UNIVERSITY OF SOUTH ALABAMA
CAMPUS RECREATION AND WELLNESS

Group Fitness Class Schedule
Fall 2026: August 17-December 4

SouthFIT
GROUP FITNESS & PERSONAL TRAINING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:20am Functionally Fit (FTA) *Mary Jo*		5:30-6:20am Functionally Fit (FTA) *Mary Jo*			8:45-9:35am Yoga (S1) *Rotation*
					9:00-9:50am Water Aerobics (P) *Rotation*
11:15am-12:05pm BodySculpt (S1) *Olivia*	11:45am-12:15pm Express Lane (CS) *Sarah*	11:15am-12:05pm Functionally Fit (FTA) *Olivia*	11:45am-12:15pm TRX© (S1) *Sarah*	11:15am-12:05pm Barre Sculpt (S1) *Meg*	9:45-10:35am Spinning® (CS) *Rotation*
12:20-12:50pm Stretch & Recover (S2) *Sarah*	12:30-1:20pm BodySculpt (S1) *Aaron*	12:20-1:10pm Yoga (S1) *Leah*	12:30-1:00pm Step Express (S1) *Sarah*	12:20-12:50pm H.I.I.T. (S1) *Graves*	
12:20-1:10pm Shallow Water Aerobics (ends 10/26) *Carla*		12:20-1:10pm Shallow Water Aerobics (ends 10/28) *Carla*			
					Sunday
	4:30-5:15pm Spinning® (CS) *Meg*	4:30-5:15pm Pilates (S1) *Jen*	4:30-5:20pm Dance Cardio (S1) *Jordan*	4:30-5:20pm Spinning® (CS) *Steve*	5:00-5:50pm BodySculpt (S1) *Jen*
5:30-6:20pm Yoga (S1) *Rhena*	5:30-6:20pm Deep Water Aerobics (P) *Ash*	5:30-6:20pm BodySculpt (S1) *Carleigh*	5:30-6:20pm Deep Water Aerobics (P) *Nancy*	5:30-6:20pm Dance Party (S1) *Rotation* *Last Friday of the month: 8/28, 9/25, 10/30, 11/20*	6:00-6:30pm Step Express (S1) *Jen*
5:30-6:15pm TRX© (S2) *Aaron*	5:30-6:20pm Pilates (S1) *Meg*	5:30-6:00pm Step Express (S2) *Jen*	5:30-6:20pm BodySculpt (S1) *Emma Kate*		
6:00-6:50pm Spinning® (CS) *Tia*	5:45-6:35pm Yoga (S2) *Lili*	5:45-6:35pm Spinning®(CS) *Mark*	5:30-6:20pm Spinning® (CS) *Madalynn*		
6:30-7:00pm H.I.I.T. (S2) *Carleigh*	6:30-7:20pm Spinning® (CS) *Steve*	6:30-7:20pm Yoga (S1) *Morgan*	5:45-6:35pm Gentle Yoga (S2) *Madison*		Cardio
6:45-7:35pm BodySculpt (S1) *Emma Kate*	6:45-7:15pm H.I.I.T. (S1) 7:15-7:30pm Core Focus (S1) *Ann Marie*		6:30-7:20pm Pilates (S1) *Meg*		Strength & Balance
					Cardio & Strength
					Mind/Body and Flexibility

See reverse for more information and class descriptions.

@usacampusrec

SouthFIT
GROUP FITNESS & PERSONAL TRAINING

Barre Sculpt
Pilates, yoga, and ballet-based movements to improve core strength, flexibility, and posture. Low-impact with 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!

Core Focus
A quick but powerful 15-minute core workout targeting your abs, obliques, and deep stabilizers. Perfect for building strength, balance, and control in minimal time!

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

Dance Party
This class will be held on the last Friday of each month (8/28, 9/25, 10/30, and 11/20). Start your weekend with high energy, easy-to-follow choreography, and great music. Class may include line dances, traditional dances, or a Halloween party! Low impact.

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
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.

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

Private Class
Our staff is available for a private fitness class for your USA department, student organization, academic class, and more! Fee is $50/hour and includes all equipment. Your group may choose from most of our class types.

Step Express
Combine choreographed movements on an adjustable step platform to improve cardio endurance, coordination, and balance. Low-impact.

Stretch & Recover
A relaxing class with stretching and self-massage. Use the foam rollers and tennis balls to release tightness and pain.

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.

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, Pilates and stretch classes.

Athletic shoes must be worn in all classes except yoga/stretch, Pilates, barre, and water aerobics.

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.

Dependent members and guests 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 7 (Labor Day) and November 25-29 (Thanksgiving). Reduced schedule during October 8-11 (Fall Break) and November 24 (day before Thanksgiving break). 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.

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