

# SouthFit Group Fitness schedule: Fall 2025, Aug 18-Dec 5



UNIVERSITY OF SOUTH ALABAMA  
CAMPUS RECREATION  
AND WELLNESS

Cardio	Strength & Balance	Cardio & Strength	Mind/Body & Flexibility		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:20am Functionally Fit (FTA) <i>Mary Jo</i>		5:30-6:20am Functionally Fit (FTA) <i>Mary Jo</i>			8:45-9:35am Yoga (S1) <i>Rotation</i>
11:15-12:05pm Barre Fusion (S1) <i>Jen</i>	11:15am-12:05pm Yoga (S1) <i>Anna</i>	11:15am-12:05pm TRX® (S2) <i>Sarah</i>	11:15am-12:05pm BodySculpt (S1) <i>Graves</i>	11:35am-12:05pm H.I.I.T. (S1) <i>Graves</i>	9:45-10:35am Spinning® (CS) <i>Rotation</i>
12:20-1:10pm Shallow Water Aerobics (P) <i>Carla (ends 10/27)</i>	12:30-1:20pm BodySculpt (S1) <i>Aaron</i>	12:20-1:10pm Shallow Water Aerobics (P) <i>Carla (ends 10/29)</i>	12:30-1:20pm Yoga (S1) <i>Clemence</i>	12:20-1:10pm Pilates (S1) <i>Sarah-Claire</i>	
12:20-12:50pm Express Lane (CS) <i>Sarah</i>		12:20-1:10pm Yoga (S1) <i>Leah</i>			

					Sunday
4:30-5:20pm Yoga (S1) <i>Anna</i>	4:30-5:20pm Bootcamp (S1) <i>Sydney</i>	4:30-5:20pm Zumba® (S1) <i>Crystal</i>	4:00-4:45pm Mindfulness 101 (S2) <i>Rotation</i>	4:30-5:20pm Spinning® (CS) <i>Steve</i>	4:30-5:20pm Zumba® (S1) <i>Quaneishia</i>
5:30-6:20pm Spinning® (CS) <i>Madalynn</i>	5:30-6:20pm Deep Water Aerobics (P) <i>Jen</i>	5:30-6:20pm BodySculpt (S1) <i>Caress</i>	4:30-5:20pm Functionally Fit (FTA) <i>Graves</i>		5:30-6:00pm Express Lane (CS) <i>Quaneishia</i>
5:30-6:20pm Bootcamp (S1) <i>Aaron</i>	5:30-6:20pm Pound® (S1) <i>Crystal</i>	5:30-6:20pm Yoga (S2) <i>Rhena</i>	5:30-6:20pm Deep Water Aerobics (P) <i>Jen</i>		
5:45-6:35pm Dance Cardio (S2) <i>Caroline</i>	5:45-6:35pm Spinning® (CS) <i>Steve</i>	5:45-6:35pm Functionally Fit (FTA) <i>Graves</i>	5:30-6:20pm Spinning® (CS) <i>Meg</i>		
6:45-7:35pm Pilates (S1) <i>Meg</i>	6:30-7:20pm Yoga (S2) <i>Avery</i>	6:30-7:20pm Spinning®(CS) <i>Rachel</i>	5:45-6:35pm Yoga (S2) <i>Madison</i>		
	6:30-7:00pm H.I.I.T. (S1) <i>Caroline</i>	6:45-7:35pm Pilates (S1) <i>Jen</i>	6:30-7:20pm Dance Cardio (S1) <i>Dale</i>		

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Classes are free for all currently enrolled USA students and SRC members. No need to sign up; come to any class, any time. Bring a mat to yoga and pilates classes.

Class locations: Studio 1, Room 303 (S1), Studio 2, Room 307 (S2), Cycle Studio, Room 318 (CS), Pool (P), Functional Training Area (FTA). FTA is located on the first floor near the indoor soccer court.

Dependents age 10-15 may participate in classes during dependent hours. A parent/guardian must attend and participate in the class with their child (no drop-offs).

No classes September 1 (Labor Day) and November 26-28 (Thanksgiving), or when the SRC is closed due to home football games. Reduced schedule during Fall Break (October 9-12) and November 25 (Tuesday before Thanksgiving). Water aerobics is cancelled any time inclement weather causes the pools to close. For class updates such as cancelations, check our Google calendar on [southalabama.edu/southfit](https://southalabama.edu/southfit).

### **Barre Fusion**

Get stronger with Pilates, yoga, cardio, and ballet-based movements to improve core, flexibility and posture. Low-impact. Expect some choreography.

### **Body Sculpt**

Build strength and endurance in your arms, legs, and core. This class will use body weight, dumbbells, resistance bands, and more. Low-impact.

### **Bootcamp**

Push yourself with a mixture of cardio and strength training. Expect some running and other high impact exercises, but modifications will be shown. No choreography. You can do this!

### **Dance Cardio/Zumba®**

An interval-style dance class that combines low-intensity and high-intensity moves. Choreographed to the music. Low- or high-impact (your choice).

### **Express Lane/Spinning®**

This indoor bike riding class has great music, climbs, sprints, and more! Express Lane is 30 minutes. Spinning is 50 minutes. If you have never taken a class, please arrive 10 minutes early to learn bike set-up. Non-impact and no choreography.

### **Functionally Fit**

This class meets at our functional training area downstairs by the indoor soccer court. Work with battle ropes, TRX® suspension trainers, boxing bags, sand bags, slam balls, and more to improve stability and core function. Low- or high-impact (your choice). No choreography.

### **H.I.I.T. (High Intensity Interval Training)**

Alternate between high-intensity cardio exercises and low-intensity recovery periods. Expect some high impact exercises, but modifications will be shown. No choreography.

### **Mindfulness 101**

Learn simple techniques to reduce stress, improve focus, and enhance well-being. Each session combines guided meditation, breathing exercises, and practical mindfulness skills to help you feel calmer and more present in daily life. Led by doctoral students in the Clinical and Counseling Psychology program.

### **Pilates**

Based on Joseph Pilates' methods, this mat class challenges the core muscles' strength and stability with controlled exercises.

### **Pound®**

Channel your inner rockstar with this full body cardio-jam session inspired by the fun of playing the drums.

### **Private Class**

Our staff is available for a private fitness class for your USA group. Fee is \$50/hour and includes all equipment. Your group may choose from most of our class types.

### **TRX®**

Learn how to use the TRX® Suspension Trainer to challenge your core, strength, and balance. Low-impact and no choreography.

### **Water Aerobics**

Join us in the pool for a full-body workout! Low-impact (shallow), non-impact (deep). A one-piece swimsuit is recommended for exercise.

### **Yoga**

Find peace and relaxation while you lengthen, strengthen, and balance your body. Bring a mat.

## **Join our staff!**

We are always looking for USA students or employees to lead the group!  
Email [sarahschrenk@southalabama.edu](mailto:sarahschrenk@southalabama.edu) for more info on how to become a certified group fitness instructor and join our team.