## Furman Fitness Center

### Group Exercise Program

#### Spring Term 2019

**January 14 – April 30**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>5:45- 6:45 AM</td>
<td><strong>BOOT CAMP</strong></td>
<td><strong>BOOT CAMP</strong></td>
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<td><strong>BOOT CAMP</strong></td>
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<td></td>
<td><em>Debbie</em></td>
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<td>9:00-10:00 AM</td>
<td><strong>BARRE PILATES</strong></td>
<td><strong>POWER YOGA</strong></td>
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<td><strong>YOGA</strong></td>
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<td></td>
<td><em>Elizabeth</em></td>
<td><em>Elizabeth</em></td>
<td></td>
<td><em>Lorraine</em></td>
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<tr>
<td>12:30- 1:15 PM</td>
<td><strong>YOGA</strong></td>
<td><strong>BODY FIT</strong></td>
<td><strong>CYCLING</strong></td>
<td><strong>BODY FIT</strong></td>
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<td></td>
<td><em>Lorraine</em></td>
<td><em>Kelly</em></td>
<td><em>Alison</em></td>
<td><em>Paige</em></td>
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<tr>
<td>4:15- 5:00 PM</td>
<td><strong>CARDIO KICKBOXING</strong></td>
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<td></td>
<td><strong>YOGA</strong></td>
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<td></td>
<td><em>Linnea</em></td>
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<td><em>Kelly /Alison</em></td>
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<tr>
<td>5:30-6:30 PM</td>
<td><strong>YOGA</strong></td>
<td><strong>MINDFUL-MOVEMENT</strong></td>
<td><strong>YOGA</strong></td>
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<td></td>
<td><em>Alison</em></td>
<td><em>Min-Ken</em></td>
<td><em>Lorraine</em></td>
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<tr>
<td>5:30-6:30 PM</td>
<td><strong>AQUA FITNESS (POOL)</strong></td>
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<td><strong>AQUA FITNESS (POOL)</strong></td>
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<td><em>Stephanie</em></td>
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<td><em>Stephanie</em></td>
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<td>5:45-6:30 PM</td>
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### Program cost

- **Furman Faculty, Staff, Students and Dependents**
  - $30 for 15 week block of unlimited classes
- **Community Members**
  - $100 for 15 week block of unlimited classes

For more information please contact the Furman Fitness Center at 294-3581.
**CLASS DESCRIPTIONS**

**BODY FIT** – A total body workout using barbells, dumbbells, resistance tubing, and stability balls to improve muscular strength and endurance.

**BOOT CAMP** – An energizing blend of aerobic and resistance training exercises to train your entire body.

**YOGA** – Develop flexibility, strength, stamina and muscle tone with a variety of yoga postures. Modifications will be provided.

**CYCLING** – Combination of spinning and core exercises.

**BARRE PILATES** – This class integrates traditional Pilate’s exercises with strengthening ballet moves, while also using specific muscle shaping isometrics and specific stretches that will effectively reshape the entire body. This workout utilizes the mat, a small ball, light hand weights and a barre to target all major muscle groups in a low impact workout. Core strength and lean sculpted muscles are emphasized while challenging and effective, this class is appropriate for all fitness levels and abilities. (No shoes required).

**CARDIO KICKBOXING** – A high-energy, cardio workout with punches and kicks to up tempo music. This workout is for the entire body - you will shape your arms, core, and legs. All levels are welcome.

**AQUA FITNESS** – This joint-friendly class is designed to challenge and improve your flexibility and aerobic fitness. Class members do not need to know how to swim but should be comfortable in chest deep water and may work at their own pace. We will take time to breathe as we reach new cardio fitness levels. (Proper Water Aerobic Shoes are recommended to protect your feet and joints).

**POWER YOGA** – An invigorating and ever-evolving class that will expand your knowledge of yoga postures and how your body moves. This all-levels class has inventive and thoughtful sequences of sun salutations, standing and seated postures, and inversions guided by a steady breath to tone and calm the mind. (No shoes required).

**MINDFUL MOVEMENT** – This class is a combination of mindful yoga poses, breathing/meditation exercises, and relaxation.

**MID DAY RESET** - Inhale wellness, exhale everything else! Relax is just that, ease into your breath and let the body calm. As you begin to let the morning melt away, a yoga flow practice allows you to move into the balance between effort and ease. Basic asana, poses, and movements have been designed to keep you in the moment, to bring warmth to the muscles, and to afford you time to balance it all. End your practice with a lovely Savasana, final resting pose, that incorporates restoration and mindfulness. Please join us for this well rounded class.

**Program Information**

The Furman Group Exercise Program is open to all students, employees, dependents, and community members. Program participants may attend any class on the schedule.

All classes are geared toward beginners and more advanced exercisers. No experience or equipment is needed. If you have any special limitations please discuss them with the instructor prior to class.

**Acknowledgement and Release Form**

All participants will be required to complete an Acknowledgment and Release Form prior to participation. Please consult with your physician before beginning any exercise program.

**Passes**

Passes may be purchased at the Fitness Center Desk. Cash, check, and credit card payments are accepted.

**Location**

Group exercises classes are located in the Herman W. Lay Physical Activities Center. Most classes are held in the dance studio on the second floor. Aqua Fitness is held in the swimming pool located at the back of the building.

Group exercise schedules can also be viewed on our website www.furmanfitness.com under the Group Exercise link.

**For additional information**

Please contact the Furman Fitness Center at 294-3581.

**Please note:**

Due to the observance of Furman holidays, there will be no classes offered on the following dates:

- Monday, January 21st – MLK Day
- March 3rd – 10th – Spring Break
- April 19th – April 22nd – Easter Break
- April 9th from 11am till 5:00pm Studio not Available