - NIA, "Neuromuscular Integrative Action", is a holistic wellness fusion fitness program incorporating elements of Yoga, martial arts, dance and the healing arts.

For more info: Amy (NIA Black Belt) 849-1148.

Pilates Mat - This Pilates-based Mat class is a total body non-impact workout that stretches, strengthens and lengthens the entire body, with emphasis on the core muscles.

Pilates Mat with Magic Circles - This is a classical Pilates Mat class using the "circular resistance band". The Magic Circles are used to provide resistance and neuromuscular feedback. They are especially effective for toning the arms, chest, hips and thighs. Magic Circles are provided.

Step - a step-training workout - This is high intensity, low impact workout that is easy to follow and challenging to all fitness levels. This class provides an incredible cardiovascular workout as well as added conditioning and toning of the hamstrings, quadriceps, and gluteals. Great for the legs! Some classes will also include a short sculpting segment.

Step & Sculpt - This high-energy step class is designed to improve cardiovascular fitness, strength, agility with various levels of power drills and sculpting exercises.

STAE-FIT Structured fitness programs for seniors. Balance, strength and cardiovascular exercises. Two classes offered to fit your schedule.

TAE-BO® - A program that combines the best variety of different exercise disciplines to provide an overall workout. Tae Bo® is the combination of self awareness and the control of martial arts, the focus and strength of boxing and the grace and rhythm of dance. Tae Bo® develops cardiovascular & muscular endurance, strength, speed, balance, coordination, body awareness, and mental focus. Tae Bo® is taught by a Tae Bo® instructor certified through the Billy Blanks World Training Center.

Tae Kwon Do (TKD) -It means "The study of kicks and punches". Classes include stretching, mild running, basic movements, forms; free-style non-contact sparring self-defense techniques. TKD will develop self-discipline, self confidence, coordination, flexibility and relieve stress. Alan Johnson.

Tai Chi Ch'uan, for Seniors - An eastern discipline of gentle movements creating radiant health & inner harmony. It is a weight bearing exercise that flexes all joints, stretches muscles & ligaments, rotates the spinal column on its axis, strengthens the heart, deepens the breath & is great for everyday physical & mental balance.

YOGA, Basic - Yoga is about bringing the Mind, Body & Spirit into such harmony that one's natural rhythm can be felt & followed. The focus is on warm-up, stretching, breathing & postures teaching you to trust in your body's wisdom and bring a sense of peace and renewed vitality.

YOGA, Ashtanga - or Power Yoga, is based on a specialized sequencing of postures and focused breathing techniques. The practice moves efficiently into each pose while utilizing the control of breath.

YOGA, Mindful - Move into an easeful space of flexibility. Learn how to relax the nervous system & clear the mind through various breathing techniques. Experience a complete deep relaxation & discover a magical place of inner calm and peace.

YOGA, Nidra - or Yogic Sleep, great technique for stress relief. Relaxing the body deeply, allows benefits of a Yoga session to be assimilated. An extended form of Deep Relaxation.

YOGA, Prenatal - Special poses for pregnancy & exercises to ease delivery. Simple yoga asanas improve fitness & relaxation breathing, meditation help you enjoy the process from conception to birth.

YOGA, Rise'n Shine - A one-hour practice that gently awakens one for the day ahead.

YOGA, Stretch - Like Basic Yoga, but with more emphasis on stretching, breathing and stress release.

DANCE

James Johnson, Artistic Director. Charleston's hottest dance and fitness program!

Ballet, Adult Intro (60 mins; beg.) This class stresses the academic techniques developed through the centuries of the existence of ballet.

Jazz(int./adv.) Contemporary jazz dance in a most expressive form. Fun and stylish without compromising technique. Music's hot, the atmosphere is electric, and the energy is unbelievable!

ZUMBA! A sexy-fierce aerobics class, a must-try!

AQUATICS

Participants are encouraged to bring their own aqua shoes. Please modify any class to accommodate your needs. Ask instructors for assistance. Have FUN!!

Aqua Action - a traditional water aerobics class. You will learn how to reach a challenging level of intensity through manipulating resistance, speed, and the type of movement. The Aquatic Step and HydroTone Bells may be used as part of this class.

Aqua Fit -An energetic and challenging water class for all levels. The class will be using hydra balls and noodles with a concentration on core muscles/

ONE - A class for intermediate and advanced levels only. Class will involve building cardiovascular fitness while toning and shaping arms, chest, legs and abs. Each class will end with a relaxation session.

Family Swim Sundays at 4:30 pm until closing. \$5 per member child, \$8 for two children/ \$10 for 3 children. Member accompaniment required.