



Furman Fitness Center

Group Exercise Class Schedule

Fall 2009

August 31 – December 8



	Monday	Tuesday	Wednesday	Thursday	Friday
5:45- 6:45 AM	SUNRISE CIRCUIT <i>Debbie W.</i>		SUNRISE CIRCUIT <i>Debbie W.</i>		SUNRISE CIRCUIT <i>Debbie W.</i>
6:00- 6:45 AM		CYCLE <i>Diane</i>			
12:00- 12:45 PM	BODY FIT <i>Kelly Frazier</i>		BODY FIT <i>Kelly Frazier</i>		
3:00- 3:45 PM		CYCLE <i>Kelly Frazier</i>		CYCLE <i>Kelly Frazier</i>	MASTER CLASS New! Please visit Public Announcements, Student News, or our Group Exercise message board outside the dance studio for upcoming scheduled events.
4:30- 5:30 PM	ZUMBA <i>Keri Powers</i>	BOOT CAMP <i>Carolyn Vaught</i>	ZUMBA <i>Keri Powers</i>	CARDIOPOWER <i>Carolyn Vaught</i>	
5:30- 6:30 PM	PILATES <i>Claire Owen</i>	YOGA <i>Diane Boyd</i>	PILATES <i>Claire Owen</i>	YOGA <i>Diane Boyd/ Katie Love</i>	
5:45- 6:30 PM (POOL)		AQUA POWER <i>Carolyn Vaught</i>		AQUA POWER <i>Carolyn Vaught</i>	
6:30- 7:30 PM		JAZZ & SCULPT <i>Sarah Hanson</i>		JAZZ & SCULPT <i>Sarah Hanson</i>	

Only \$50 for entire term of unlimited class access OR \$20 per month

Contact Kelly Frazier at 294-2816 (email: kelly.frazier@furman.edu) for more information

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.

CARDIO POWER – An exciting blend of cardio kick and hip hop choreography with resistance training and abdominal exercises

CYCLE- A group indoor cycling class that is self paced and non-impact. Class size limited to 15 participants. Bicycles are filled first come, first served. Class meets in Furman Fitness Center (FC).

JAZZ & SCULPT- A blend of jazz dance choreography with resistance and flexibility exercises for those who love to dance

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 for all exercises.

SUNRISE CIRCUIT- Start your day off with 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 for all postures.

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:

Wednesday, October 21, 4:30 p.m.- Friday, October 23, Fall Break

Wednesday, November 25, 4:30 p.m.- Friday, November 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.

Physical Activity Readiness Questionnaire (PAR-Q)

Effective January 2008, all participants will be required to complete a Physical Activity Readiness Questionnaire (PAR-Q) prior to participation. A physician consent may also be required if indicated by the PAR-Q. Please consult with your physician before beginning any exercise program.

Cost

\$50 for entire fall term OR

\$20 per month

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 Kelly Frazier at 294-2816 or Email: kelly.frazier@furman.edu