



**SUMMER  
2011**

*Nina B. Hollis Wellness Center*

# Group Exercise Schedule

*May 2nd — July 15th*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Boot Camp</b> 5:30-6:30pm Samantha	 5:30-6:30pm Cameron		 5:30-6:30pm Cameron	<b>Yoga</b> 5:30-6:30pm Samantha

## Class Descriptions

**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 :** Drop and give me 20! 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!

- 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.
- There will be no classes May 30th and July 4th.



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