## Furman Fitness Center

### Group Exercise Program

#### Spring Term 2014

#### January 13- April 29

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45- 6:45 AM</td>
<td><strong>BOOT CAMP</strong>&lt;br&gt;Debbie Wiklow</td>
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<td>12:30- 1:15 PM</td>
<td><strong>BODY FIT</strong>&lt;br&gt;Kelly Frazier</td>
<td></td>
<td></td>
<td><strong>BODY FIT</strong>&lt;br&gt;Kelly Frazier</td>
<td><strong>YOGA</strong>&lt;br&gt;Kelly Frazier</td>
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<td>3:30- 4:15 PM</td>
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<td></td>
<td></td>
<td>X FIT&lt;br&gt;Kelly Frazier</td>
<td><strong>YOGA</strong>&lt;br&gt;Kelly Frazier</td>
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<tr>
<td>4:30- 5:15 PM</td>
<td><strong>CYCLE</strong>&lt;br&gt;Diane Boyd</td>
<td></td>
<td></td>
<td><strong>CYCLE</strong>&lt;br&gt;Julie Goldberg</td>
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<tr>
<td>5:30- 6:20 PM</td>
<td><strong>ZUMBA</strong>&lt;br&gt;Colleen Moe</td>
<td><strong>YOGA</strong>&lt;br&gt;Diane Boyd</td>
<td><strong>ZUMBA</strong>&lt;br&gt;Nina Gilliam</td>
<td><strong>YOGA</strong>&lt;br&gt;Austin Charles</td>
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<tr>
<td>5:45- 6:30 PM (POOL)</td>
<td><strong>AQUA POWER</strong>&lt;br&gt;Julie Goldberg</td>
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### Program cost

- **Furman Students, Faculty, Staff, and Dependents**
  - $55 for 14 week block of unlimited classes OR $20 per monthly block
- **Community Members**
  - $65 for 14 week block of unlimited classes OR $25 per monthly block

Block 1 (1/13-2/8), Block 2 (2/9- 3/8), Block 3 (3/17-4/29)

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

AQUA POWER- This joint-friendly class provides aerobic exercise and resistance training in a comfortable water environment.

BODY FIT- Strengthen, reshape, and define your entire body using barbells, dumbbells, tubing, and stability balls.

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

CYCLE- A group indoor cycling class that is self-paced and non-impact. Class size is limited. Bicycles are filled first come, first served.

PILATES- A blend of standing and mat based exercises to strengthen and stretch the major muscles with specific emphasis on the abdominals and lower back. Modifications will be provided.

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

X Fit- An intermediate blend of aerobic and resistance cross training exercises

ZUMBA- A fusion of Latin and international music that creates a dynamic, exciting, and effective fitness system.

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

Monday, January 20.............................MLK Jr. Day
March 8-16..............................................Spring Break
Thursday, April 17 (4 p.m.)-19.......................Easter Break

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 Power 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.