## Furman Fitness Center

### Group Exercise Program

**Fall Term 2015**

**August 25 - December 8**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</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><strong>BEGINNING BODY FIT</strong>&lt;br&gt;Kelly Frazier</td>
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<td><strong>YOGA</strong>&lt;br&gt;Kelly Frazier</td>
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<td>4:30-5:15 PM</td>
<td><strong>CYCLING</strong>&lt;br&gt;Bridget Lorenz</td>
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<td><strong>MINDFUL MOVEMENT</strong>&lt;br&gt;Min-Ken Liao / Meghan Slining</td>
<td><strong>YOGA</strong>&lt;br&gt;Sophia Denaro</td>
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<tr>
<td>5:30-6:15 PM (POOL)</td>
<td><strong>AQUA POWER</strong>&lt;br&gt;Kim Gargano</td>
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### Program cost

- **Furman Students, Faculty, Staff, and Dependents**: $55 for 15 week block of unlimited classes OR $20 per monthly block
- **Community Members**: $65 for 15 week block of unlimited classes OR $25 per monthly block

Block 1 (8/25-9/25), Block 2 (9/28-10/30), Block 3 (11/2-12/8)

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

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

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

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 7……………………………………..Labor Day
October, 10-13……………………………………..Fall Break
November, 25-29…………………………………..Thanksgiving 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
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