# Furman Fitness Center
## Group Exercise Program
### Fall Term 2016
#### August 23-December 6

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>5:45- 6:45 AM</td>
<td>BOOT CAMP</td>
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<td></td>
<td>Debbie Wilklow</td>
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<tr>
<td>12:30- 1:15 PM</td>
<td>SMASH UP</td>
<td>BODY FIT</td>
<td>SMASH UP</td>
<td>BODY FIT</td>
<td>YOGA</td>
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<tr>
<td></td>
<td>Alison Craven</td>
<td>Kelly Frazier</td>
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<tr>
<td>3:30-4:30 PM</td>
<td>BODY FIT</td>
<td></td>
<td>TAE BO (R)</td>
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<tr>
<td></td>
<td>Linnea Freeman</td>
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<td>Linnea Freeman</td>
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<tr>
<td>4:30-5:15 PM</td>
<td>STRIKE IT!</td>
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<td>STRIKE IT!</td>
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<tr>
<td></td>
<td>Nathan Stevenson</td>
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<td>Nathan Stevenson</td>
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<tr>
<td>5:30- 6:30 PM</td>
<td>YOGA</td>
<td></td>
<td>MINDFUL-MOVEMENT</td>
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<td></td>
<td>Sophia Denaro</td>
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<td>Min-Ken Liao</td>
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<td>AQUA FITNESS (POOL)</td>
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<td>AQUA FITNESS (POOL)</td>
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<td>Kim Gargano</td>
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**Program cost**

Furman Faculty, Staff, Students and Dependents: $30 for 14 week block of unlimited classes

Community Members: $50 for 14 week block of unlimited classes

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

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

**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.

**SMASH UP**- A combination of Cardio, Strength and Core Intervals, finishing with stretching for a total body workout.

**Tae Bo (R)** - A high energy, cardio kickboxing class that incorporates martial arts techniques and some dance moves. All levels are welcome. This class will burn calories and tone upper body, core, and lower body. The class is taught by a Tae Bo® instructor certified through the Billy Blanks World Training Center.

**STRIKE IT!**- A strong workout course focusing on basic moves and principles of Karate, Aikido, Jiujitsu, and Tai Chi for beginners through seasoned students.

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

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

- September 5................................. Labor day
- October 15-18............................... Fall Break
- November 23-27............................ Thanksgiving

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.