




FALL 2011

Nina B. Hollis Wellness Center

Group Exercise Schedule

August 24th - December 9th

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|-------------------------------------|
| | Beginners Ab Attack 4:15-4:30pm Lesley | | Beginners Ab Attack 4:15-4:30pm Erin | |
| Yoga 4:00-5:00pm Vera | AB Attack 4:30-5:00pm Lesley | Yoga 4:00-5:00pm Samantha | AB Attack 4:30-5:00pm Erin | Yoga 4:00-5:00pm Kelly |
| Boot Camp 5:30-6:30pm Samantha | S.W.E.A.T 6:30-7:30pm Sarah | Boot Camp 5:30-6:30pm Samantha |  5:30-6:30pm Amber | |
|  8:00-9:00pm Cameron | |  8:00-9:00pm Cameron | | |

- Schedule is subject to change without notice.
- All participants are encouraged to wear proper workout attire.
- All classes are FREE to the FSC community.
- Classes will take place in the group exercise room (James W. Sikes Family) in the Nina B. Hollis Wellness Center located on Ingraham Ave.
- Classes will be cancelled during Fall break: October 10th-14th and Thanksgiving recess: November 23rd-25th.




<http://www.flsouthern.edu/wellness/>



Fall 2011 Group Exercise Class Descriptions Nina B. Hollis Wellness Center

Yoga : This ancient natural method for achieving and maintaining physical, mental and emotional health is the hottest form of exercise right now. This class includes classical yoga postures, warm-ups, breathing techniques, and relaxation methods. Benefits include: stress release, body tone and strength, weight control, improved body alignment and flexibility and better concentration.

 **ZUMBA** : A fun, effective and simple fitness system that uses the principal of aerobic interval training to maximize caloric output, fat burning and total body toning. The explosive Latin rhythms create a party like atmosphere that delivers results.

Boot Camp : This is a combination workout to get you in the best shape ever! This class will combine cardio drills with strength training and plyometrics. Great for all participants as the intensity is 100% participant controlled. Get ready to sweat!

AB Attack : An intense and motivating workout devoted entirely to strengthen & stretch the abdominal & back muscles. Hit the floor & be prepared to crunch, flex, bend & stretch your way to a stronger core! Great for all fitness levels.

Beginners

Ab Attack : This class is for those just beginning a fitness program. In this class you will learn some of the basic exercises to begin developing a stronger core.

S.W.E.A.T : Strength, Weights, Endurance, Abdominals, and Toning. This class is a full body workout that is sure to fire you up using different equipment and fitness techniques designed to make you S.W.E.A.T!