

SouthFit Group Fitness schedule

Summer 2025, June 2-August 1



UNIVERSITY OF SOUTH ALABAMA
CAMPUS RECREATION
AND WELLNESS

Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:20am Yoga (S1) <i>Anna</i>		5:30-6:20am Functionally Fit (FTA) <i>Mary Jo</i>			8:45-9:35am Yoga (S1) <i>Rotation</i>
11:30am-12:20pm BodySculpt (S1) <i>Jen</i>	11:30am-12:00pm Express Lane (CS) <i>Sarah</i>	12:15-1:05pm Yoga (S1) <i>Clemence/Leah</i>	11:30am-12:00pm Stretch & Recover (S2) <i>Sarah</i>		9:45-10:35am Spinning® (CS) <i>Rotation</i>
12:30-1:20pm Shallow Water Aerobics (P) <i>Carla</i>	12:15-1:05pm Pilates (S1) <i>Jen</i>	12:30-1:20pm Shallow Water Aerobics (P) <i>Carla</i>	12:15-12:45pm Express Lane (CS) <i>Sarah</i>	12:15-1:05pm BodySculpt (S1) <i>Aaron</i>	

4:30-5:20pm Yoga (S1) <i>Kenneth</i>	4:30-5:00pm BodySculpt (S1) <i>Jen</i>	5:30-6:20pm Yoga (S2) <i>Madison</i>	4:30-5:20pm Spinning®(CS) <i>Caress</i>	4:30-5:20pm Yoga (S1) <i>Anna</i>	Sunday
5:30-6:20pm Spinning® (CS) <i>Lydia</i>	5:30-6:20pm Spinning® (CS) <i>Madalynn</i>	5:30-6:00pm BodySculpt (S1) <i>Sylvie</i>	5:30-6:20pm Hip Hop Step (S1) <i>Julia</i>		4:30-5:15pm Zumba® (S1) <i>Quaneishia</i>
5:45-6:15pm H.I.I.T. (S1) <i>Sylvie</i>	5:30-6:20pm Deep Water Aerobics (P) <i>Jen</i>	6:10-6:40pm H.I.I.T. (S1) <i>Sylvie</i>	5:30-6:20pm Deep Water Aerobics (P) <i>Jen</i>		5:30-6:00pm Express Lane (CS) <i>Quaneishia</i>
6:30-7:20pm Pilates (S1) <i>Meg</i>	5:45-6:35pm Yoga (S2) <i>Rhena</i>	6:30-7:20pm Spinning®(CS) <i>Jen</i>	6:30-7:20pm Yoga (S1) <i>Avery</i>		
	6:30-7:20pm Hip Hop Step (S1) <i>Lydia</i>				

Classes, except for small group trainings, are free for all currently enrolled USA students and Student Recreation Center members. No need to sign up; come to any class, any time.

Dependents age 10-15 may participate in classes during dependent hours, including the extended dependent hours in the summer. A parent/guardian must attend and participate in the class with their child (no drop-offs).

Please check our online schedule (Google calendar) at southalabama.edu/southfit each day for class changes and/or cancellations. No classes Juneteenth (June 19) or Independence Day (July 4).

Water aerobics classes will be canceled anytime inclement weather causes the pools to close.

Class locations: Studio 1, Room 303 (S1), Studio 2, Room 307 (S2), Cycle Studio, Room 318 (CS), Pool (P), Functional Training Area (FTA). FTA is located on the first floor near the indoor soccer court.

Bring a mat to yoga and Pilates classes.

Follow us @usacampusrec:



All group fitness classes include modifications for various fitness levels; however, please read our class descriptions that detail the level of choreography and impact you should expect.

Barre Fusion

Get stronger with Pilates, yoga, cardio, and ballet-based movements to improve core, flexibility and posture. Low-impact. Expect some choreography.

Body Sculpt

Build strength and endurance in your arms, legs, and core. This class will use body weight, dumbbells, resistance bands, and more. Low-impact.

Bootcamp

Push yourself with a mixture of cardio and strength training. Expect some running and other high impact exercises, but modifications will be shown. No choreography. You can do this!

CardioSculpt

This class will have a mixture of cardio (instructor's choice) and resistance training. Some cardio may include choreography or high-impact.

Dance Cardio/Zumba®

An interval-style dance class that combines low-intensity and high-intensity moves. Choreographed to the music. Low- or high-impact (your choice).

Functionally Fit

This class meets at our functional training area downstairs by the indoor soccer court. Work with battle ropes, TRX® suspension trainers, boxing bags, sand bags, slam balls, and more to improve stability and core function. Low- or high-impact (your choice). No choreography.

H.I.I.T. (High Intensity Interval Training)

Alternate between high-intensity cardio exercises and low-intensity recovery periods. Expect some high impact exercises, but modifications will be shown. No choreography.

Hip-Hop Step

Experience this high-energy cardio class that combines hip-hop moves on the step. Expect to sweat and have fun! Choreographed to the music.

Express Lane/Spinning®

This indoor bike riding class has great music, climbs, sprints, and more! Express Lane is 30 minutes. Spinning is 50 minutes. If you have never taken a class, please arrive 10 minutes early to learn bike set-up. Non-impact and no choreography. *Spin & Sculpt* includes resistance training off the bike.

Pilates

Based on Joseph Pilates' methods, this mat class challenges the core muscles' strength and stability with controlled exercises.

Pound®

Channel your inner rockstar with this full body cardio-jam session inspired by the fun of playing the drums.

Private Class

Our staff is available for a private fitness class for your USA group. Fee is \$50/hour and includes all equipment. Your group may choose from most of our class types.

Water Aerobics

Join us in the heated pool for a full-body workout! Low-impact (shallow), non-impact (deep).

Yoga

Find peace and relaxation while you lengthen, strengthen, and balance your body. Bring a mat.

Join our staff!

We are always looking for USA students or employees to lead the group!
Email sarahschrenk@southalabama.edu for more info on how to become a certified group fitness instructor and join our team.