## Furman Fitness Center

### Group Exercise Program

**Fall Term 2017**

**August 22 – December 5**

<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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<tbody>
<tr>
<td>5:45- 6:45 AM</td>
<td><strong>BOOT CAMP</strong></td>
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<td><em>Debbie Wilklow</em></td>
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<td>9:00-10:00 AM</td>
<td><strong>YOGA</strong></td>
<td><strong>BARRE PILATES</strong></td>
<td><strong>POWER YOGA</strong></td>
<td><strong>BARRE PILATES</strong></td>
<td><strong>20-20-20</strong></td>
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<td></td>
<td><em>Lorraine</em></td>
<td><em>Elizabeth</em></td>
<td><em>Elizabeth</em></td>
<td><em>Elizabeth</em></td>
<td><em>Leslie</em></td>
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<tr>
<td>12:30- 1:15 PM</td>
<td><strong>BARRE PILATES</strong></td>
<td><strong>BODY FIT</strong></td>
<td><strong>CYCLING</strong></td>
<td><strong>BODY FIT</strong></td>
<td><strong>YOGA</strong></td>
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<td></td>
<td><em>Elizabeth</em></td>
<td><em>Kelly Frazier</em></td>
<td><em>Alison Craven</em></td>
<td><em>Kelly Frazier</em></td>
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<td>4:45- 5:30 PM</td>
<td><strong>STEP &amp; PUMP</strong></td>
<td><strong>BARRE BOXING</strong></td>
<td><strong>PAC 360</strong></td>
<td><strong>PAC FIT</strong></td>
<td><strong>YOGA</strong></td>
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<td></td>
<td><em>Leslie</em></td>
<td><em>Leslie</em></td>
<td><em>Lindsay</em></td>
<td><em>Candin</em></td>
<td><em>Lorraine</em></td>
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<td>5:30-6:30 PM</td>
<td><strong>20-20-20</strong></td>
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<td></td>
<td><em>Leslie</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><em>Stephanie Berry</em></td>
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<td>5:45-6:30 PM</td>
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<td><strong>MINDFUL-MOVEMENT</strong></td>
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<td><em>Min-Ken Liao</em></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 BOXING – This class mixes the grace and flow of Barre Pilates and the power and punch of Kickboxing for a fat torching, muscle sculpting, core-centric interval workout. You will tap into your graceful side with our Barre Pilates format, while also unleashing your powerful, beastly side with our Kickboxing format! Recommended for intermediate to advanced participants. (No shoes required)

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)

PAC 360 – Similar to Body Fit, this strength-based class will utilize our Bar Bell training system, Kettle Bells, Body Bars, Tubing, Hand Weights and/or body weight to strengthen muscles, increase metabolism and sculpt you like nothing else! Recommended for all fitness levels.

PAC FIT – This class consists of fun, challenging drills, powerful conditioning and creative movement to get your heart pumping and your metabolism going! Your instructor may use HIIT style drills, football & basketball drills and even some calisthenics, core training and endurance training to get strong and increase your endurance. Recommended for the intermediate to advanced participant.

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)

20/20/20 – This class consists of 20 minutes of cycle, 20 minutes of strength training and 20 minutes of core and stretching to give you a challenging, exciting workout that will boost your metabolism, increase your cardiovascular endurance and give you a strong, powerful core. Recommended for all fitness levels.

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

STEP & PUMP – This cardio class utilizes the step for a fun, calorie-blasting workout with power-moves and even some fun choreography to keep you moving while also incorporating creative resistance with body bard, weights, kettle bells, body weight, tubing and/or bar bells for a big metabolism boost. Recommended for most fitness levels.

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, September 4th………………………………………Labor day
October 7th – 10th………………………………………………Fall Break
November 22nd – 26th………………………………………Thanksgiving Break