

Spring 2012

Nina B. Hollis Wellness Center

# Group Exercise Schedule

January 9th - April 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Yoga</b></p> <p>4:00-5:00pm Samantha</p>	<p><b>AB Attack</b></p> <p>4:30-5:00pm Jack</p>	<p><b>Yoga</b></p> <p>4:00-5:00pm Samantha</p>	<p><b>AB Attack</b></p> <p>4:30-5:00pm Erin</p>	
<p><b>Boot Camp</b></p> <p>5:30-6:30pm Erin</p>	<p><b>Circuit Blast</b></p> <p>5:30-6:00pm Sarah</p>	<p><b>Boot Camp</b></p> <p>5:30-6:30pm Samantha</p>		<p><b>Boot Camp</b></p> <p>5:15-6:15pm Erin</p>
<p> <b>ZUMBA</b> FITNESS</p> <p>8:00-9:00pm Cameron</p>		<p> <b>ZUMBA</b> FITNESS</p> <p>8:00-9:00pm Cameron</p>		

- 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 Spring break: February 27th—March 2nd.




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



## Spring 2012 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** FITNESS : 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.

**Circuit Blast** : This class is sure to fire you up! In this class you will be moving through several stations using different equipment and exercises designed to give you a total body workout in only 30 minutes!